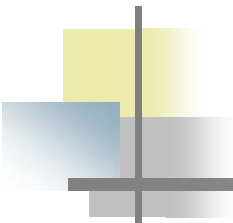


Caregiving for An Aging Holocaust Survivor Parent: How is The Trauma of The Past Affecting The Present



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Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds



Overview

- Aging survivors
- Trans-generational transmission of trauma
- The group



Aging Holocaust Survivors

- Mourning for past & present losses
- Increased contact with institutions
- Increased dependency
- “Trapped in their own memories”
- Relocation



Children of Aging Holocaust Survivors

- Small family network
- Lack of previous experience with normal aging
- Children of Child Survivors



Resilience & Vulnerability

- Inherited vulnerability & resilience
- Uniqueness of each individual



Trans-generational Transmission of Holocaust Trauma

- Review of the literature (N. Kellerman, 2009)
- Two major questions:
 - How is trauma transmitted (Process)
 - What is transmitted (Content)



Models of Trauma Transmission (N. Kellerman, 2009)

Theory

Medium

Transmission Factor

Psychodynamic

Interpersonal
Relationships

Unconscious displaced
Emotions

Sociocultural

Socialization

Parenting &
Role Models

Family
Systems

Communication

Enmeshment

Biological

Genes

Hereditary vulnerability
to PTSD



Content of Transmission

- Clinical observations vs. research
- Increased difficulty in coping with stress
- Higher vulnerability to PTSD



Areas of Difficulty

- Self
- Thought process
- Emotional
- Interpersonal



Second Generation Support Group

- Purpose
- Rationale
- Structure



Themes

- Need to protect parents
- What they know/do not know about their parents Holocaust experiences
- How were their parents affected by their Holocaust experiences
- How are they affected
- Family relationships



Themes

- Parenting their parents
- Dealing with negative emotions
- Abuse
- Relationships with their own children
- How to get the support they need
- Dealing with their own difficulties



Themes

- Grief
- Second generation “identity”
- Burden vs. legacy
- Acceptance
- Self- awareness



Group experience

- Safe place
- Sense of being understood
- Own agenda
- Mutual support
- “Working through” & re-integrating



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