**Presentation 2: Intergenerational impact of trauma caused by systemic racism**

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**Background**: Systemic racism and colonial trauma have lasting effects on communities, creating cycles of disadvantage and distress that span generations. These inequalities impact not only individuals in the present but also shape future generations, influencing family dynamics, mental health, and social structures. Understanding how trauma is passed down across generations is key to effective intervention.

**Objective**: This presentation explores the intergenerational impact of trauma caused by systemic racism and colonial histories. It examines how these factors perpetuate cycles of harm, focusing on the psychological, social, and cultural dimensions of trauma. The aim is to emphasize the need for culturally competent, trauma-informed care to address these issues.

**Method**: Through a case study approach, this presentation illustrates the effects of systemic racism and colonial trauma in families. It explores how trauma manifests in both parents and children, influencing mental health, relationships, and community resilience. The role of cultural disconnection and lack of historical recognition in exacerbating these effects is also discussed.

**Results**: Findings show that systemic racism and colonial trauma are embedded in family structures, with children inheriting trauma-related symptoms such as anxiety and depression. The absence of historical acknowledgment and cultural disconnection makes healing more difficult, reinforcing the cycle of distress.

**Conclusions**: Addressing intergenerational trauma requires a culturally competent, comprehensive approach. This includes recognizing historical contexts, promoting cultural awareness, and providing trauma-informed care that fosters trust and empowerment. Collaboration among mental health professionals, social services, and community leaders is essential for healing and breaking the cycle of trauma.