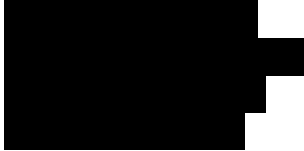


**Proposed Workshop Title:**

“Healing The Past - Intergenerational Trauma & Personal Responsibility”

**Presenter:** James W. Jesso

**Address/Phone Number**



**Abstract**

We are not born into this world as a fresh slate into a new life. We are born into a psychological and emotional reality forged long before birth, gestation, and even conception. We are born the vertex of both our mother’s and our father’s lineage. We carry forth into our lives the legacy of our family, and like it or not; we are responsible for that.

By learning to attend skillfully to this responsibility, we free ourselves from past scripts and make space inside of ourselves to better define the legacy we will pass on from here. But what does this responsibility mean? What is this bequeathed legacy and what do we do with the trauma it may contain? How do we free ourselves from its confines while staying true to its lessons? And what can that freedom grant us?

In this workshop, I will discuss intergenerational trauma, developmental conditioning, epigenetics, and the importance of healing our connection to our family, especially our parents. I will also offer some key practices for self-guided healing and resolution work.

**Workshop Format/Required Materials:**

This workshop will be 90mins – 2 hours length. It will be facilitated in a classic lecture style. There will be no visual media, however amplified sound may be needed depending on the space. It will open and close with a closed-eye visualization practice.