

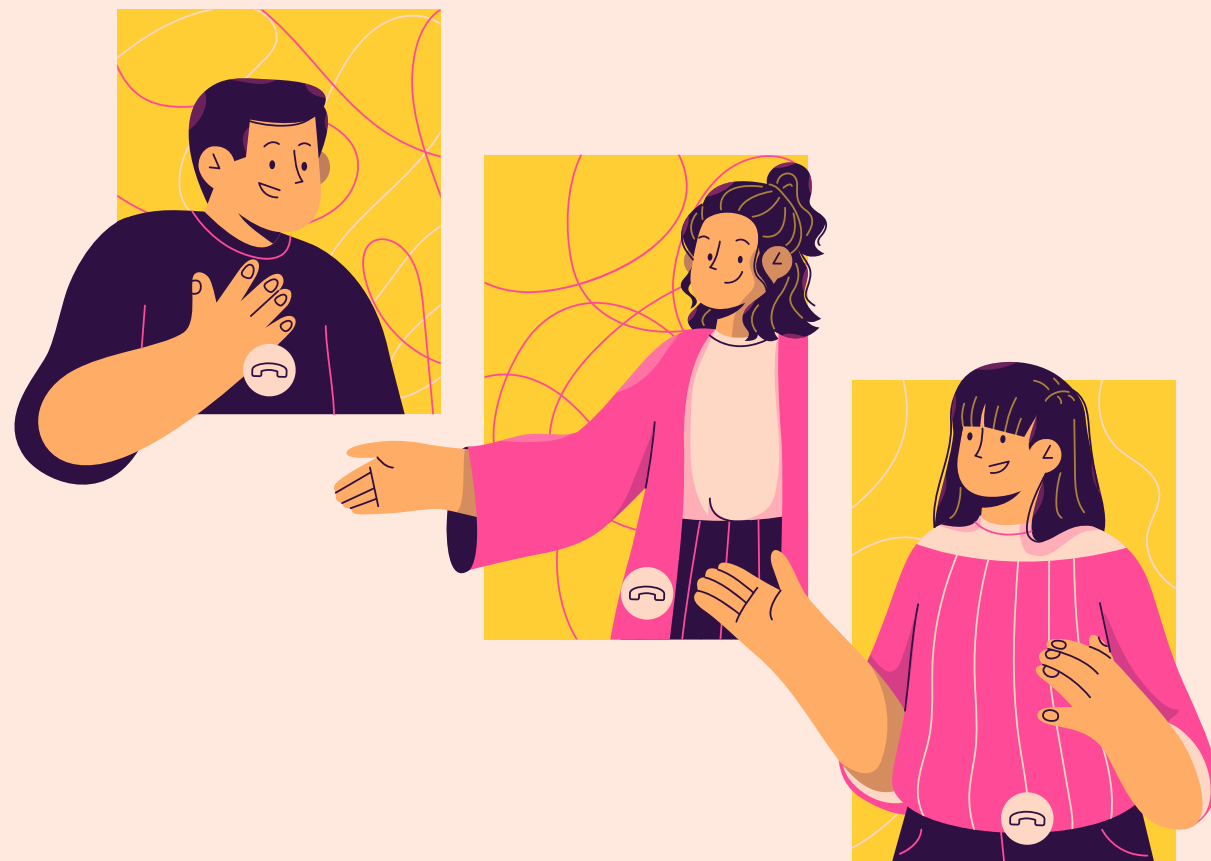


# The Storytelling Session

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## The issue



### Silencing in Intergenerational Trauma

One of the greatest challenges to intergenerational trauma is silencing, which refers to a process whereby family members concealing their trauma from their loved ones in order to protect them from pain and the emotional burden of the trauma.

As silencing leaves future generations with a gaping whole in their narratives, generating narratives that combat trauma provides an avenue for people to form a sense of self and wholeness, which completes their narrative.





# The goal



The purpose of the Community Engagement Initiative was to give people a platform to come share their stories of resilience, community and social connectedness in order to generate narratives that combat trauma.





## The Storytelling Session

People were invited to a sharing circle where they could share their stories of resilience, community and social connectedness through storytelling, poems, presentations, monologues and any form of expression aimed towards building against and creating and sharing a narrative that tackles trauma and creates a sense of belonging and connectedness.

## The process



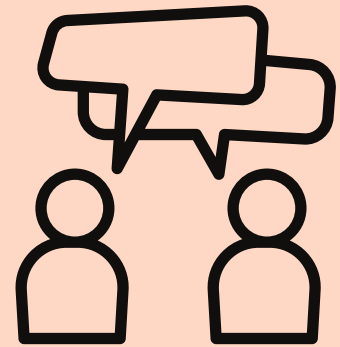


**7 people attended the CEI,  
which was hosted at the  
Philippi Arts Centre in Philippi,  
Western Cape.**



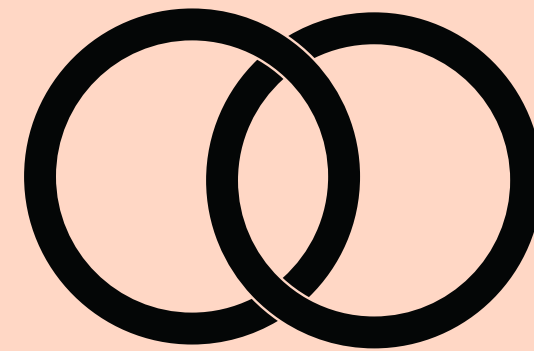


# Recommendations



## Safe Spaces for Conversations

The formation of safe spaces for people to talk and provide support for one another is pertinent.



## Opportunities for Bonding

Engaging in activities that promote connectedness such as team-centred games can provide a space for people to bond and engage with one another.



## Meaningfulness Through Action

Activities such as community work and social activism can provide a platform for people to generate their own narratives through meaningful work.





## **Resilience Requires Connectedness**

**Connecting with your fellow  
community members  
provides support, which  
generates resiliency that  
can combat trauma.**

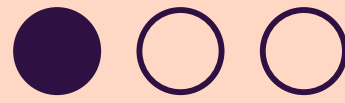


## **Support for Parents and Guardians**

**Providing support for parents  
through support groups equips  
them with resources for effective  
parenting and support and  
digmatises trauma.**







# Acknowledgements

Big thank you to the community of Philippi, Western Cape, and the Philippi Arts Centre for their support and engagement in this project.

