
Annual State Conference of the Pennsylvania Certification Board



May 1-2, 2017 at the Eden Resort & Suites, Lancaster, Pa.

Addiction as a Response to Multi-Generational Trauma with Karen Carnabucci, LCSW, TEP



Karen Carnabucci, LCSW, TEP, is available for:

- * Professional trainings and in-service trainings with CE and psychodrama credits
- * Supervision and consultation by personal appointment, group or teleconference
- * Experiential personal growth groups and psychotherapy
- * Books and articles

What the researchers
don't know yet:

Are these effects
reversible – if sensitized
parents later learn not to
be afraid of an odor, will
effects still be seen in
their pups?

Does it only happen with
odors? Could mice trained
to be afraid of a particular
sound, for example, pass
on a sensitivity to that
sound?

Do all the sperm or egg
cells bear epigenetic
marks conveying odor
sensitivity?

How does information
about odor exposure
reach the sperm or eggs?

"We are really just
scratching the surface at
this point," Dias says. "Our
next goal must be to
buffer descendant
generations from these
effects. Such
interventions could form
the core of a treatment to
prevent the development
of neuropsychiatric
disorders with roots in
ancestral trauma."

Mice can inherit a learned sensitivity to smell

By Quinn Eastman | Woodruff Health Sciences Center

Trauma can scar people so indelibly that their children are affected. History provides examples of generations traumatized by war and starvation whose children experience altered physiology.

Now researchers at Yerkes National Primate Research Center, Emory University have found an instance of animals passing on more specific information about a traumatic experience to their offspring. That information comes not through social communication, but through inheritance.

Researchers have found that when a mouse learns to become afraid of a certain odor, his or her pups will be more sensitive to that odor, even though the pups have never encountered it. The results were published online Sunday, Dec. 1, 2013 in *Nature Neuroscience*.

"Knowing how the experiences of parents influence their descendants helps us to understand psychiatric disorders that may have a trans-generational basis, and possibly to design therapeutic strategies," says Kerry Ressler, M.D., Ph.D., professor of psychiatry and behavioral sciences at Emory School of Medicine.

Ressler is a Howard Hughes Medical Institute-supported investigator at Yerkes National Primate Research Center, Emory University. The first author of the paper is postdoctoral fellow Brian Dias, PhD.

Dias and Ressler trained mice to become afraid of an odor by pairing exposure to the odor with a mild electric shock. They then measured how much the animal startled in response to a loud noise at baseline, and in conjunction with presentation of the odor.

Surprisingly, they found that the naïve adult offspring of the sensitized mice also startled more in response to the particular odor that one parent had learned to fear. In addition, they were more able to detect small amounts of that particular odor. Smell-sensitized offspring were not more anxious in general; in separate experiments not involving odors, Dias found that the mice were not more afraid to explore the bright, elevated areas of a maze.

Dias and Ressler took advantage of previous research on the biology of odor detection. Scientists knew that the chemical acetophenone, which smells somewhat like cherry blossom, activates a particular set of cells in the nose and a particular "odorant receptor" gene in those cells.

Both the parent mouse who has been sensitized to a smell and his or her pups have more space in the smell-processing part of their brains, called the olfactory bulb, devoted to the odor to which they are sensitive.

Dias found that both mothers and fathers can pass on a learned sensitivity to an odor, although mothers can't do it with fostered pups, showing that the sensitivity is not transmitted by social interaction. Future mothers receive their odor-shock training before (and not during) conception and pregnancy.

The inheritance takes place even if the mice are conceived by in vitro fertilization, and the sensitivity even appears in the second generation (grandchildren). This indicates that somehow, information about the experience connected with the odor is being transmitted via the sperm or eggs.

Dias discovered that the DNA from the sperm of smell-sensitized father mice is altered. This is an example of an "epigenetic" alteration, found not in the letter-by-letter sequence of the DNA, but in its packaging or chemical modifications.

In mice taught to fear acetophenone, the odorant receptor gene that responds to acetophenone has a changed pattern of methylation: a chemical modification of DNA that tunes the activity of genes. However, it's unclear if the changes in that gene are enough to make the difference in an animal's odor sensitivity.

"While the sequence of the gene encoding the receptor that responds to the odor is unchanged, the way that gene is regulated may be affected," Ressler says.

"There is some evidence that some of the generalized effects of diet and hormone changes, as well as trauma, can be transmitted epigenetically."

Where is the trauma in your family tree? Questions to consider.

To learn more about trauma within a family system, these are questions to ask your clients during assessment, when making a genogram or other times as issues arise.

Family Constellation Work touches beneath the level of our conscious inner images or the stories we tell ourselves. Therefore, what happened in our families* is actually more important than what we tell ourselves about it.

***Family of Origin:** Include parents, siblings, uncles, aunts, grandparents and – in cases where they met a dramatic fate – great-grandparents. Also include premarital partners of your parents and grandparents.

***Present Family:** Include partners and children from former relationships.

When interviewing a client, we always want to know:

- Did anyone else in your family have the same kind of problem that you are experiencing now (addiction, anxiety, domestic abuse, incarceration, etc?)
- What happened in your family that was tragic, traumatic, different from other families you knew or otherwise unusual or notable?

Did anyone:

- Die (mother or child) during childbirth?
- Find her life at risk during childbirth?
- Suffer illness or disability resulting from having given birth to a child? (This includes your mother, grandmother, great-grandmother, and former partners of your father and grandfather).
- Die at a young age?
- Did your partner or child die?
- Did your father, mother, or sibling(s) die when you were young?
- Did a parent or sibling of either of your parents die when your parents were still young?
- Did anyone have a former spouse, fiancé, partner or lover?

- Did anyone have an abortion or a miscarriage?
- A still born child?
- An illegitimate child?
- A child who was abandoned or given up for adoption?

Did a former spouse, fiancé, partner or lover have:

- An abortion or miscarriage of your child?
- A stillborn child by you?
- An illegitimate child by you?
- A child by you who was abandoned or given up for adoption?

Did anyone:

- Attempt or commit suicide?
- Have a serious or long-lasting illness?
- Have a physical or mental disability?
- Commit a murder, other serious crime or a war crime?
- Survive or die in the Holocaust or another cultural trauma?
- Survive or die during slavery?
- Die in action or in another way during military service?
- Become a missing person?
- Join the clergy or enter a monastery?
- Find themselves excluded, ignored, disowned, not respected, or otherwise not honored?
- Was anyone treated with contempt, cast out, shunned or slandered?
- Not married, or belittled or thought less of?
- Experience being taken advantage of?
- Emigrate to another country?
- Lose a fortune?
- Live an unusual life?
- Experience a difficult birth (such as caesarean)
- Experienced separation from mother at early age (staying in hospital, foster care, etc.)

Addiction as a
Response to Multi-
Generational
Trauma

Orders of Love

- Everyone belongs to the family system.
- Those who entered the system first have rank over those who enter the system later.
- Problems that have not been resolved in previous generations of the family system will pass down to future generations.

The Orders of Love according to Family Constellations

Family Constellations is the name of a newer healing process developed by Bert Hellinger, a German psychotherapist and former Roman Catholic priest who lived in South Africa with the Zulus for many years.

As developed by Hellinger, this process originally focused on family systems to disclose the deeper forces that unknowingly influence our thoughts, behaviors and emotional experiences through multiple generations.

Family Constellations create a model of the family system to reveal and transform hidden patterns that are difficult to understand and change.

Over time, this systemic approach has been applied to other human systems including organizations, our connection to nature and larger issues in our communities and the world, with the name of Systemic Constellations.

Together these Family and Systemic Constellations approaches explore ways for understanding our relationships as well as giving us options to resolve our most complicated problems.

A Family or Systemic Constellation session takes place in an energy field that connects family, ancestors, organizational members, the natural world and all of humanity.

This "knowing field" is an energetic field of consciousness that we can enter to experience the feelings and sensations that mirror those of the actual family members they represent and everyone and everything to which we are connected.

British biologist Rupert Sheldrake explains this field phenomenon, which he calls a "morphogenetic field," as an organizing force that accounts for patterns of behavior in social groups, such as schools of fish and flocks of birds.



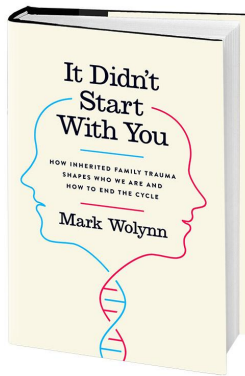
Dr. Albrecht Mahr, a German physician, first used the term "the knowing field" to describe this energy field as it applies to human family systems. He referred to the experience through which volunteers participating in a constellation session are able to access information about a family system as "representative perception."

Through the years, Hellinger and other facilitators have repeatedly observed a set of principles that help people and families function in the best possible way.

These three principles have been named the Orders of Love:

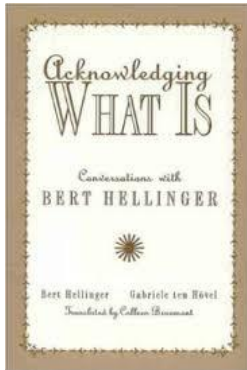
- Everyone belongs to the family system.
- Those who entered the system first have rank over those who enter the system later.
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Books and resources



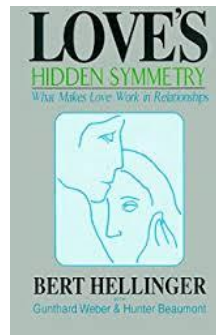
It Didn't Start with You: How Inherited Family Trauma Shapes Who You Are and How to End the Cycle

By Mark Wolynn



Acknowledging What Is: Conversations with Bert Hellinger

By Bert Hellinger with Gabrielle ten Hovel



Love's Hidden Symmetry: What Makes Love Work in Relationships

By Bert Hellinger with Gunthard Weber and Hunter Beaumont



Heal Your Addiction by Making a "Constellation" of Your Family System

Go to www.thefix.com website to search and read Karen Carnabucci's article about how practitioners in rehab centers and other treatment programs are using Family Constellations with addicts and alcoholics.



Medium

Honor Your Ancestors with an Altar and Transform Your Life for the Good

Go to www.medium.com website to search and read Karen Carnabucci's article about how to use family and ancestor altars and ancestor honoring for healing and grieving.



YouTube videos

Go to YouTube.com and search for "Dan Booth Cohen" videos. Watch especially for the videos titled "The Inherited Mind" and "The Three Dimensions of Consciousness."

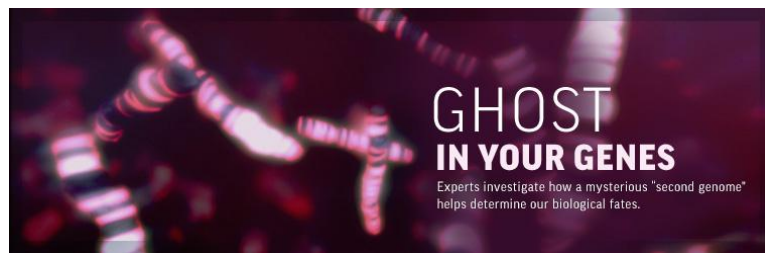
Also at YouTube, search for "Mark Wolynn" and "Science and Nonduality Conference" for Mark's epigenetics lecture.



North American Systemic Constellations

This non-profit organization sponsors the North American Systemic Constellation Conference every other year, this year in Virginia Beach, Va.. Blog articles , e-letter subscription, social media links and conference registration info and more at www.nasconstellations.org.

More resources



Ghost in Your Genes

Go to YouTube.com and search "ghost in your genes" to watch this full-length NOVA video, which details numerous scientific studies about the effects of epigenetics and the hidden influences that could affect one's health in the present and the health of future generations.



2017 North American Systemic Constellations Conference

This biennial conference brings together presenters from throughout the United States and internationally to present their innovations in this growing field. Health professionals, organizational coaches and administrators, educators, community activists, students and other welcome Oct. 5-8 in Virginia Beach, Va. See www.nasconstellations.org to register.



About Karen Carnabucci, LCSW, TEP

Karen Carnabucci, MSS, LCSW, TEP, is a licensed clinical social worker and nationally board-certified trainer, educator and practitioner of psychodrama, sociometry and group psychotherapy who uses the creative arts, psychodrama, Family and Systemic Constellations, sand tray, guided imagery and other action methods for learning, healing, change and growth.

She has trained with Zerka Moreno, J.L. Moreno's widow and collaborator in psychodrama, and Heinz Stark, a leading European trainer in Systemic Constellation Work, and many more wise mentors and teachers. She is a graduate of the School of Social Work and Social Research at Bryn Mawr College.

In addition to her private practice, she has worked in a variety of settings, including the Caron Treatment Centers in Wernersville, Pa., and social service agencies and inpatient and outpatient programs in various locations in addition to teaching as an adjunct and guest instructor at several colleges and universities in Wisconsin and Pennsylvania. She has presented at the annual conference of the American Society of Group Psychotherapy and Psychodrama and the biennial North American Systemic Constellations Conference as well as many local, regional and state conferences and gatherings.

Her private practice is located in Lancaster, Pa., where she offers personal growth groups, psychotherapy, and training and supervision for professionals with CE and psychodrama credits.

Karen is the author of:

- **Show and Tell Psychodrama: Skills for Therapists, Coaches, Teachers and Leaders.**

She is the co-author of two books:

- **Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing** with the late Ronald Anderson
- **Healing Eating Disorders with Psychodrama and Other Action Methods: Beyond the Silence and the Fury** with Linda Ciotola.

See Karen's website at
www.realtruekaren.com
to:

- Subscribe to her e-letter for professionals.
- See her calendar of events and trainings,
- Read her blog articles.