

PARENT-CHILD COMMUNICATION THROUGH TRAUMA

HOW COMMUNICATION EFFECTS THE WAY CHILDREN COPE WITH TRAUMA.

PARENTS EXPERIENCE WITH COMMUNICATION, AND THEIR PAST TRAUMA

IN ONE STUDY, RESEARCHERS FOUND THAT FATHERS WERE MORE LIKELY TO EXPRESS THEIR PAST TRAUMAS IN STORIES OR FACTS. MOTHERS WERE ALSO MORE LIKELY TO EXPRESS THEIR FEELINGS, AND TALK ABOUT THEIR OWN PARENTS' TRAUMAS AS WELL. IT WAS ALSO FOUND THAT IF FIRST-GENERATION PARENTS WERE SILENT ABOUT TRAUMA, AND WITH CLOSED COMMUNICATION THEN SECOND GENERATION WOULD HAVE MORE OPEN AND POSITIVE COMMUNICATION WITH THEIR OWN CHILDREN.

BENEFITS OF OPEN COMMUNICATION

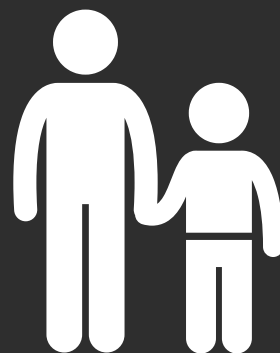
- Less conduct problems
 - Low hyperactivity
 - Better relationships
- More likely to be more open about any future problems

DISADVANTAGES OF CLOSED COMMUNICATION

- Suicidal thoughts
- Conduct issues
- Emotional problems
- Psychological Issues
 - Depression
 - Anxiety

WHAT RESEARCHERS FOUND

- Open communication & school connectedness will help eliminate suicidal behaviors
- Poor communication will lead to trauma symptoms
- High communication with child eliminated/made trauma symptoms better within 6 months



TRAUMA SYMPTOMS

- Depression
- Anxiety
- Withdrawal from relationships
- Behavioral problems
- Conduct problems



REFERENCES

Weber, M., Alvariza, A., Kreicbergs, U., & Sveen, J. (2021). Family Communication and Psychological Health in Children and Adolescents Following a Parent's Death From Cancer. *Omega: Journal of Death and Dying*, 83(3), 630-648. SNC. 10.1177/0030222819859965

Dalgaard, N. T., Diab, S. Y., Montgomery, E., Qouta, S. R., & Punamäki, R. (n.d.). Is silence about trauma harmful for children? Transgenerational communication in Palestinian families. *Transcultural Psychiatry*, 56(2), 398-427. Complementary Index. 10.1177/1363461518824430

Bambray, V., Mastorakos, T., Cordeiro, K. M., Thronback, K., & Mueller, R. T. (n.d.). Parent-Child Discordance and Child Trauma Symptomatology Throughout: Correlates and Treatment Response. *Journal of Family Violence*, 33(4), 281-295. Consumer Health Complete. 10.1007/s10896-017-9948-x

Lensch, T., Clements-Nolle, K., Oman, R. F., Evans, W. P., Lu, M., & Yang, W. (n.d.). Adverse Childhood Experiences and Suicidal Behaviors Among Youth: The Buffering Influence of Family Communication and School Connectedness (Lensch et al., n.d.), *Adolescent Health*, 68(5), 945-952. ScienceDirect. 10.1016/j.jadohealth.2020.08.024