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TITLE: Exploring Psychologists' Interventions for Transgenerational Trauma in South Africa's born free generation.

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ABSTRACT (up to 300 words)

An acknowledgement that the legacy of apartheid lives on in the minds of South Africa's born free generation, necessitates an exploration of psychologists' interventions for transgenerational trauma. This research aimed to contribute to research on this subject by interviewing South African psychologists and with the ultimate objective of assisting professionals formulating interventions. Firstly, the ways in which psychologists identify transgenerational trauma were explored. This provided a foundation for exploring the psychologists' interventions for transgenerational trauma and contributed to a discussion of how interventions could be enhanced. Thematic analysis of the semi-structured interviews revealed that stuckness paired with guilt, grief resulting from silence and certain manifestations of identity and relationship issues are identifiers of transgenerational trauma. Findings also pointed to the utility of certain approaches to individual, group, family and community interventions. Recommendations for enhancing psychologists' interventions for transgenerational trauma in Gauteng's born free generation, revealed the imperative for psychologists to actively engage in professional and personal growth, predicated on the complexity of challenges within.

BIOGRAPHY (up to 300 words)

Veronica Dwarika is an Associate Professor at the University of Johannesburg and the Head of the Department of Educational Psychology within the Faculty of Education. She also has 17 years' experience as a registered Educational Psychologist with the Health Professions Council of South Africa. Her areas of research focus on trauma and resilience, trauma informed care, positive behaviour supports, as well as therapeutic interventions for children, parents and communities. She is involved in local projects to enhance the delivery of psychological therapeutic interventions to support disadvantaged communities.

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