

Sanctuary Space

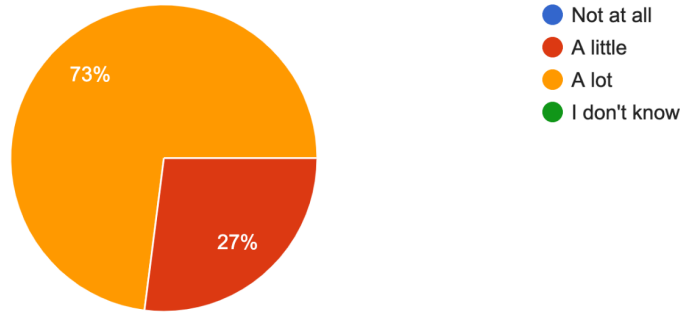
Post-Workshop Evaluations

Exploring Generational Trauma in Movies
June 15, 2022

Approximate maximum attendance: 52
Number of evaluations: 37

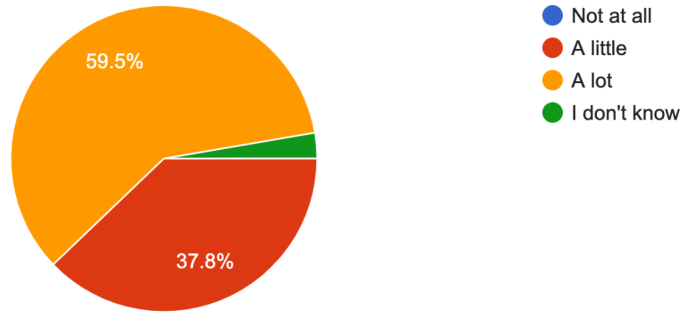
In your opinion, did this event increase your awareness of mental health issues?

37 responses



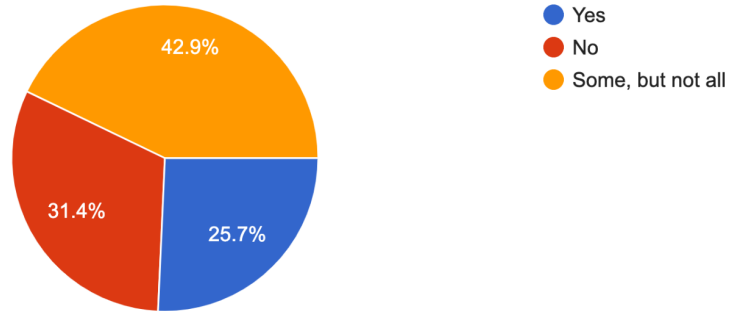
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

37 responses



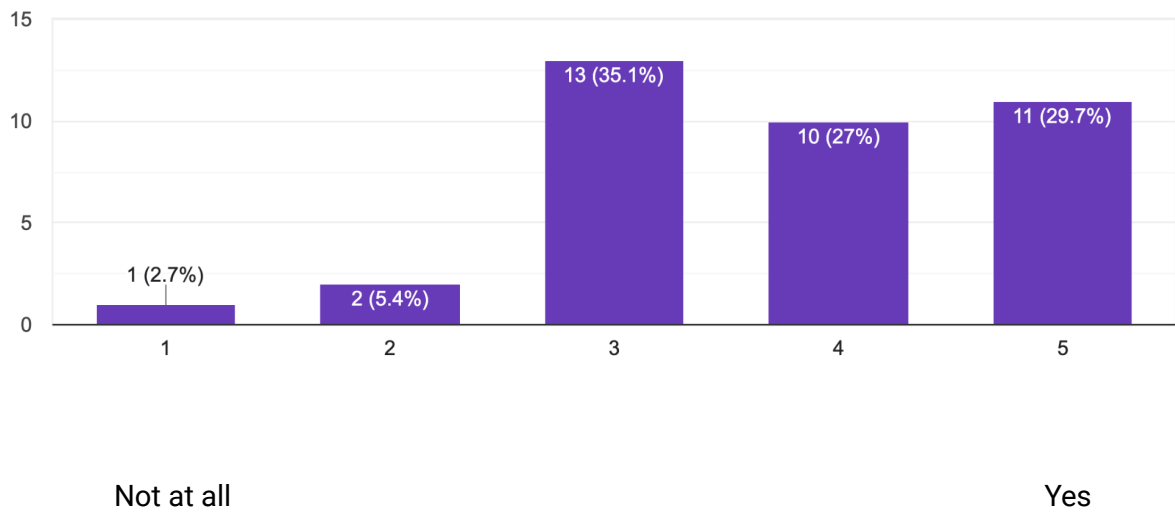
Did you know about the resources listed in the Shared Notes prior to the workshop?

35 responses



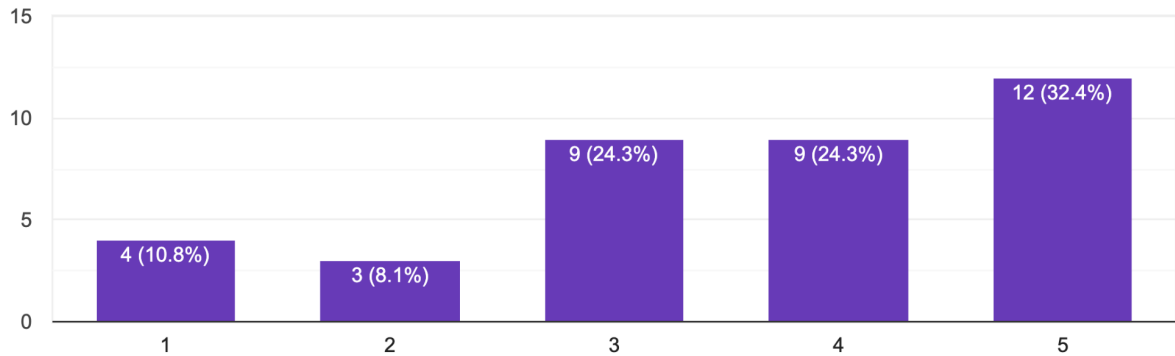
After this workshop, do you have new tools to support your own wellness?

37 responses



Was the topic of today's event something you think about often, or was it new for you?

37 responses



Not at all

Yes

What are your initial thoughts about your experience at today's event?

- It was great!
- Great event - really enjoyed the discussion!
- Apprehensive but excited to discuss generational trauma
- It was a great discussion
- It was great
- it was inspiring and illuminating. the three panelists were warm and prepared.
- Great! I was glad to be in a space where people have shared experiences with generational trauma
- It helps me understand that I am not the only one going through problems
- healing
- A very caring and supportive space that invited me to participate as freely as I can
- It helps me to feel release from false guilt.
- A very healing and informative space to share and acknowledge our experiences. I see these Disney movies in an altered light and I hold a different appreciation for these films after seeing in through the lens of intergenerational trauma.
- Very good. Great topic choice. I love Disney movies and haven't seen any of the ones that were presented today.
- It was beautiful!

- Incredibly insightful
- I appreciated the opportunity to discuss and think about traumatic experiences/memories/etc. in such a supportive and healing environment.
- Loved the discussion!
- I loved it! I enjoy attending workshops and presentations that incorporate mixed media (art, film, music, etc.)
- The facilitators led a very amazing presentation and provided excellent commentary
- AMAZING. I enjoyed this so much
- It was a really lovely conversation and was set up to be a safe and open room, which I really appreciated. Having a mental health person on hand is such a great idea.
- Grateful for hearing about people's recovery from trauma
- It was great to connect with others and to hear during viewpoints.
- I felt it was beneficial and insightful, learned some new perspectives
- Beautiful space for sharing and relating
- Great! Came late unexpectedly because I did the wrong time conversion.
- I like how generational trauma was presented with the animated film clips
- It was bonding and healing. It felt almost like a catharsis, or where one would be. More work needed to be done, which is not a weakness of the Sanctuary Space, but is ongoing work for those with Trauma and Generational Trauma.
- I thought that it was well-made with several examples of the subject matter.
- I thought it was great! Great format, perfect length, well-facilitated, great questions/discussions, and I thought the movie clips chosen were excellent examples.
- These modern Disney movies are pretty deep. I was hoping Onward was going to be highlighted but I also liked the movies that were selected. I wish there was some conversation around how media is shifting the address but also resolving some of these issues.
- I thought the workshop was very good. Although problems from inter-generational mental health is nothing new it's very nice to see that there it is now supporting groups to help with those situations.
- I loved how easy it was for the speakers to open up. I hope more people could take the time to just sit and have these types of experiences.
- Want others to see it.

What was your key takeaway?

- That intergenerational trauma is much more common and diverse than I thought

- Generational trauma is not one person's fault, our parents and ancestors were complicated people who were doing the best with what they had been offered.
- Dealing with generational trauma is not easy
- What generational trauma is
- that looking at popular movies with different lenses can offer mental health support conversations besides entertainment. seeing interactions with a generational lens is empowering
- Being kind to oneself
- Working on myself can also have an impact on older generations
- Talking to you all
- That it's ok not to be perfect
- Many people are in a similar situation and seeking ways to heal
- It helps me to understand better why my parents did the things they did.
- Intergenerational trauma is a messy endeavor and we're all just trying our best to navigate these waters to the best of our ability, with the tools we have within our grasp. Overall, the work we put into healing is more than enough.
- Young filmmakers get it. It's a very relevant topic and much needed. It's great that animation can help heal generations.
- There are so many unseen ways where generational trauma can manifest.
- other people's feelings/viewpoints/opinions are not necessarily wrong, they are just theirs
- To give me and others grace... and therefore being able to let go of pain, anger, anchors to the past keeping me from moving forward.
- We have so much power as the younger generation.
- We do not choose our parents or our trauma but we can choose our boundaries.
- Healing from generational trauma has to start somewhere and you are as good a person as any to start that healing.
- Challenging "old" culture to look past their conventions to acknowledge the impact of tradition and dogma on mental health
- There are many ways to process trauma.
- Our parents had a whole past, hopes, traumas, and dreams before us
- Seems like we all can relate to the concept of family trauma and how we are all doing the best we can - we have tools our parents never had
- Encouragement! That not just my family has trauma. But I had limited service so I got kicked off and wasn't able to get back on.
- You can redefine yourself as an adult.

- Take care of myself
- It's a long road. But it is nice to commiserate about the situation together. A sort of "strength check-in" for re-committing to the work of healing.
- Generational trauma can be healed when communication comes through.
- That there are so many aspects and different angles to intergenerational trauma that come out in all different ways. It runs deep, and it's really no one's fault.
- The key is to keep a very open mind and the pathways of communication must be open and work both ways for the parties involved.
- That generational trauma that needs to be talked about more especially with our parents.
- Very important information

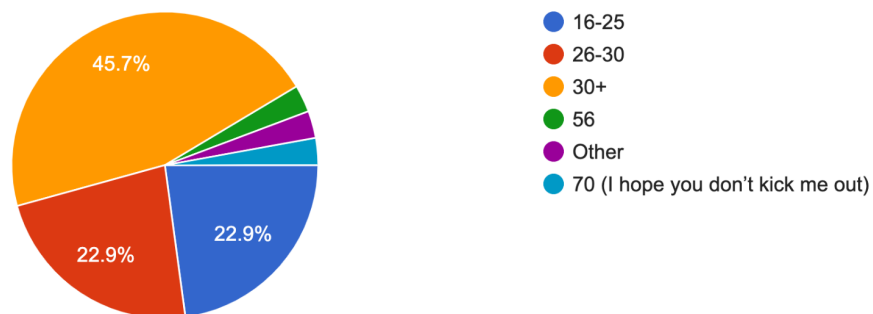
How might you use what you learned today?

- Trying to make peace with the fact that I may not get the same validation and apology as in Turning Red
- I want to be more compassionate with my own and my mother's inner child.
- Not sure
- I will share with teachers, parent groups, and the older students I provide counseling to.
- Use the letter to my younger self for further reflection exercises
- I can be more open to having conversations with folks about generational trauma
- I will use it when I feel lonely.
- Love myself
- Love and acceptance
- To explore my own intergenerational trauma further.
- I'll use what I learned today throughout my interactions with various communities from different generations. I'll also use affirmations to remind myself that my experiences are valid and are no lesser than the experiences of older generations.
- Share it with others and watch the films in their entirety.
- Reflection and awareness when watching movies in the future
- have more compassion for myself and my family
- Remind myself to give myself and others grace.
- Already shared the activity with a friend who has a similar traumatic family dynamic as mine.
- I will use what I learned today and apply it to my relationship with my parents
- Starting conversations with my family/parents about generational trauma
- By remembering that everyone has their own perception and lead with empathy and curiosity.

- Help let patients know they are not alone in their experience of being put in their place by their parents
- I can consider the experiences that others have had even when they seem to oppose me.
- To be more self-aware with what I say to my family, I believe it'll help me connect with them, especially my mom
- In my work as a clinician - it's validating to be seen and heard, and even though we may not have got that in our family of origin, we can do better
- Awareness and education of others
- Working on forgiving parents/grandparents and myself
- I will have a more broad and immediate viewpoint as things just keep going. As more movies and stories and artwork get made about it.
- I would use the resources and give advice that was introduced during this workshop.
- I want to watch the movies again to try and unpack these ideas more. I'd seen them all but hadn't fully watched them from this perspective. I also will try to go easier on my dad.
- I will think more about how other people move through life, and how they respond to certain situations. You never know someone's past experiences.
- In my Animation history classes, I will probably add a section where we discuss and analyze films that deal with inter-generational mental health.
- I will have more conversations with my sister to see how our upbringing has affected her. Speaking about what has hurt us will make us understand that our parents were just going through the same cycle phases.
- Share with others

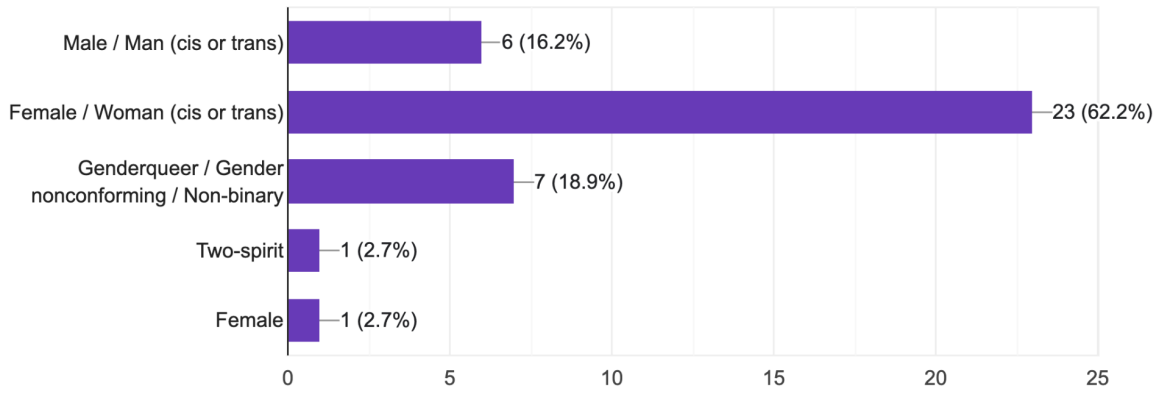
Age

35 responses



Gender Identity

37 responses



Ethnicity

36 responses

