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# HEALING FROM FAMILY TREE HERITAGES

How to Recognize and Work on Transgenerational Trauma, Patterns and Other Burdens

by Tony Thierry Gaillard

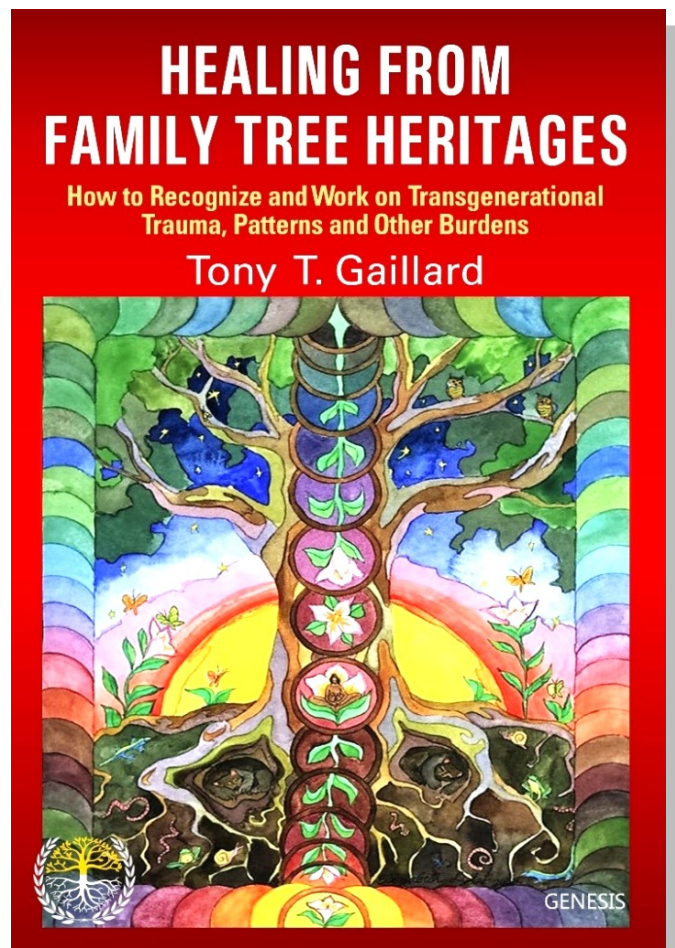
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**“What we have received from our ancestors, we must assimilate until it becomes a part of ourselves if we want it to be an enrichment instead of a burden.” Goethe**

**“With many therapeutic examples, the author shows how to recognize transgenerational legacies and the ways in which they can be integrated.”**



Just as leaves grow on branches and trees have roots, we do not come from nowhere. And to a greater extent than we usually assume, the DNA, talents, values and life experiences of our ancestors still live within us, with both beneficial and detrimental consequences. Indeed, trauma, unfinished grief, family secrets and conflicts reverberate from generation to generation.

Beyond the importance of better understanding where we come from, the author emphasizes that we are not just the product of the past, nor simply the fruit of our family tree. We can integrate our invisible heritages instead of letting them unconsciously drive our lives. For example, we can identify and rewrite the false, unachieved or missing stories in our genealogy. With many illustrations, the author shows how analyzing the lives of our ancestors helps us to resolve current conflicts and heal all kinds of symptoms. Goethe already explained: *What we have received from our ancestors, we must assimilate until it becomes a part of ourselves if we want it to be an enrichment instead of a burden.*

In this book, the author sums up twenty years of therapeutic practice. His analysis merges traditional and modern transgenerational healing models, and recaptures the meaning of some ancient messages, in line with the Greek precept: *Know Thyself.*

**Tony Thierry Gaillard** is a psychotherapist, trainer and supervisor, specializing in depth psychology, integrative and transgenerational therapy. He is director of *Conscious Developments Ltd* in Geneva and author of Swiss-French bestsellers. <https://www.t-gaillard.com>



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