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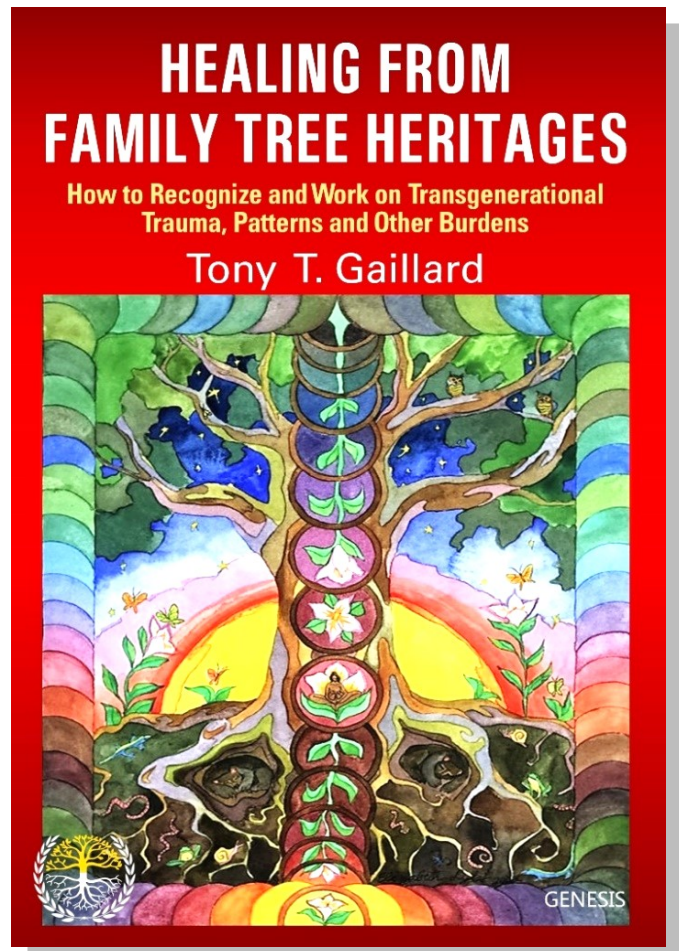
“What we have received from our ancestors, we must assimilate until it becomes a part of ourselves if we want it to be an enrichment instead of a burden.” Goethe

Just as leaves grow on branches and trees have roots, we do not come from nowhere. The DNA, talents, values, and life experiences of our ancestors continue to shape us, with both beneficial and detrimental consequences. Trauma, unresolved grief, family secrets, and conflicts echo through generations.

With many therapeutic examples, the author shows how to recognize transgenerational legacies, or generational curses, and the ways in which they can be integrated. Gaillard emphasizes that while we are influenced by our past, we are not merely products of it. We can consciously integrate our invisible heritages rather than allowing them to drive our lives unconsciously. This involves identifying and rewriting the false or missing narratives within our genealogy. With numerous examples and references, the author illustrates how analyzing our ancestors' lives can help resolve current conflicts and heal a variety of symptoms.

Drawing on twenty years of therapeutic practice, Gaillard merges traditional and contemporary transgenerational healing models, recapturing the essence of ancient wisdom in line with the Greek precept: Know Thyself.

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



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