



WEAVING CONNECTIONS FOR HEALING

A Diverse Cultural Lens Approach to Understanding
Intergenerational Trauma in Pasifika Families

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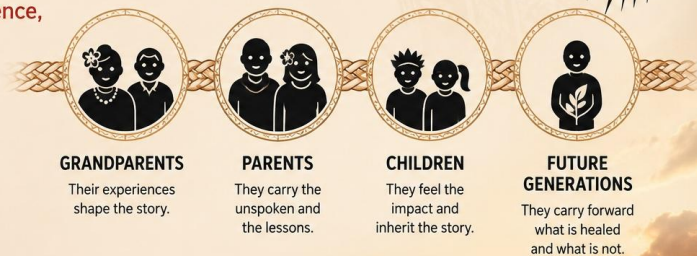


TRAUMA DOESN'T BEGIN WITH ONE PERSON

Intergenerational trauma can be passed
down through experiences, silence,
and survival.

But so can strength,
culture, faith,
and resilience.

*Healing is also
passed down.*



*Our stories shape generations.
Our healing can change them.*



WHAT WE SEE... IS ONLY PART OF THE STORY



To truly understand, we must look beneath the surface.

WHAT WE MAY SEE

- Anger or irritability
- Relationship difficulties
- Withdrawal
- Substance use
- Anxiety or low mood
- Behaviour challenges

WHAT MAY SIT UNDERNEATH

- Shame and fear of judgement
- Emotional suppression
- Silence and unspoken trauma
- Family pressures and roles
- Cultural expectations and obligations
- Spiritual struggles or questions
- Loss, grief and displacement
- Past experiences that still impact today

"If we only respond to what we can see, we may miss the meaning behind the behaviour."

THROUGH A PASIFIKA LENS

Wellbeing is understood through relationships, not just the individual.

In Pasifika families, the same things that can create pressure can also be sources of strength.

- Connection brings belonging and responsibility.
- Faith and spirituality guide, comfort and sustain.
- Culture shapes identity, values and meaning.
- Family is both our foundation and our responsibility.



The very things that can create pressure can also be sources of strength and healing.



THE DIVERSE CULTURAL LENS (DCL)

Understanding the whole person and their world before we determine how best to engage.

The DCL recognises that culture is not something we add to practice; it is embedded in how people see, understand and experience themselves, others and the world around them.

VALUES



What matters most. Personal, family and cultural values that guide decisions, behaviour and relationships.

BELIEFS



The ideas and perspectives that shape how people make sense of themselves and their experiences.

SPIRITUALITY



Faith, connection to God, ancestors and purpose that provides meaning, comfort and strength.

FAMILY



Whānau, aiga, 'ohana. Relationships, roles, obligations and the influence of family systems and history.

EXPERIENCES



Life experiences, stories, challenges and triumphs that shape identity, resilience and wellbeing.



UNDERSTAND BEFORE ENGAGEMENT.

Because understanding creates connection, and connection creates possibilities.



WHAT CHANGES WHEN WE UNDERSTAND FIRST?

Understanding before engagement builds trust, creates safety and opens the door to healing.

“People do not care how much we know, until they know how much we care.”



1 I LISTEN TO UNDERSTAND

I invite their story, their perspective and what matters most to them.

“Help me understand your world.”



2 I SEE THE WHOLE PICTURE

I explore values, beliefs, spirituality, family, relationships and lived experiences.

“I see you in the context of what is important to you.”



3 I BUILD SAFETY AND CONNECTION

I create a culturally safe space where people feel respected, understood and not judged.

*“You are safe here.
You belong here.”*



4 I ENGAGE WITH PURPOSE

Together we decide the best way forward that fits their world, not just a clinical plan.

“Together, we walk the path that makes sense for you.”



UNDERSTANDING BEFORE ENGAGEMENT.

*Connection before intervention.
Healing across generations.*



HEALING ACROSS GENERATIONS

When we understand the stories, relationships, values, beliefs, spirituality and experiences people carry, we change what is carried forward.



FROM PAIN THAT WAS CARRIED...

to hope that is passed on.



UNDERSTANDING

We listen deeply to see the whole story.

CONNECTION

We build respectful relationships and belonging.

HEALING

We create pathways for strength, safety and restoration.

HOPE

We inspire new possibilities and healing.

FUTURE

We pass on resilience, wisdom and love.

“ Our ancestors did the best they could with what they had.
Healing asks us to do something different
with what we know. ”

UNDERSTANDING BEFORE ENGAGEMENT. | CONNECTION BEFORE INTERVENTION. | HEALING ACROSS GENERATIONS.

THANK YOU

FOR LISTENING, SHARING AND WALKING THIS JOURNEY TOGETHER.

Understanding before engagement.
Healing across generations.



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Understanding Before Engagement.

CONNECTION • CULTURE • HEALING

