



ICCT2025 Antwerp 27-28-29 October 2025

International Conference Contextual Therapy

The need for connection. Relationship challenges in today's world.

Peter Adriaenssens – keynote speaker

Intergenerational Trauma & Resilience integrated in Contextual Family Therapy.



Summary:

The theme confronts each of us. When we look at the history of humanity, it is a sum of wars, famines, and sometimes natural disasters. Do we all carry traces of intergenerational trauma, more or less pronounced? Has the silence of many generations as a coping mechanism been broken because war—at least for now—lies 80 years behind us? And did their silence help the current generation to view the intergenerational aspect as if it originated from, say, the last three generations? Would we see and act differently if we start from the idea that the majority of people carry something invisible that is trauma-related? This can be a source of what Ivan Boszormenyi-Nagy first described as invisible loyalty. Would this contribute to the development of our empathy? Is the reverse also true: intergenerational resilience? No family story is solely about adverse childhood experiences. It always mixes with other experiences, including positive and thus healthy aspects of the family. Strengthening the family system in therapy reduces their collective stress, improves the health of the group, and therefore decreases the transmission of transgenerational trauma. That is my thesis. Through case studies, I illustrate how contextual trauma family therapy embraces both the painful and the protective aspects.

Presenter:

Peter Adriaenssens (1954) is emeritus professor Child and Adolescent Psychiatry at the Catholic University KU of Leuven (Belgium). He was clinical director of the department of Child Psychiatry and the Centre for Trauma, Child Abuse & Neglect at the University Hospital Leuven. He is family therapist and family therapy trainer at Context Center for marital and family Therapy – University Leuven. Clinical research and publications cover the field of child & trauma, parenting, family therapy and community child psychiatry. Actually he is working in private practice.

References:

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