



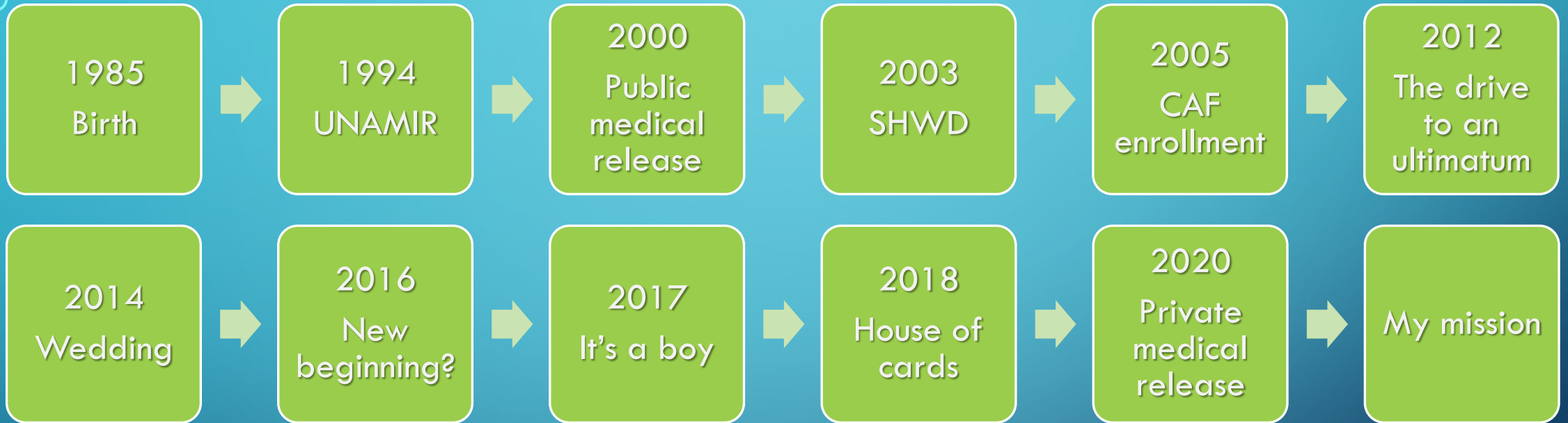
# BREAKING THE FAMILY MOLD

GUY DALLAIRE

# CONTENTS

- My story: timeline.
- What is vicarious?
- Research results & tips.

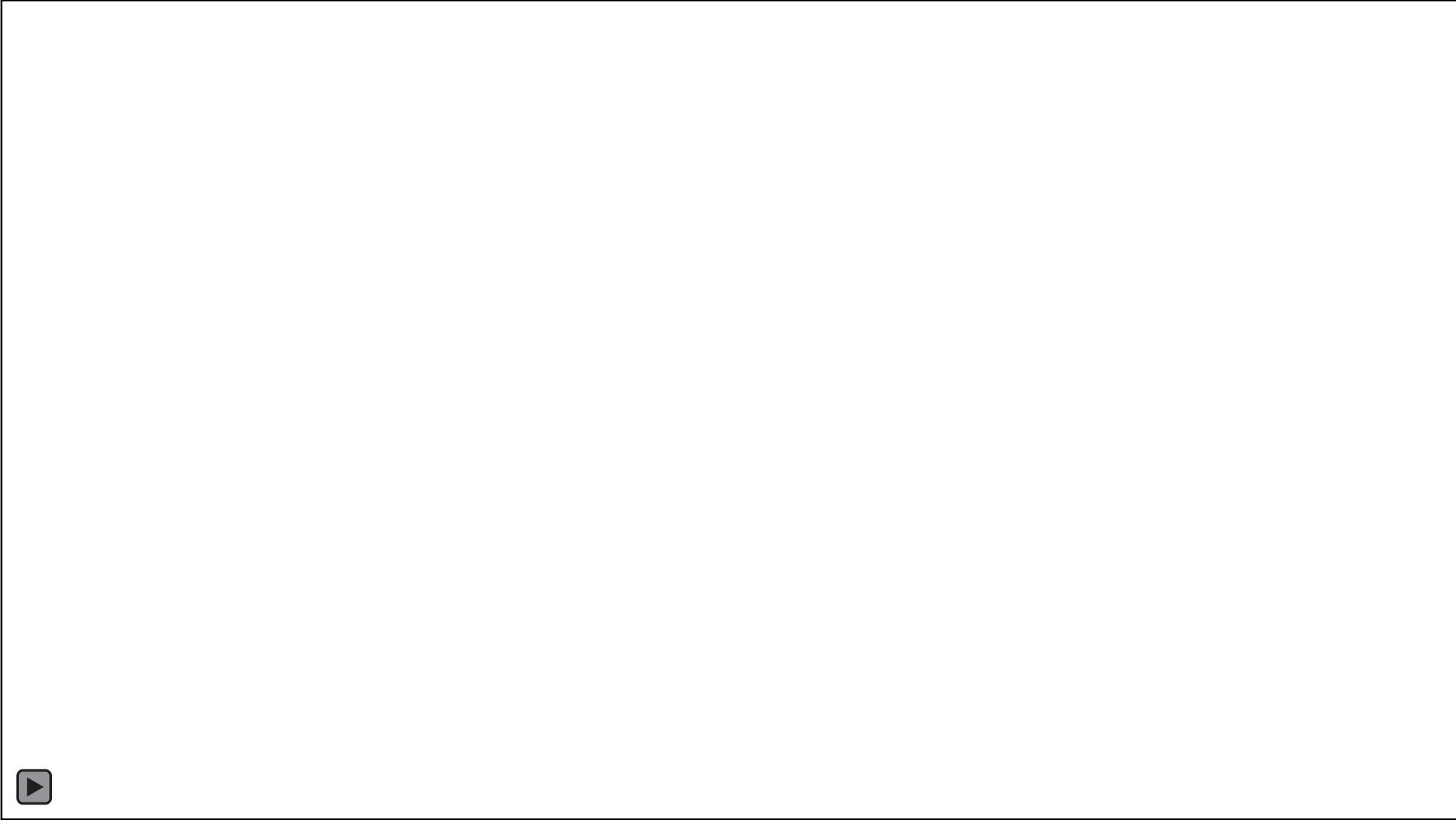
# MY STORY: TIMELINE



# WHAT IS VICARIOUS

- Originates from the latin *vicarius*, where *vic* means to change.
- Something felt or experienced by watching or reading about somebody else.
- Experienced by many therapists and psychologists through constant exposure.

# THE MEDIA BRINGS IT HOME



## WHAT HAPPENS

- Child (or parent) either unaware of parent's injury and/or unable to explain how/why it happened.
- Child exposed to symptoms and manifestations as he/she lives with the injured parent.
- Child adapts usually in two ways:
  - Shift to grey;
  - Parentification.
- Child may pass on symptoms to own children: multi-generational trauma.

# RESEARCH RESULTS AND TIPS

- Researched vicarious trauma from the perspective of a child of a veteran with PTSD, who is the child of a veteran who was likely injured.
- Safely interviewed over a dozen subjects while assisted by MFRC Valcartier RSW.
- Summarizing data and testimonies into an upcoming book.

# EXPERIENCES MAY VARY

- Presence of the parent.
- Accessibility of services.



# FACTA NON VERBA

- Use of force #1.
- Recognize the impacts.

# YOUR ROLE

- Need help? Get help.
- Stop the parentification.
- 2-way Comms.
- Exposure + Interrupted processing of émotions + Negative social response  
= Trauma

The image features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight paths that branch out and terminate in small circles, resembling a stylized PCB or network diagram. The lines are positioned in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.

QUESTIONS?