

Shadows of Secrets: Intergenerational trauma - Searching for Knowledge and Living With “Not Knowing”.

This paper draws on my deeply personal and therapeutic experience of exploring a persistent sense of “not knowing” as the legacy of unprocessed family trauma and unspoken secrets.

I weave together reflections on how intergenerational trauma may be unconsciously transmitted through silence and denial, shaping experience, not as a story but, as Kellermann, N. (2001) describes, as affect, expectation and defensive organisation. In the guise of acquiring knowledge I am confronted with a deeper, unknown part.

Through the unexpected loss of my therapist, earlier echoes of trauma were stirred, deepening the mourning process and giving rise to new insight. This reflection has enriched both my personal understanding and my psychotherapeutic work, highlighting how trauma may be encountered in silence, loss, and enduring states of “not knowing.”



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