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--CE Information Packet--

Attachment-Focused Ancestral Resourcing
Laurel Parnell, PhD

Virtual Live Online Course: October 16, 2026

There are gifts as well as burdens in every ancestry. Alongside inherited trauma, limiting beliefs, attachment wounds, and intergenerational patterns, each lineage also contains sources of strength, wisdom, protection, resilience, nourishment, and healing.

This workshop introduces participants to Attachment-Focused Ancestral Resourcing. Participants will learn how ancestral resources can be used to strengthen clients' capacity for healing, deepen their connection to lineage, and support repair in the present and through the ancestral line.

Grounded in the principles of Attachment-Focused EMDR, this workshop emphasizes safety, attunement, client-centered pacing, resourcing, and clinical discernment. Participants will explore how ancestral resources can be used alongside foundational AF-EMDR resources, including Nurturing Figures, Protector Figures, and Wise Figures.

The workshop will also address when and why clinicians might choose ancestral resourcing, particularly when clients are working with intergenerational trauma, inherited beliefs, developmental wounds, cultural disconnection, historical trauma, or a sense of rootlessness.

Participants will learn ways to help clients access resources from known and unknown ancestors, ancestral land, cultural and spiritual traditions, wise ancestors, helping spirits, and the ancestral well or spring. The workshop will also explore how resources can be brought back to areas of the lineage that carry trauma, deprivation, or unresolved burdens.

Through lecture, case examples, guided imagery, experiential exercises, and clinical discussion, participants will develop practical skills for using ancestral resources in a trauma-informed and respectful way. The work is presented as an integrative clinical extension of AF-EMDR, informed by attachment theory, trauma-informed care, intergenerational trauma research, historical trauma literature, and culturally responsive clinical practice.

Recent literature supports the need for clinicians to understand trauma through personal, familial, cultural, historical, and intergenerational lenses. Current research on complex racial trauma emphasizes the importance of considering individual, collective, historical, and intergenerational experiences of trauma and oppression in assessment and treatment. Trauma-informed intervention research also supports the clinical importance of safety, stabilization, collaboration, and empowerment when working with trauma survivors.

Target Audience:

This training is designed for licensed mental health professionals (LCSW, LPC, LMFT, Psychologists, School Counselors, Art Therapists), medical professionals (Psychiatrists, Nurse Practitioners), and other professionals with advanced degrees in Mental Health. Intermediate level.

Overall Objectives:

At the end of the course, participants will better:

1. Describe the rationale for using ancestral resources within Attachment-Focused EMDR Multidimensional Ancestral Healing.

2. Identify at least three clinical situations in which ancestral resourcing may be appropriate, including intergenerational trauma, historical trauma, inherited beliefs, cultural disconnection, developmental deprivation, or a sense of rootlessness.
3. Explain how ancestral resources may support stabilization, affect regulation, attachment repair, and preparation for trauma processing.
4. Describe how ancestral resources may be used alongside foundational Attachment-Focused EMDR resources, including Nurturing Figures, Protector Figures, and Wise Figures.

CE Information: This live online course is approved for 3 contact hours.

To earn CE credit, attendees must complete all live sessions of the activity in full. If it is an in-person activity, participants must sign in and out daily. No partial credit will be awarded if sessions are missed. Upon completion of all sessions and submission of the evaluation, you will be able to print or download your CE certificate at the conclusion of the course. We will provide you with a link to access your evaluation and certificate at the conclusion of the activity.

For more information on refund policies, how to file a grievance and more, please visit <https://parnellemdr.com/events/>

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There is no commercial support for this activity.

None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

References:

1. Cénat, J. M. (2023). Complex racial trauma: Evidence, theory, assessment, and treatment. *Perspectives on Psychological Science*, 18(3), 675–687. <https://doi.org/10.1177/17456916221120428>
2. Gone, J. P. (2023). Indigenous historical trauma: Alter-Native explanations for mental health inequities. *Daedalus*, 152(4), 130–150.
3. Han, H. R., Miller, H. N., Nkimbeng, M., Budhathoki, C., Mikhael, T., Rivers, E., Gray, J. L., Trimble, K., Chow, S., & Wilson, P. (2021). Trauma informed interventions: A systematic review. *PLOS ONE*, 16(6), Article e0252747. <https://doi.org/10.1371/journal.pone.0252747>
4. Kaufman, J. (2023). Transgenerational inheritance and systemic racism in America. *Psychiatric Research and Clinical Practice*, 5(2), 60–73. <https://doi.org/10.1176/appi.prcp.20220043>
5. Mulligan, C. J., Quinn, E. B., Hamadmad, D., Dutton, C. L., Nevell, L., Binder, A. M., Panter-Brick, C., & Dajani, R. (2025). Epigenetic signatures of intergenerational exposure to violence in three generations of Syrian refugees. *Scientific Reports*, 15, Article 5945. <https://doi.org/10.1038/s41598-025-89818-z> Parnell, L. (2018). *Rewiring the addicted brain: An attachment-based EMDR approach*. W. W. Norton & Company.

Schedule:

Time	Topic / Activity
10:00-10:10 am	Welcome and Workshop Overview
10:10-10:25 am	Gifts and Burdens in the Lineage
10:25-10:45 am	Why Use Ancestral Resources?
10:45-11:05 am	Types of Ancestral Resources
11:05-11:20 am	Clinical Benefits of Ancestral Resourcing
11:20-11:30 am	Guided Reflection / Brief Experiential Exercise
11:30-11:45 am	Break (<i>not applicable for CE</i>)
11:45 am- 12:05 pm	Using Resources to Heal Ancestral Lineage Trauma
12:05-12:25 pm	Working with Inherited Beliefs and Lineage Patterns
12:25-12:40 pm	Bringing Reparative Resources to the Lineage
12:40-12:55 pm	Clinical Example: Scarcity, Famine, and Repair
12:55-1:05 pm	Ancestral Developmental Repair
1:05-1:12 pm	Case Example and Clinical Safeguards
1:12-1:15 pm	Integration, Questions, and Closing