

30th Anniversary Conference of the Kek Vonal Foundation

15th November 2023, Budapest, address by Erzsébet Fanni Tóth

Dr. Erzsébet Fanni Toth, the Head of the Trauma Institute of the Faculty of Psychotherapy Science of Sigmund Freud Private University, delivered a profound address at the 30th anniversary conference of the Kek Vonal Foundation, the Hungarian child crisis hotline, in Budapest on November 15, 2023. In her panel discussion, Dr. Toth emphasized the critical role of intergenerational dialogues in families and explored the intricate transmission of trauma across generations.

Employing empirical evidence and theoretical frameworks, Dr. Toth delineated the complex interplay between familial communication patterns and the inheritance of trauma. She illustrated how these dynamics shape psychological well-being across familial lines, underscoring the importance of compassionate conversations in mitigating transgenerational trauma.

Her discourse resonated at the intersection of scholarly inquiry and practical implications, highlighting the necessity of interdisciplinary approaches to comprehend and address inherited trauma. Dr. Erzsébet Fanni Toth's address serves as a guiding light for future research and interventions in fostering familial psychological resilience.

Sources: <https://kek-vonal.hu/hirek/kek-vonal-30-eves-jubileumi-konferencia>