

TRANSFORMATIVE MODELS OF HEALING: A COACHING-BASED FRAMEWORK FOR INTERGENERATIONAL EMPOWERMENT IN MARGINALIZED POPULATIONS

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PHENOMENON

What has changed?
There is growing recognition of intergenerational trauma in marginalized populations, but a gap exists in culturally responsive, non-clinical models that empower belief transformation and healing.

Why is this important to know?
Traditional interventions often focus on symptom management rather than identity repair and empowerment. The TMH framework provides an alternative approach to coaching, mentoring, and leadership programs.

LITERATURE REVIEW

Theoretical Framework:

- Intergenerational Transmission Theory
- Social Cognitive Theory (Self-Efficacy)
- Resilience Theory
- Cognitive-Behavioral Theory (Cognitive Reframing)

Findings in the Literature:

- **Trauma** is transmitted through parenting, narrative, and cultural stress (Harden et al., 2025; Liu et al., 2023)
- **Self-efficacy** acts as a protective factor and can be strengthened (Hermawan et al., 2023)
- **Resilience** is socially and culturally constructed (Hernandez, 2024)
- **Cognitive reframing** shifts inherited beliefs and empowers healing (Huang et al., 2022)

RESEARCH QUESTION

How do self-efficacy, psychological resilience, and cognitive reframing predict perceived intergenerational healing and empowerment among marginalized individuals affected by generational trauma?

STUDY VARIABLES

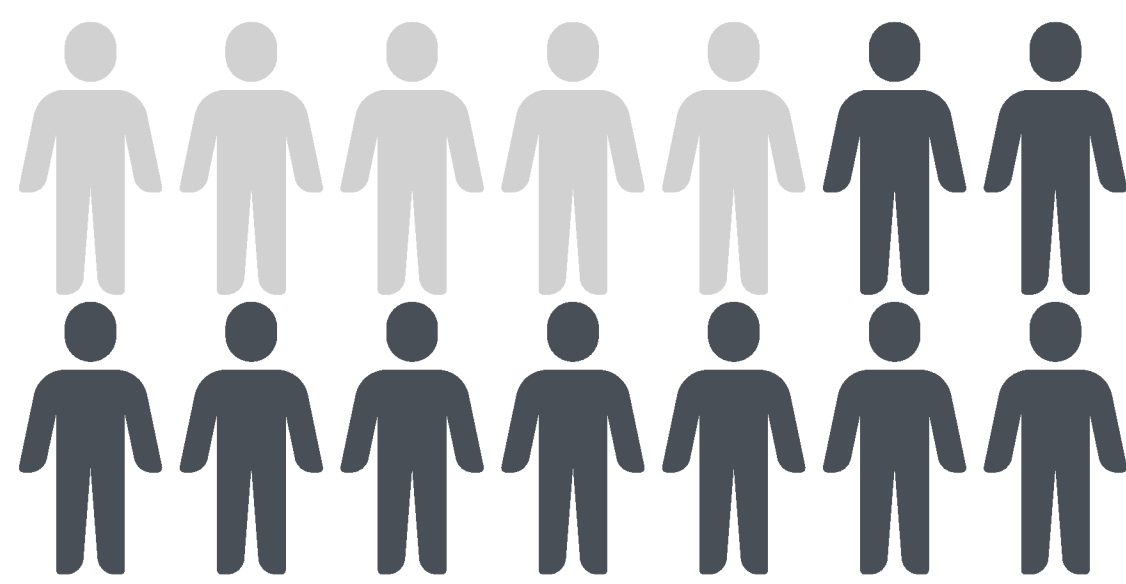
- **Independent Variables:**
 - Self-Efficacy
 - Psychological Resilience
 - Cognitive Reframing
- **Dependent Variable:**
 - Perceived Intergenerational Healing and Empowerment

METHODOLOGY & DESIGN

- **Approach:** Quantitative
- **Design:** Cross-sectional, Correlational
- **Instrument:**
 - General Self-Efficacy Scale (GSES)
 - Brief Resilience Scale (BRS)
 - Cognitive Emotion Regulation Questionnaire (CERQ – Reframing Subscale)

POPULATION

- **Target:** Adults (18+) from marginalized communities (African American, Southeast Asian, and Immigrant)
- **Recruitment:** Via coaching programs and community partnerships
- **Inclusion/Exclusion:** Must self-identify as affected by generational trauma; exclude those in acute crisis or under clinical treatment



DATA COLLECTION

- **Planned Format:** Anonymous, online survey
- **Estimated Sample Size:** 150 participants
- **Demographic Pre-Screening:** Age, cultural identity, trauma history, and psychological health status

ETHICAL CONSIDERATIONS

- Excluded vulnerable groups (e.g., minors, individuals in active crisis)
- Used anonymous surveys to reduce risk
- No clinical treatment involved
- Instruments chosen for cultural sensitivity and non-invasive delivery

PLANNED ANALYSIS

- **Method:** Multiple Linear Regression
- **Goal:** To predict the extent to which each variable contributes to perceived healing
- **Outputs:** Beta coefficients, R^2 , significance values
- **Rationale:** This method allows for analyzing how each construct contributes to the outcome and their combined predictive strength

PRACTICAL APPLICATIONS

- **Who needs to know this?**
 - Coaches, program developers, community leaders, educators, and public health workers
- **How it can help:**
 - TMH provides a roadmap for identity-affirming, strength-based interventions rooted in self-efficacy, resilience, and reframing—bridging theory and application for generational healing.

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IMPORTANT!

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Transformative Models of Healing (TMH)

A coaching-based approach to intergenerational empowerment

