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TALK THERAPY WITH VERA | MAR 2023 NEWSLETTER



Change is in the air. What are some things you are noticing?

The transition to spring is always a great time to take stock of what is working and what isn't. As the world emerges from winter and our year starts to shape up, these moments of reflection and intention can teach us a lot about how the world around us can impact us internally.

What do you notice during this "liminal space"- the space between things where you've not entirely left one space nor entered the other? For example, how is the daylight shifting in your home? Does the air have a new scent? What shifts are happening in your body as you are also in this liminal space?



Bring mindfulness to external changes and notice how it impacts you internally.

strain on employment for specific industries, there is always time to think about our conception of finances and money.

Many of us may carry intergenerational financial trauma that we didn't even notice or wouldn't know until the market changes or starts affecting our choices directly.

I am very excited to be running a 1-hour workshop with Shalyn Isaacs on how to break the cycles of intergenerational & financial trauma.

You can learn more and sign up here:

Workshop
BREAK THE CYCLE:
How to heal from intergenerational
& financial trauma

Facilitators



Vera Cheng, MSW, RSW
Psychotherapist
Founder: Talk Therapy With Vera



Shalyn Isaacs, MEd
Registered Psychotherapist,
Financial Empowerment Coach

Intergenerational financial trauma refers to the emotional and psychological impact of financial hardship that can be passed down from one generation to the next.

Here are some signs that may indicate the presence of intergenerational financial trauma:

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A persistent sense of financial insecurity or anxiety, even when no immediate threat to financial stability exists.



Difficulty managing money or maintaining a budget, it's often due to a consistent lack of financial literacy or inadequate financial resources.



A tendency to avoid or deny financial problems, it's often due to a fear of being judged or a sense of shame around financial struggles.



A lack of trust in financial institutions or authority figures results from negative experiences or perceptions of systemic inequality.



Difficulty managing money or maintaining a budget, it's often due to a consistent lack of financial literacy or inadequate financial resources.



A history of financial abuse or exploitation can include being coerced or pressured into lending money or being taken advantage of financially by family members or partners.

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Difficulty with setting financial goals or making long-term plans, it's due to a lack of confidence or a sense of hopelessness about the future.

It's important to remember that these signs are not definitive and can vary widely depending on an individual's experiences and circumstances.

If you or someone you know is experiencing these or other financial challenges, seeking support from a financial counselor or therapist may help you work through intergenerational financial trauma.

Working on them has dramatically increased my earning potential but, most importantly, given me a sense of freedom and carefreeness around financial decisions.

Start by assessing if this is something you are willing to work through and learn about. Check out our workshop or reach out to hear more about what it means to heal from these persistent patterns!

Wishing you abundance and wellness,



Vera Cheng | Registered Social Worker, Psychotherapist
Talk Therapy with Vera

Your Toronto Asian Mental Health Advocate

- Consultant, Media Expert & Speaker
- Supporting you from anxiety to carefreeness!

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