

—• Who Do I Think You Were? •—

A VICTORIAN'S INHERITANCE



HELEN PARKER-DRABBLE

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A COUNSELLING BACKGROUND:
A FAMILY HISTORIAN TURNED
GENEATHERAPIST.

Exploring mental health, psychology, and neuroscience,
to deepen our understanding of our ancestors

A VICTORIAN'S INHERITANCE

Anxiety. Addiction. Depression. We associate these words with the challenges of modern life. Rarely do we consider how these conditions shaped past generations.

Using archival sources, testimonies, and her grandfather Walter Parker's experiences, the author paints a vivid picture of life in an English Victorian village, and draws upon psychological theory to explore the lives of her working-class ancestors.

Which psychological characteristics can be passed on? What did your forebears inherit from their parents?

CONTACT

Categories: Family history, social history, psychology

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**SERIES: WHO DO I
THINK YOU WERE?**



ABOUT THE AUTHOR

Helen is a lifelong explorer of social history and a weaver of factual family tales and holds a diploma in counselling. Fascinated by psychological theory and the stories we develop to make sense of ourselves and our family, her original quest was to understand her Victorian grandfather, Walter Parker, born in 1885 in the English village of Upwell, on the Norfolk/Cambridgeshire border.

In this project, Helen's passions for family history and psychology, particularly mental health, came together. When she considered all she had discovered about Walter and his family, a psychological inheritance unravelled, revealing inter-generational anxiety, trauma, loss, alcoholism and depression familiar to so many families.

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