



“A Story of Resilience: Generational Healing Through Storytelling” – Walter Conwell, MD

What began as a documentary focused primarily on personal narratives, evolved to include detailed archival images, historical research, and AI animations to trace and share my family’s narrative from the plantations of South Carolina to the freedom towns of Mississippi, and industrial cities of the north. The film examines not only how trauma is propagated across generations, but also how resilience is cultivated, and how storytelling itself can become a powerful tool for repair.

A Story of Resilience: Generational Healing Through Storytelling has become both an artistic inquiry and a personal act of reclamation. It invites audiences to consider: What stories do we inherit, and how might we reimagine them to heal?

