



Trauma to Thriving

The Human Side of Adverse Childhood Experiences



Victim → Survivor → Thriver



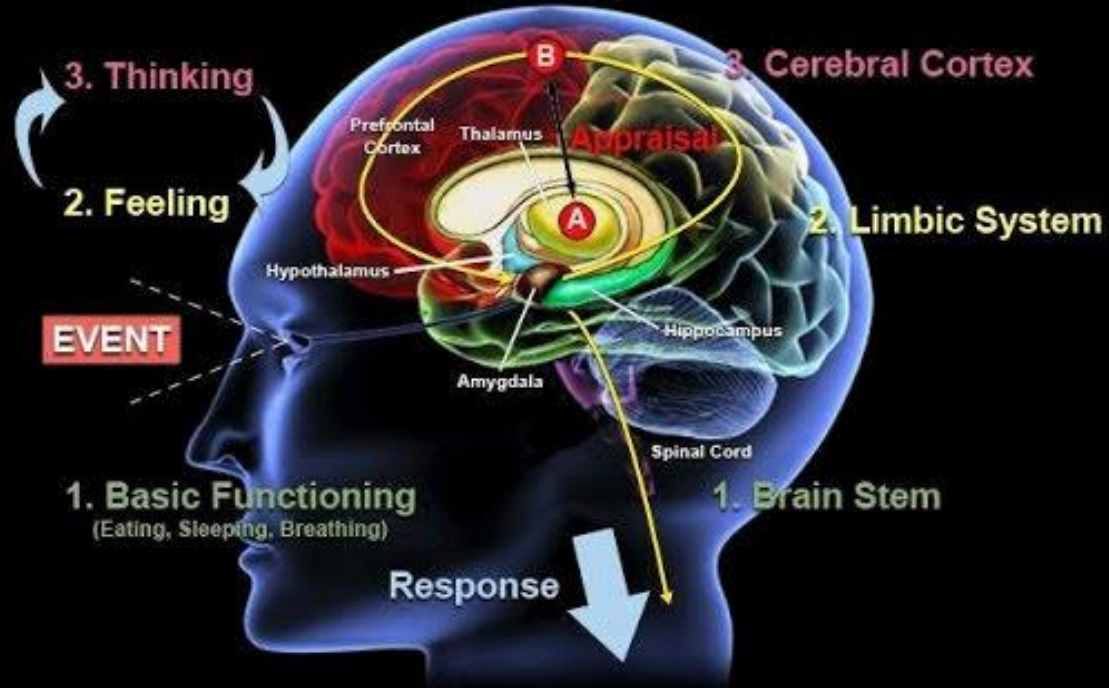
Event Trauma(PTSD)
&
Developmental Trauma
Staircase Nightmare

Fascinating Trauma Fact

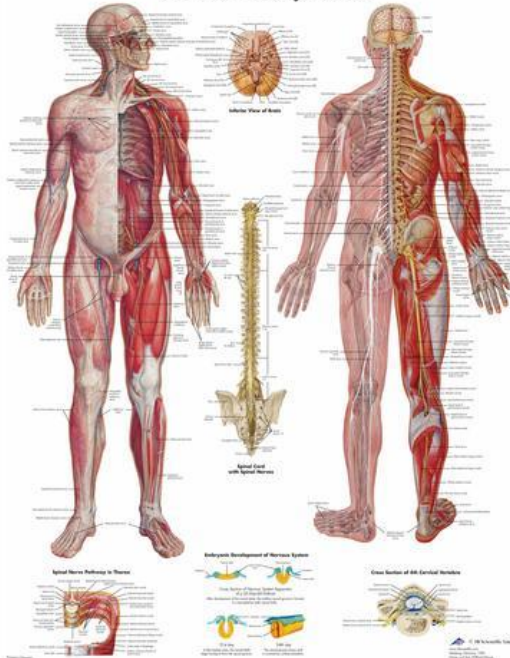
Trauma is **ubiquitous**. In the general population, **67% of us have experienced at least one Adverse Childhood Experience**. In people of color, that is more likely to be 83%.



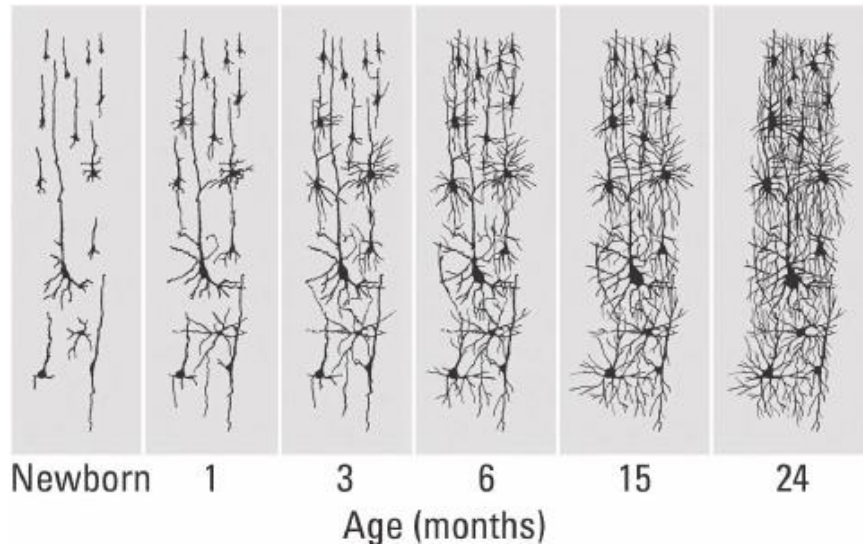
Emotional Brain

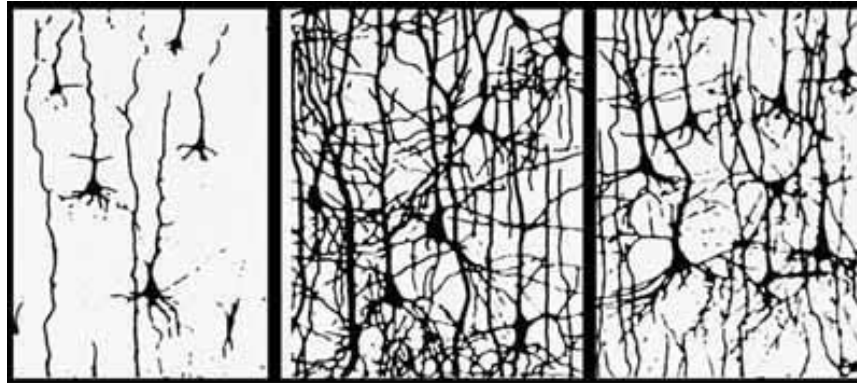


Nervous System









At Birth

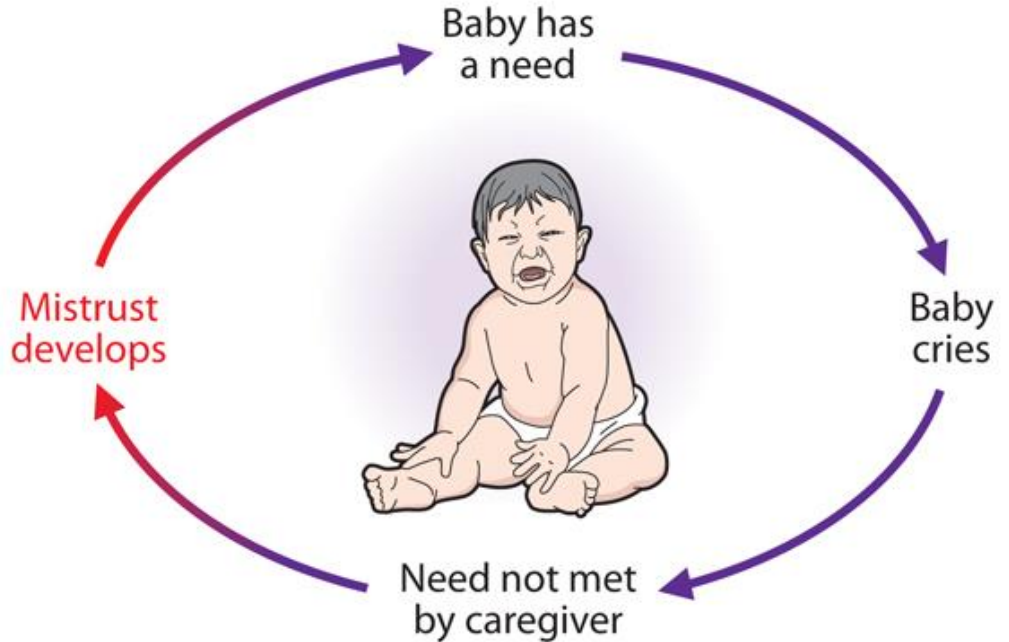
6 Years Old

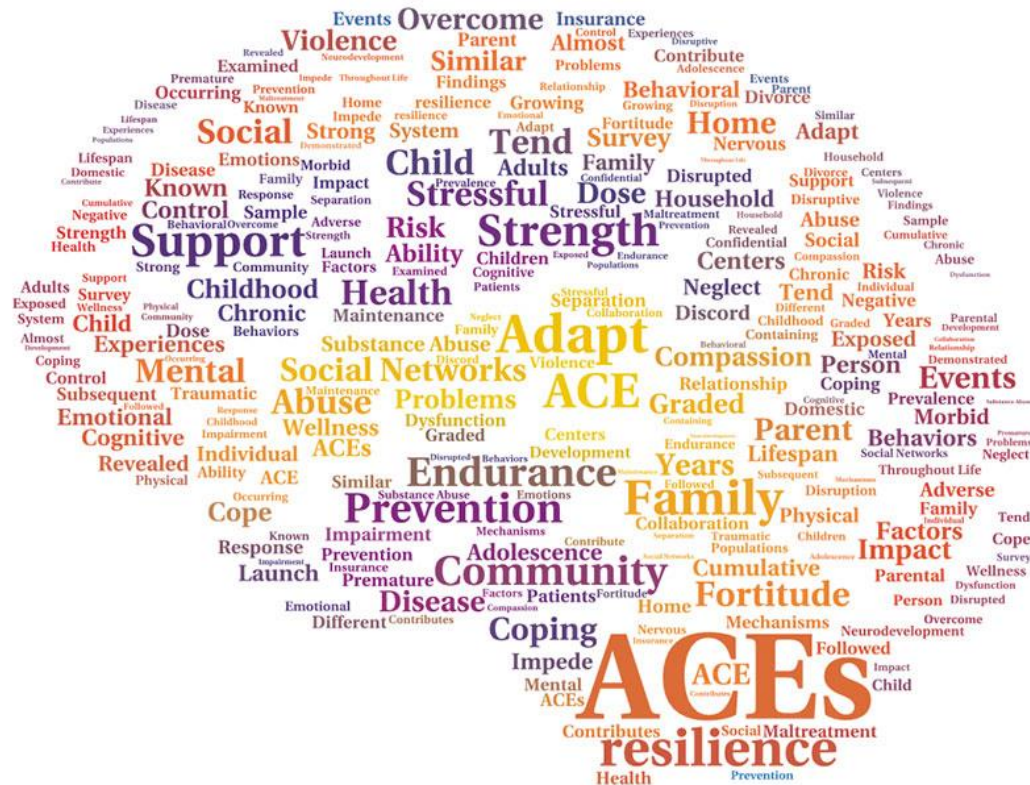
14 Years Old

Synaptic Density in the Human Brain

The Lucas Phone Factor

Infant Trauma Cycle





01/12/14

NEWS

Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report



Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

Over 17,000 study participants

The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



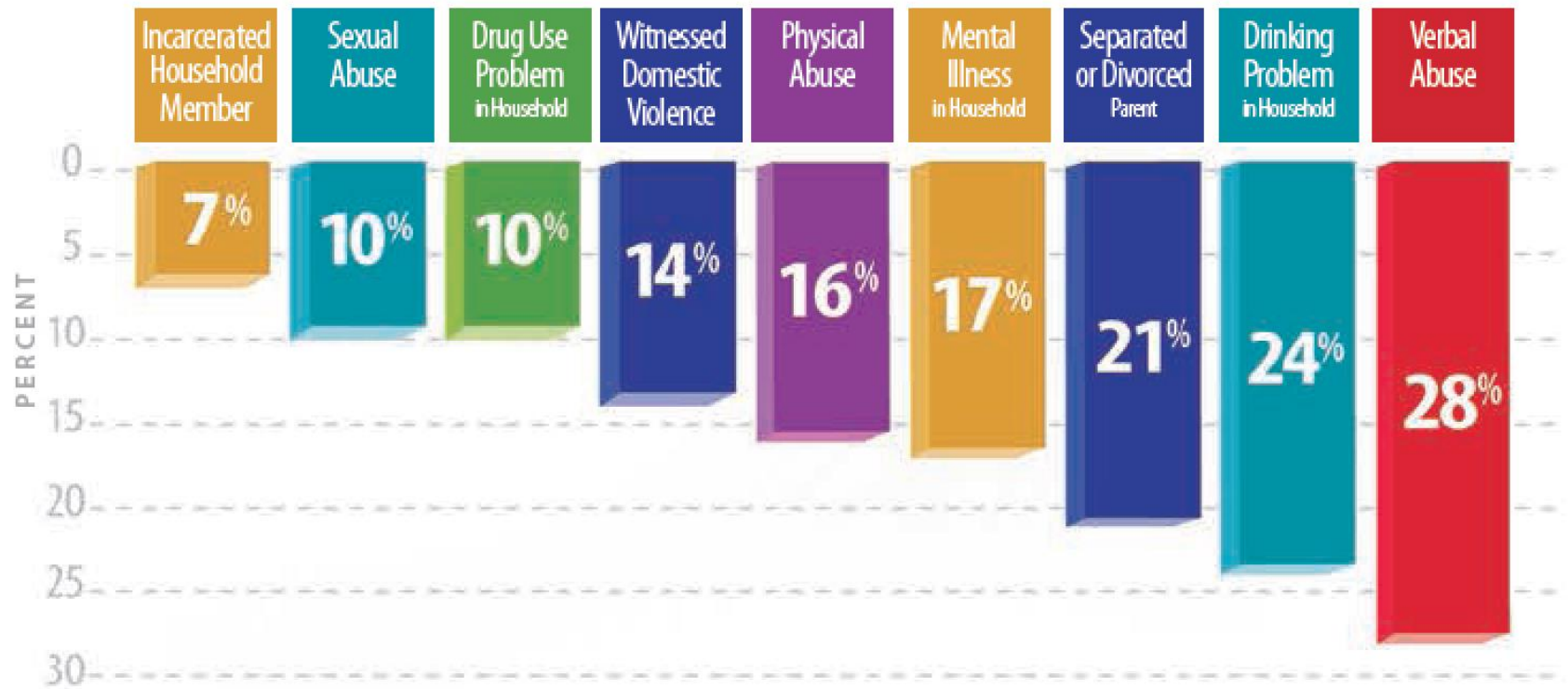
Substance Abuse



Divorce

PREVALENCE OF INDIVIDUAL ACES

MINNESOTA 2011



ADVERSE CHILDHOOD EXPERIENCES

— *looking at how ACEs affect our lives & society* —

1

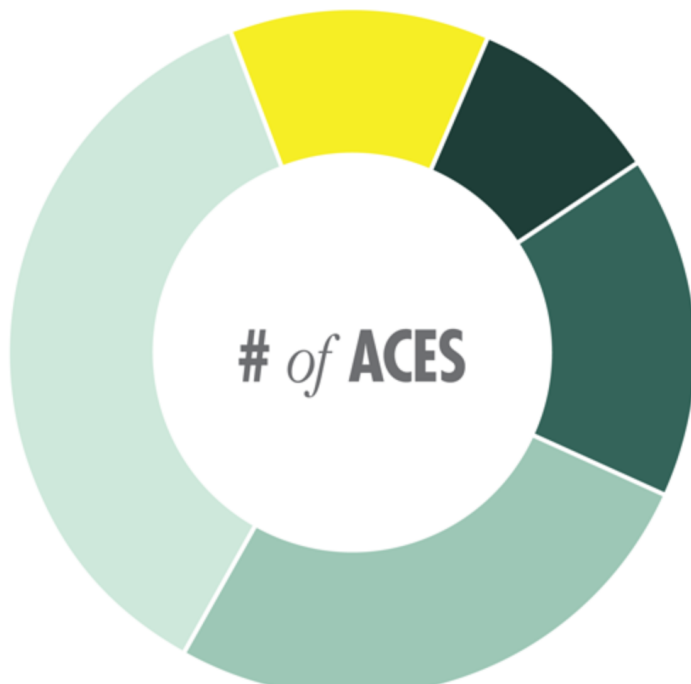
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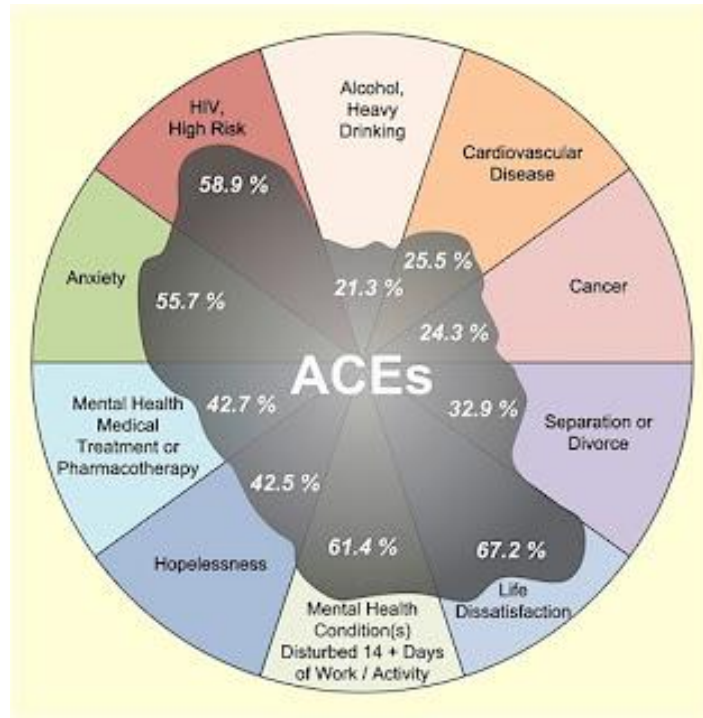
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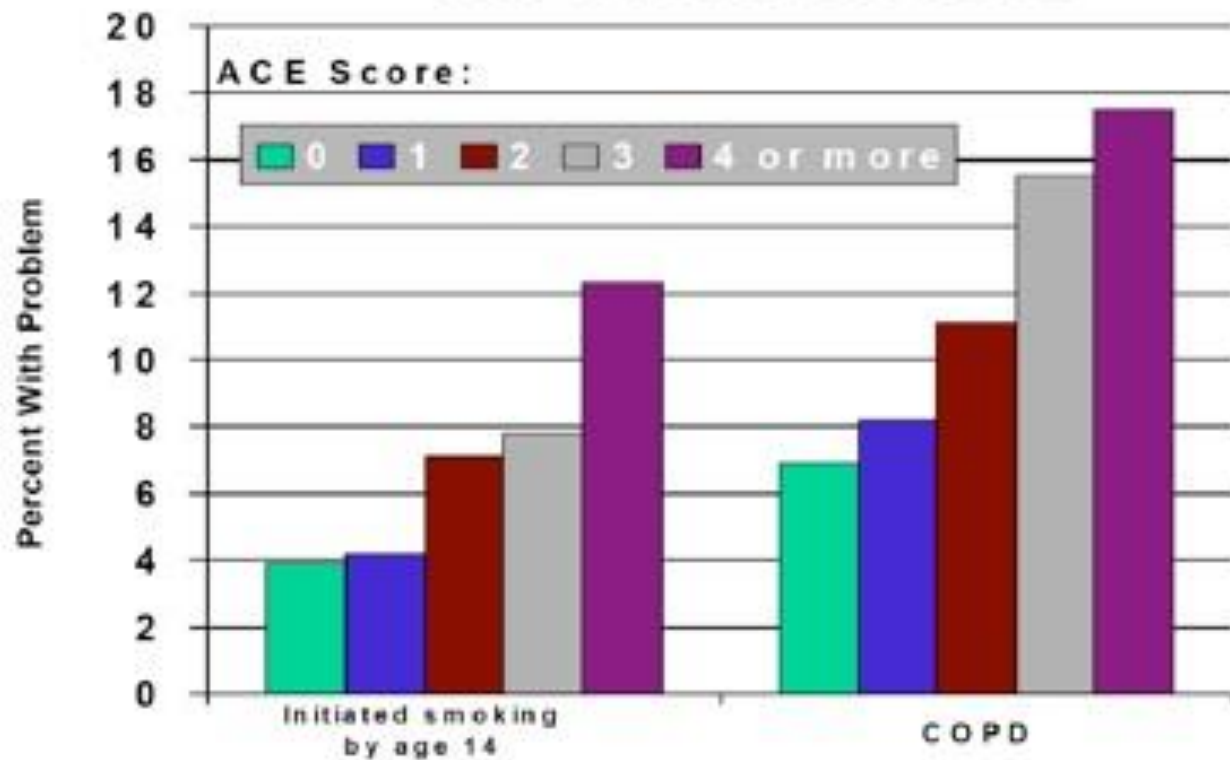
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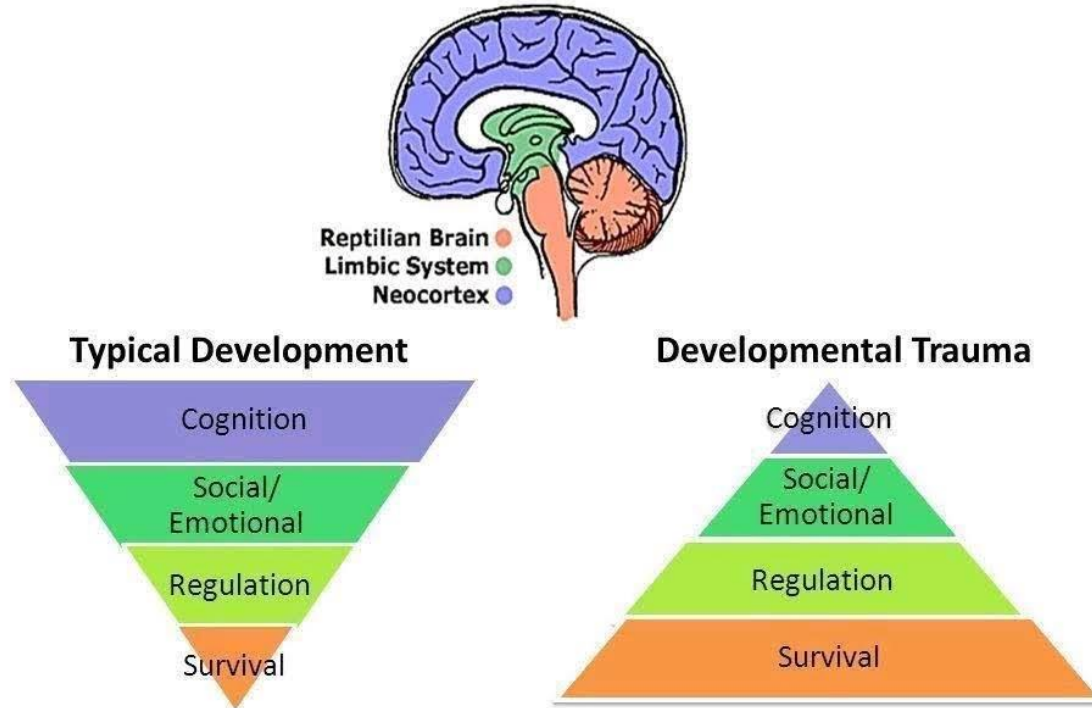




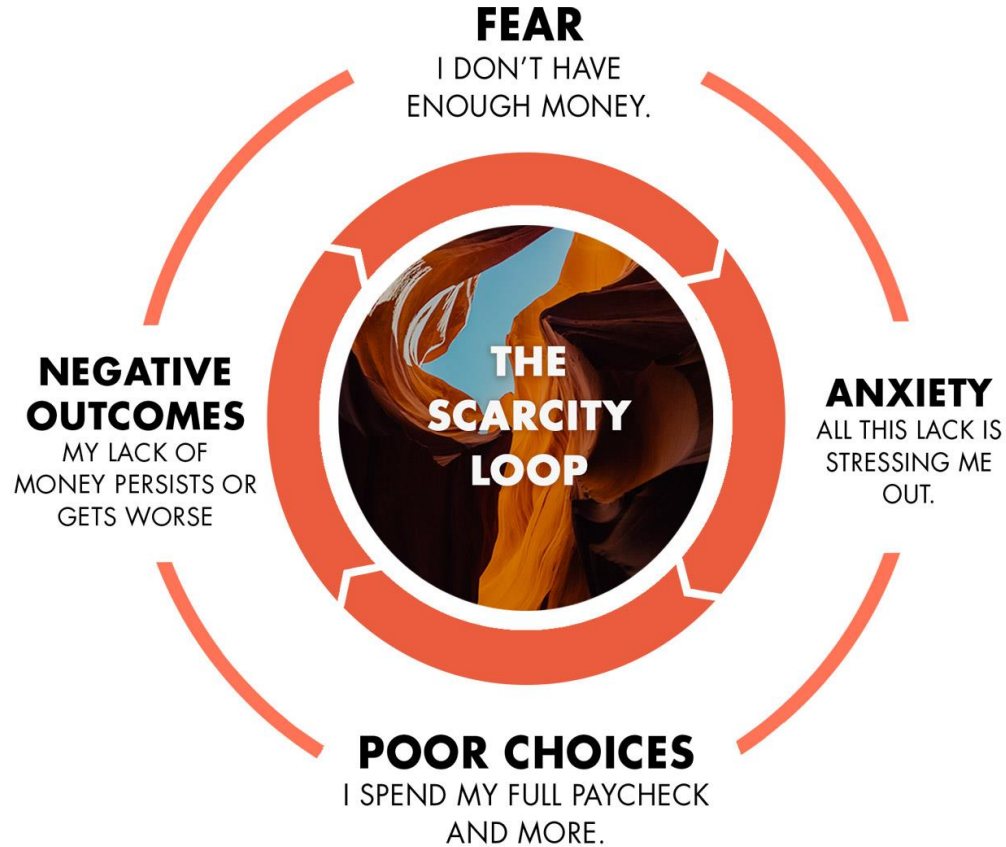
ACE Score vs. COPD



Trauma & Brain Development



Adapted from Holt & Jordan, Ohio Dept. of Education

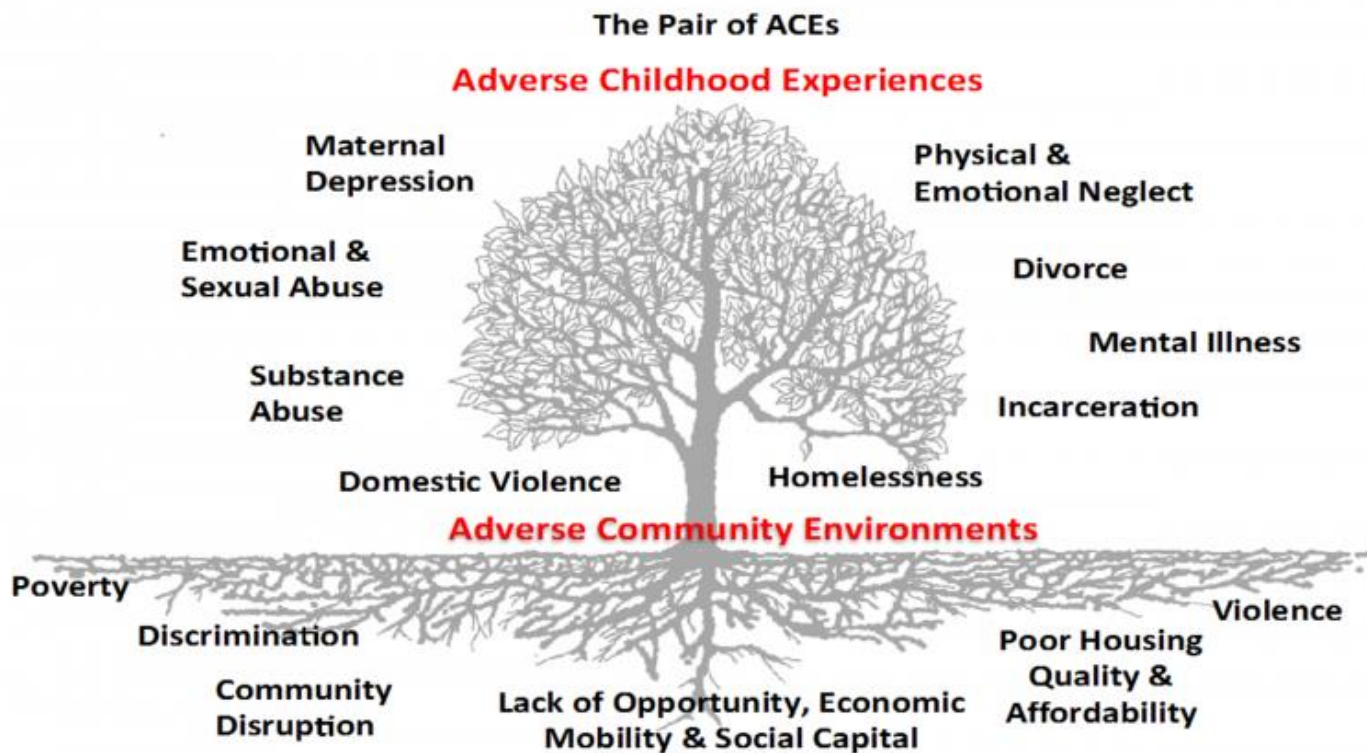


Dr. Bruce Perry

*“The more a neural system is activated,
the more that system changes to reflect
that pattern of activation.*

*This is the basis for development memory
and learning.”*

Is the world abundant or scarce?



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

The Biology of SHAME

I am a mistake
I am defective

Shame is the intensely
painful feeling that
we are unworthy
of love and belonging.

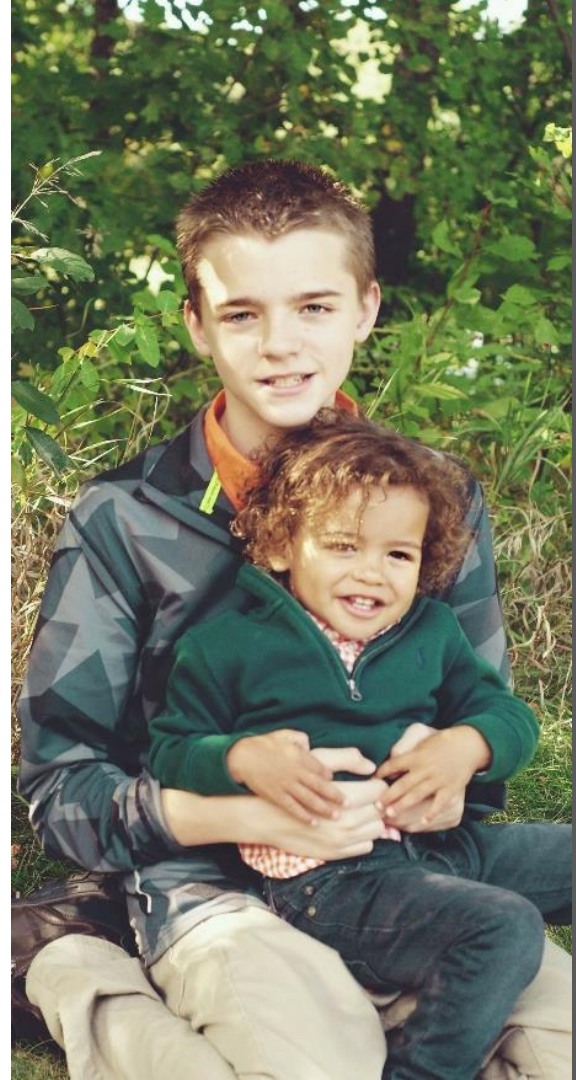
Brene Brown, PHD, LMSW

Developmental Trauma gets Personal:
It's all about relationships.

Greatest Dad ever

The Look in His
Eyes

The Power of
Connection



"Relationships
are the
oxygen of
human
development."

— Peter Benson (2008, p. 46)

Human Centered Answers

“Teachers”






The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

— *Bruce D. Perry* —

AZ QUOTES



Compassion is not a relationship between
the healer and the wounded. Its a
relationship between equals. Only when we
know our own darkness well can we be
present with the darkness of others.

Compassion becomes real when we recognize
our shared humanity.

— Pema Chodron

www.GoodNGreat.com



THRIVING!

It is all about relationships



Authentic connection is our purpose



Authentic connection and the relationship with ourselves is where it starts



There is no such thing as a defective person. We are all just humans dealing with human experiences





- Partnerships & Consulting
- Community and Advocacy

Creating Pathways
for THRIVING!

Thank You