Trauma to Thriving
The Human Side of Adverse Childhood Experiences
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%.
Synaptic Density in the Human Brain

At Birth  6 Years Old  14 Years Old
The Lucas Phone Factor

Infant Trauma Cycle

- Baby has a need
- Baby cries
- Need not met by caregiver
- Mistrust develops
Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report

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.

Dr. Robert Anda & Dr. Vincent Felitti
Investigators
PREVALENCE OF INDIVIDUAL ACES

- Incarcerated Household Member: 7%
- Sexual Abuse: 10%
- Drug Use Problem in Household: 10%
- Witnessed Domestic Violence: 14%
- Physical Abuse: 16%
- Mental Illness in Household: 17%
- Separated or Divorced Parent: 21%
- Drinking Problem in Household: 24%
- Verbal Abuse: 28%
ADVERSE CHILDHOOD EXPERIENCES
looking at how ACEs affect our lives & society

# of ACES

- Zero: 36%
- One: 26%
- Two: 16%
- Three: 9%
- Four or More: 12%
ACE Score vs. COPD

ACE Score:
- 0
- 1
- 2
- 3
- 4 or more

Percent With Problem

Initiated smoking by age 14

COPD
Trauma & Brain Development

Adapted from Holt & Jordan, Ohio Dept. of Education
FEAR
I DON'T HAVE ENOUGH MONEY.

NEGATIVE OUTCOMES
MY LACK OF MONEY PERSISTS OR GETS WORSE

POOR CHOICES
I SPEND MY FULL PAYCHECK AND MORE.

ANXIETY
ALL THIS LACK IS STRESSING ME OUT.

THE SCARCITY LOOP
"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?
The Pair of ACEs

Adverse Childhood Experiences

- Physical & Emotional Neglect
- Divorce
- Mental Illness
- Incarceration
- Homelessness

Emotional & Sexual Abuse

- Substance Abuse
- Domestic Violence

Maternal Depression

Adverse Community Environments

- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability
- Violence

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 —
Compassion is not a relationship between the healer and the wounded. It's 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
There is no such thing as a defective person. We are all just humans dealing with human experiences.

Authentic connection and the relationship with ourselves is where it starts.

Authentic connection is our purpose.

It is all about relationships.
Creating Pathways for THRIVING!

- Partnerships & Consulting
- Community and Advocacy
Thank You