



ACEs to Embodied Resiliency

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Collective Trauma



COVID-19



ELECTION



RACE



FILM

[Film](#)

EVERYONE SHOULD KNOW THEIR ACE SCORE

- Most important Public Health Discovery in our Lifetime!
- Grew out of an Obesity Study.
- Kaiser Permanente San Diego HMO and CDC Mega Study

ABUSE, NEGLECT AND FAMILY DYSFUNCTION

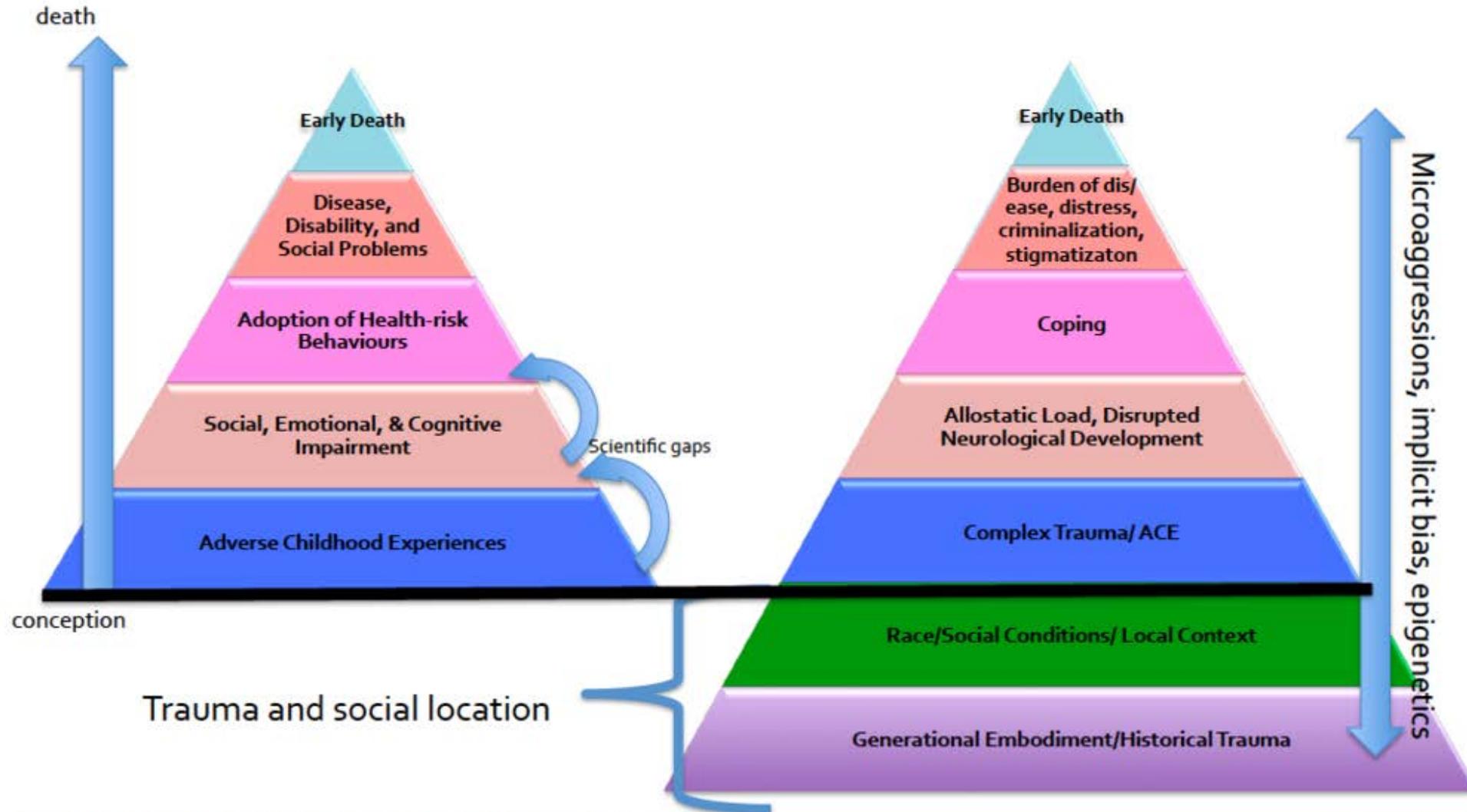
- Dr. Anda wept at the suffering humanity endures.
- Link Between trauma and health
- Dose response relationship established

Trauma and Social Location



Adverse Childhood Experiences*

Historical Trauma/Embodiment



*<http://www.cdc.gov/violenceprevention/acestudy/pyramid.html>

ADVERSITY AS ENVIRONMENT

- ACEs
- Historical Trauma
- Adult trauma from Substance Use
- Adult trauma from Mental Illness
- Adult trauma from systems

WE ADAPT TO ADVERSITY

QUICK TO ACT



SLOW THOUGHTFUL CONSULTATION



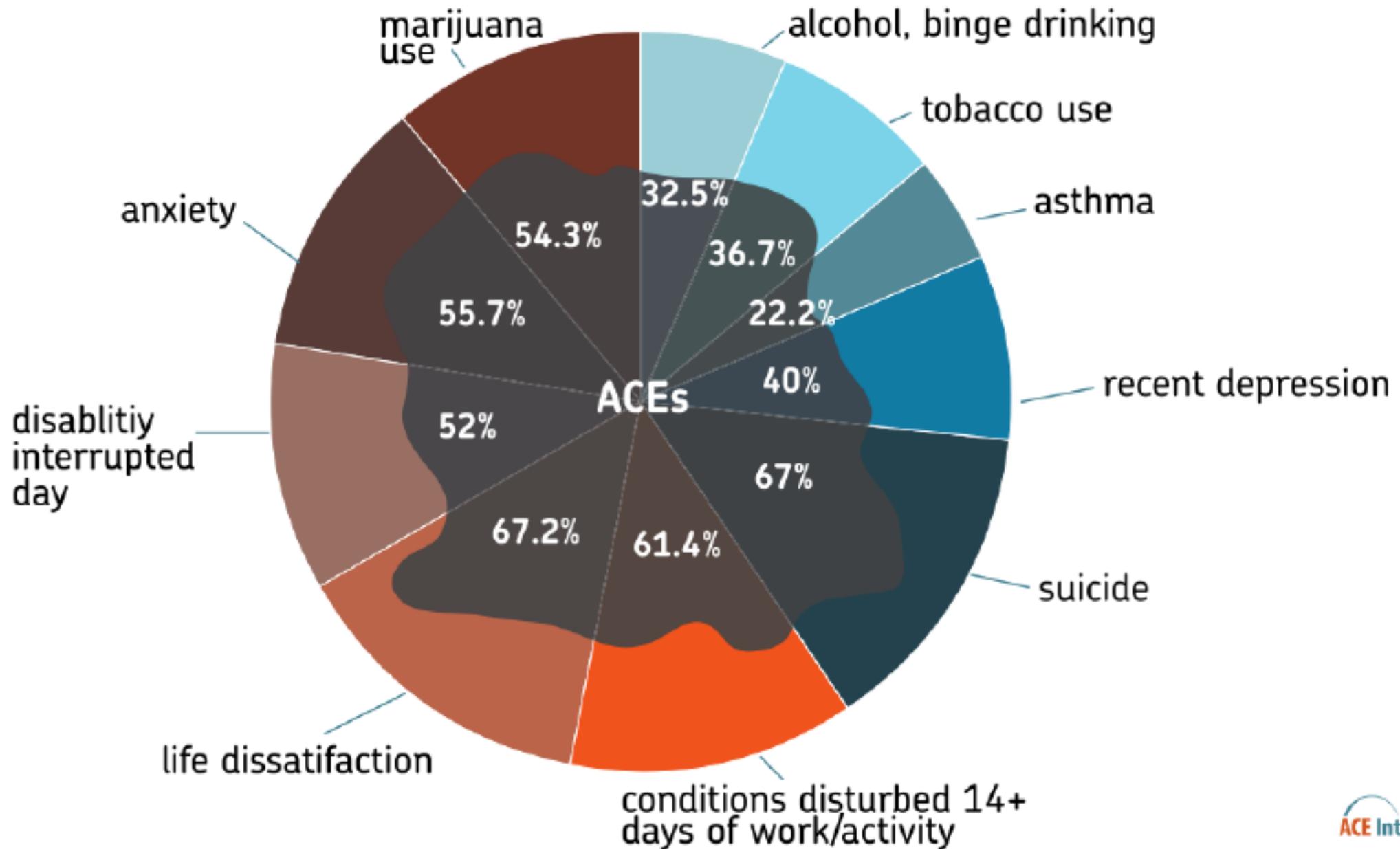
A PHYSIOLOGICAL BASIS

- Stress of past emotional and traumatic events affects the central nervous system
- Experiences of trauma make an imprint on the mind, body and spirit.
- Self-regulation and a relationship animal

TOXIC STRESS

- Sympathetic Nervous System
- Parasympathetic Nervous System
- ACEs Impact Us Throughout the Lifespan
- Brain Research

Population Attributable Risk



YOUR EMBODIED EXPERIENCE LEARNING ABOUT THE ACE STUDY

- In Small Groups with Reporter
 - Begin by taking three breaths
 - Count to 6 as you inhale
 - Count to 8 as you exhale
 - Where in your body are you feeling emotion. Name it.
 - Be present with what is. No judgement.



Thinking

How do we already use the information in the ACE Study in our agency or organization?

RESILIENCE

- Meaning
- Purpose
- Belonging
- Hope

3 CORE PROTECTIVE SYSTEMS

- Capabilities – skills and knowledge
- Attachment and Belonging - family
- Community, Culture, Spirituality

COMPASSION RESILIENCE

- Maintaining physical, emotional and mental well-being
- Practicing and building self-compassion skills
- Expanding your window of tolerance

Habits of the Mind

- Help us deal with emotions
- Accomplish tasks
- Honor our gifts and differences

“Anatomy is your destiny” Freud

- Emotional Anatomy
- Body Sensations
- Felt Sense

Body Based Healing

- Use the body to rebound
- Focus on diaphragm
- Healing experience in the body
- Increase Activity

YOUR EMBODIED EXPERIENCE OF RESILIENCE

- In Small Groups with Reporter
 - Begin by taking three breaths
 - Count to 6 as you inhale
 - Count to 8 as you exhale
 - Notice where in your body you hold hope?
 - Be present. No judgement.

MUSCLE TENSION

- Self-Protection
- Unresolved Energy

OUR WHOLENESS HEALS IN RELATIONSHIP

- Conceptual self-awareness
- Being present with self with others
- Breath
- Movement



Thinking

How do we already build resilience in our agency or organization?

WASHINGTON STATE'S APPROACH TO ACES AND RESILIENCE

- Build resilient communities/contextual resilience
- Skill Building
- Anyone can be a leader
- ACEs Community of Practice