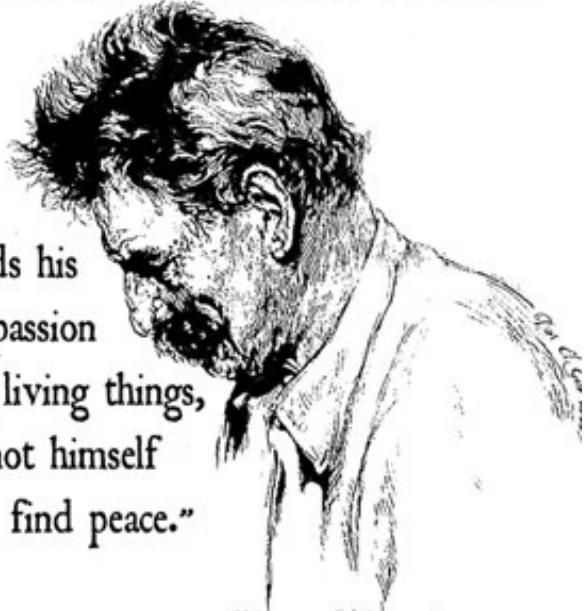




REVERENCE FOR LIFE

“Until he extends his
circle of compassion
to include all living things,
man will not himself
find peace.”



Albert Schweitzer

TRAUMA THEORY
IS
THE SCIENCE OF
SUFFERING





AND FOR VAST NUMBERS OF PEOPLE THAT
SUFFERING BEGINS IN CHILDHOOD



And that
suffering can
last a
lifetime...

And can
extend
through time



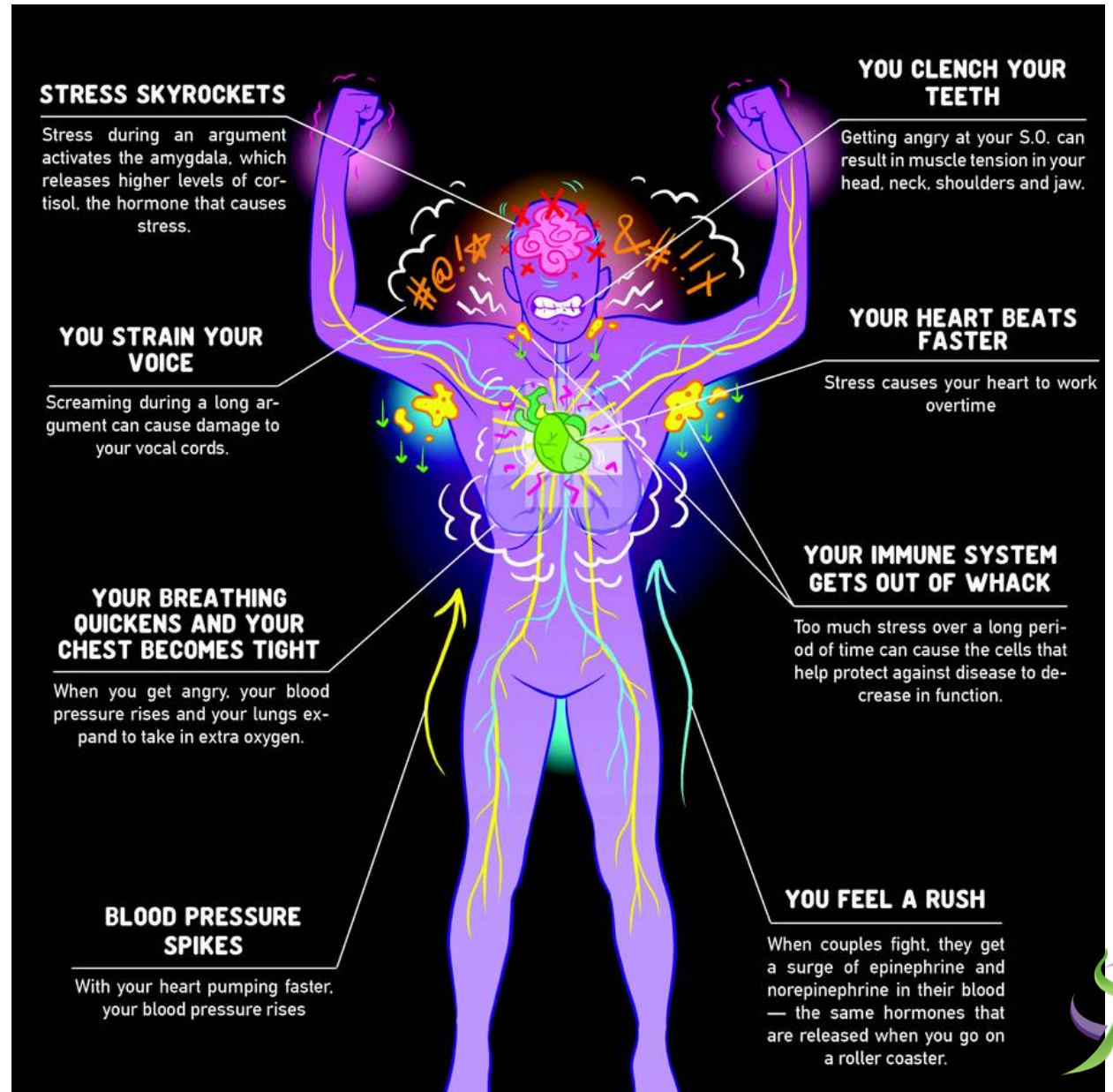


THE HUMAN STRESS RESPONSE

SO WHAT'S THIS
ALL ABOUT?



IT'S ALL ABOUT SURVIVAL



ADRENALIN (A.K.A. NOREPINEPHRINE)

- Increases heart rate
- Increases blood pressure
- Prepares muscles for action
- Shunts blood away from GI tract



CORTISOL

- Vital steroid
- Neurohormonal regulation
- Reduces inflammation



BETA-ENDORPHINS

- Natural opiates
- Reduces pain

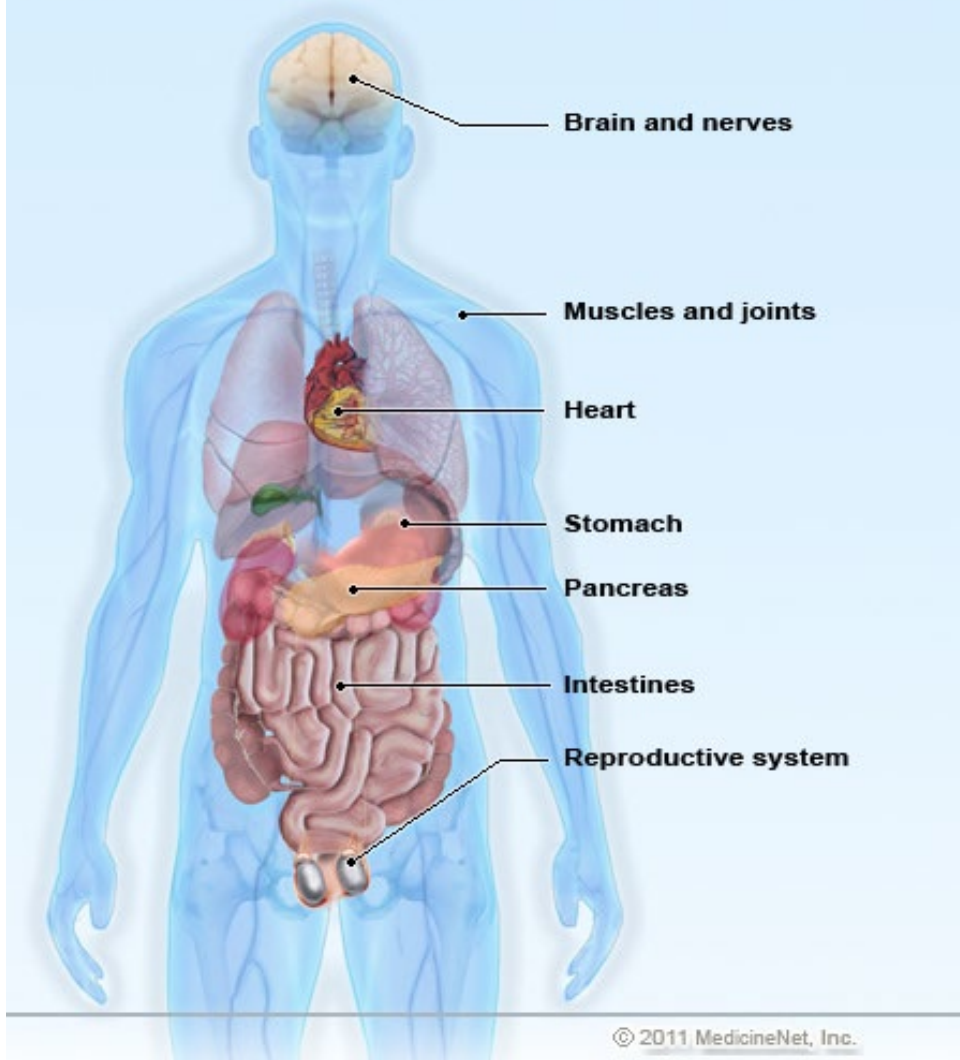


GENERAL ADAPTATION SYNDROME:

The totality of the changes in the body – the stress syndrome – is called the general adaptation syndrome.

Generalized effort of the organism to adapt itself to new conditions.

Areas of the body affected by stress



General Adaptation Syndrome

Stage 1	Stage 2	Stage 3
<p><u>Alarm</u> ⚠</p> <p>Your body reacts to the stress</p> <p>sympathetic nervous system</p> <p>HPA axis</p>	<p><u>Resistance</u></p> <p>Adaptation to stress</p> <p>sustained release of cortisol in an attempt to maintain arousal</p>	<p><u>Exhaustion</u></p> <p>The body's resources have been depleted</p>



The stress response did not evolve to meet the needs of our complex, psychologically tormented lives.

Our stress response system becomes more damaging than the stressor itself.



THE STRESS PROBLEM

We can anticipate the future so we can **WORRY** even about things that have not yet and maybe even will not happen.

We can **RUMINATE** about things that have already happened that we cannot change.

In doing so, our bodies evoke the same now problematic responses



KINDS OF STRESS

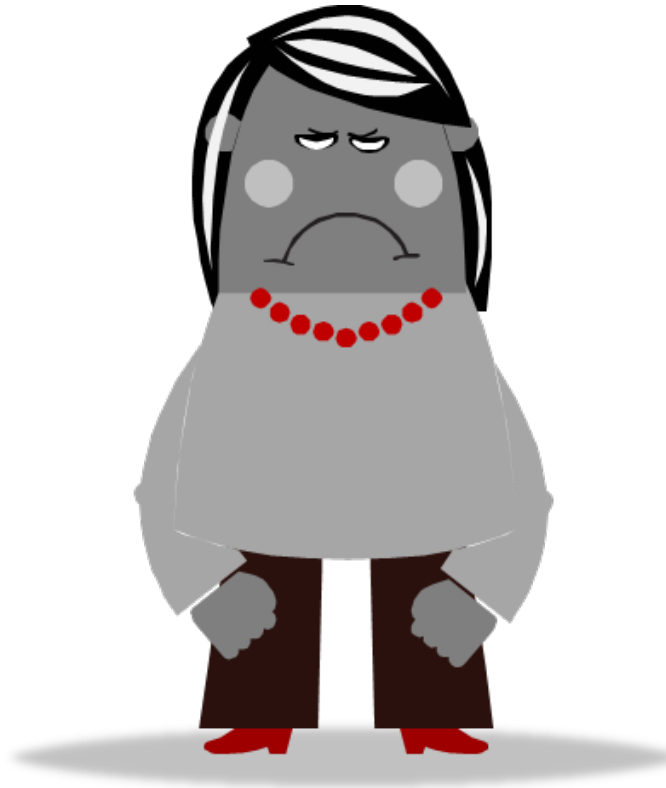


RELENTLESS STRESS: EXAMPLES



- Poverty
- Racism
- Parenting alone
- Living with fear of violence
- Multigenerational caregiving
- Multiply challenged children
- Severe medical/mental illness/injury/disability in close family





RELENTLESS STRESS IN PARENTS

MAY LEAD TO TOXIC STRESS IN CHILD



**TOXIC
STRESS**



**Strong and prolonged
activation of the body's
stress management systems**

**Particularly problematic
during critical
developmental periods**

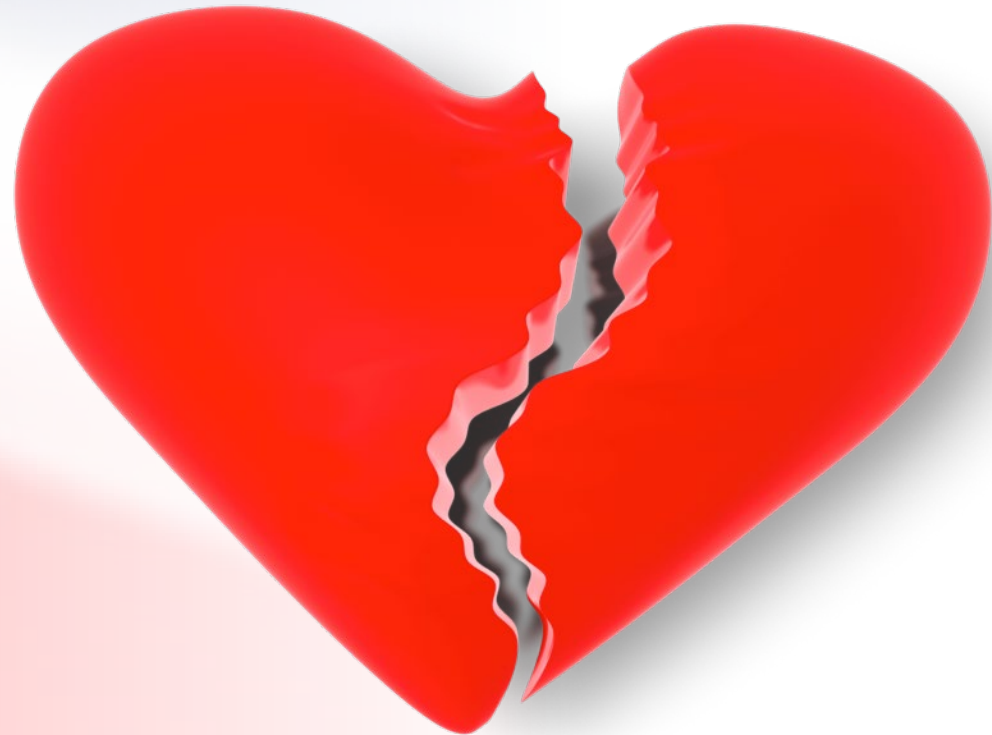
**Effects basic brain
architecture**



The Relationship of Adverse Childhood Experiences to Adult Health Status

A collaborative effort of Kaiser Permanente and The Centers for Disease Control

**Vincent J. Felitti, M.D.
Robert F. Anda, M.D.**



ACE CATEGORIES

WHEN YOU WERE 18 OR YOUNGER



ABUSE

- PHYSICAL ABUSE
- SEXUAL ABUSE
- EMOTIONAL ABUSE
- PHYSICAL NEGLECT
- EMOTIONAL NEGLECT



HOUSEHOLD

- MENTAL ILLNESS
- SUBSTANCE ABUSE
- DOMESTIC VIOLENCE
- PARENTAL SEPARATION/DIVORCE
- INCARCERATION

1 POINT /CATEGORY – ADD TO GET TOTAL ACE SCORE



ACES
INCREASES
RISK IN A
STRONG AND
GRADED
FASHION



MENTAL ILLNESS:

*DEPRESSION, ANXIETY, EATING DISORDERS,
PERSONALITY DISTORTIONS, DISSOCIATION,
PSYCHOSIS*



SUBSTANCE ABUSE:

ALCOHOL, DRUGS, FOOD, ETC



PHYSICAL ILLNESS:

*HEART DISEASE, LIVER DISEASE,
CANCER, STROKE, AUTOIMMUNE
DISEASES, ETC.*



ADDICTIVE SEXUALITY:

*STD'S, UNWANTED PREGNANCIES, FETAL
DEATH, EARLY INITIATION SEX, DANGEROUS
SEXUAL PRACTICES, PORNOGRAPHY ADDICTION*



AGGRESSION AND VIOLENCE





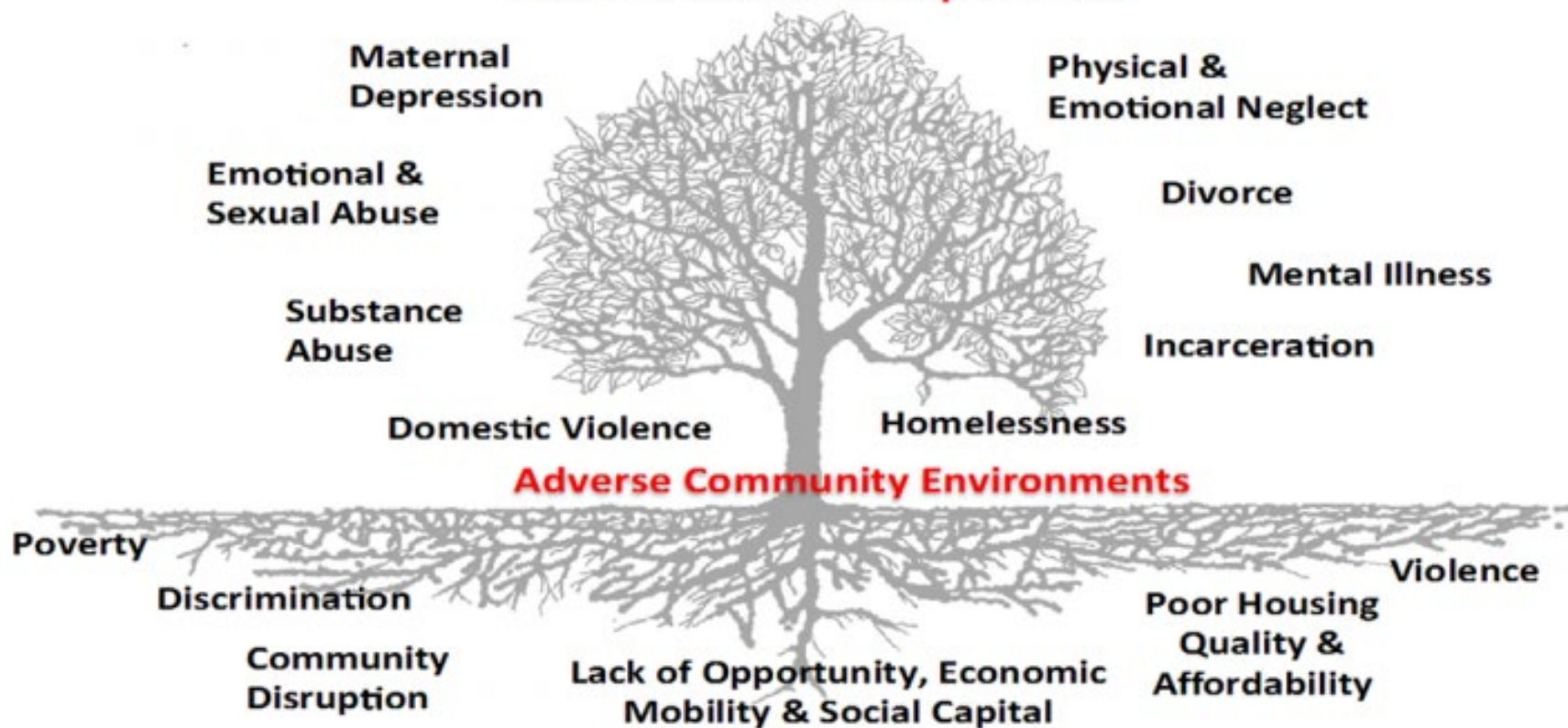
PARTIAL LIST OF DISEASE ASSOCIATED WITH ACES

- Type 2 diabetes
- Crohn's disease
- Alzheimer's disease
- Hypertension
- Irritable bowel syndrome
- Cardiovascular disease
- Morbid obesity
- Osteoarthritis
- Anxiety and depression
- Fibromyalgia
- Stroke
- Chronic fatigue syndrome
- Chronic pain syndrome
- Addiction to drugs, alcohol and nicotine
- Cushing's syndrome
- Anorexia nervosa
- Osteoporosis
- Ulcerative colitis
- Susceptibility to forms of cancer (including breast and melanoma)



The Pair of ACEs

Adverse Childhood Experiences

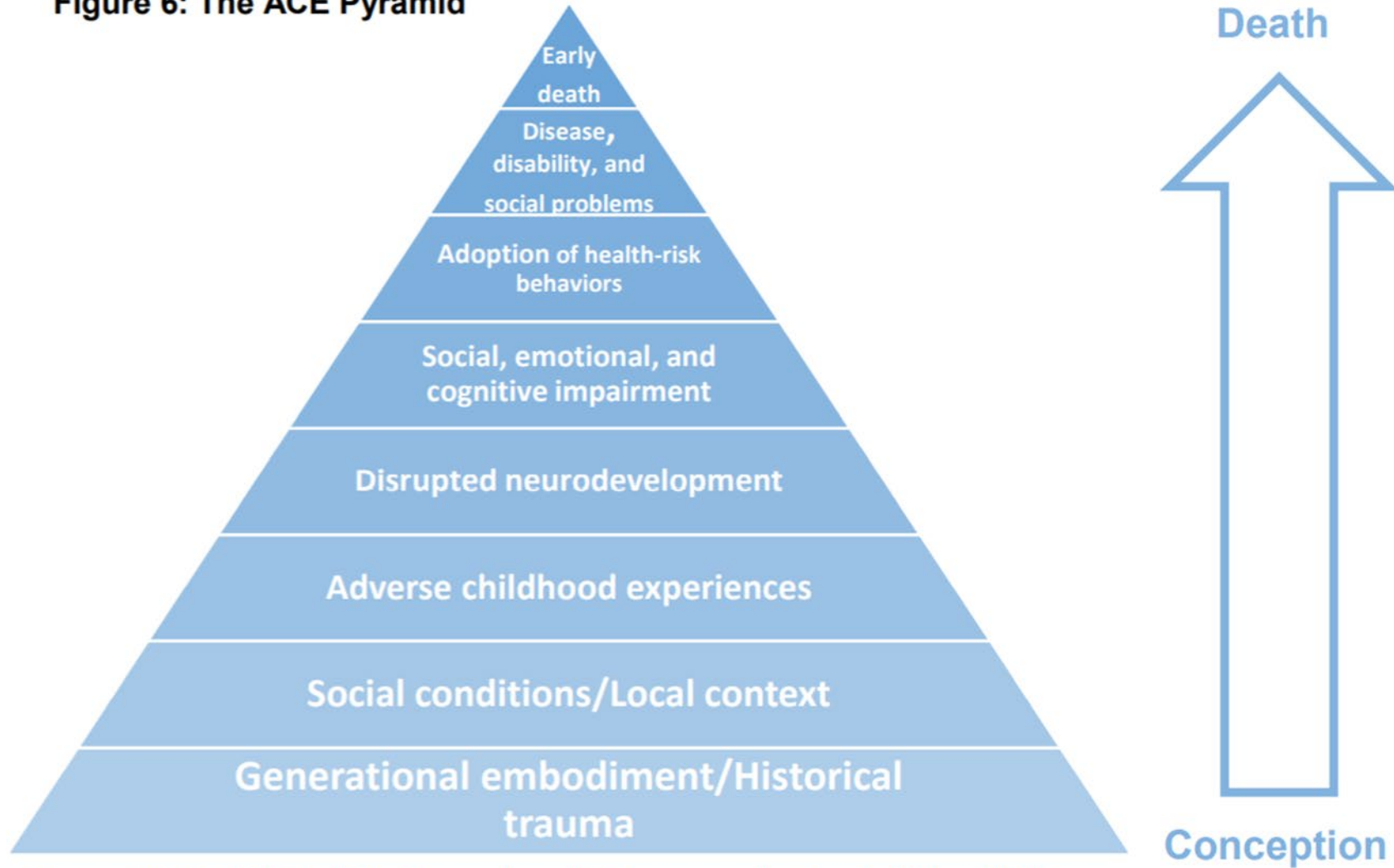


Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



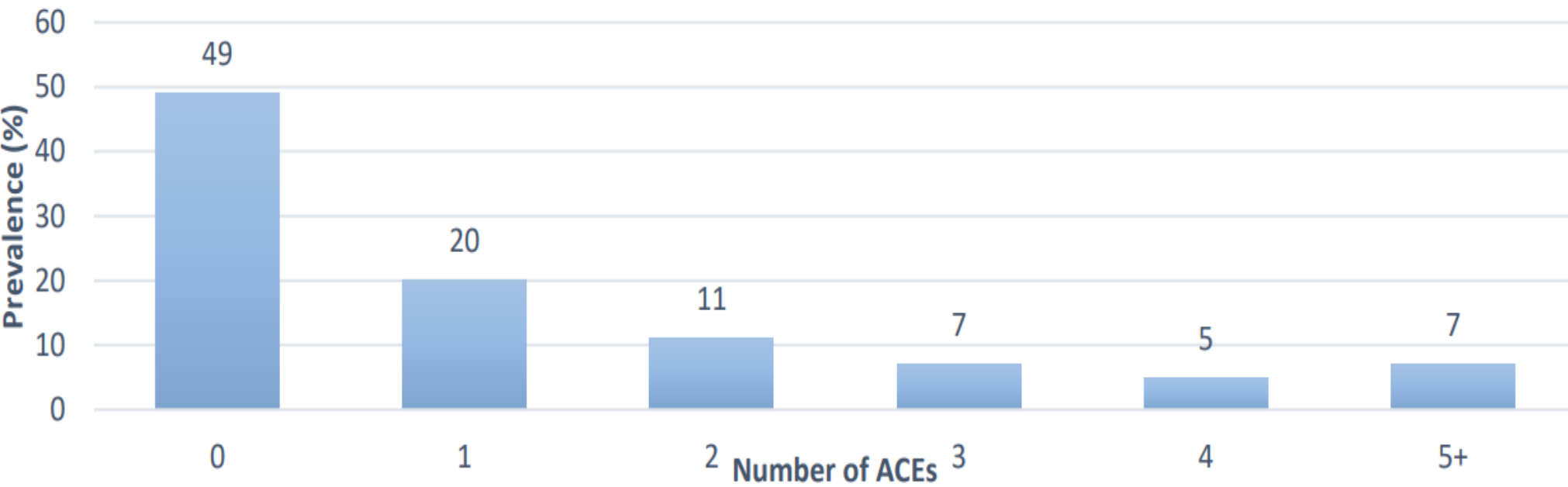
This work is licensed under the CC-BY-NC-SA 4.0 License. To view a copy of the license, visit <https://creativecommons.org/licenses/by-nc-sa/4.0/>. Noncommercial use of this material is allowed, including modification, with attribution to the license holder: Building Community Resilience, Redstone Global Center for Prevention and Wellness, Milken Institute School of Public Health, George Washington University. Visit go.gwu.edu/BCR for the original work.

Figure 6: The ACE Pyramid



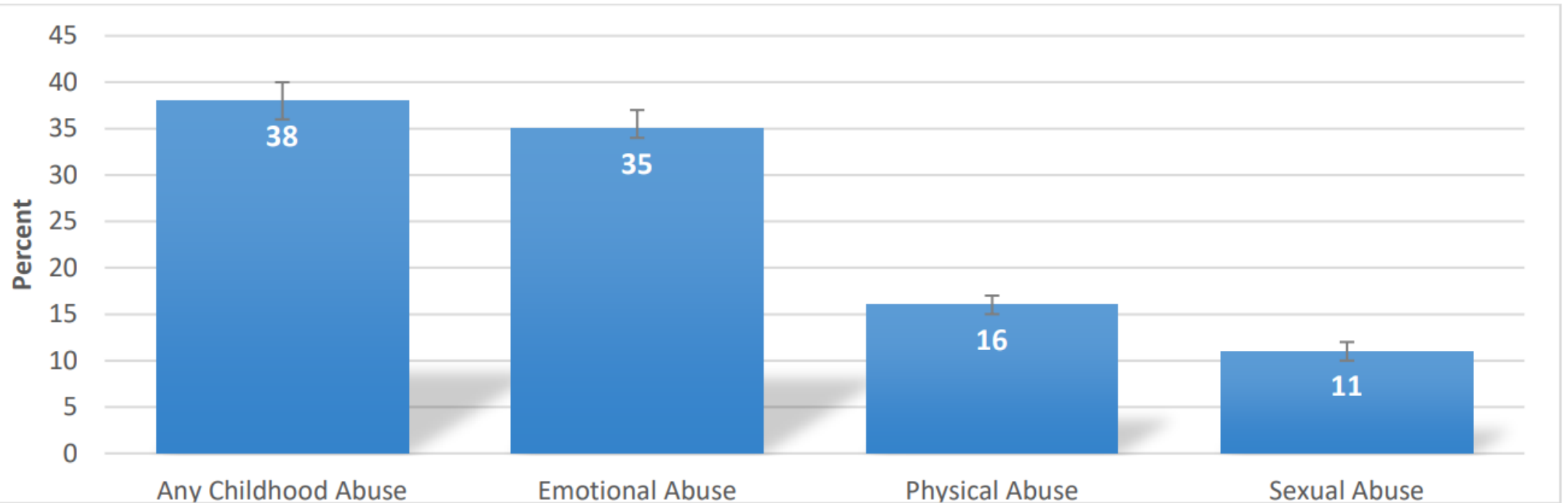
Source: CDC ACE Study (<https://www.cdc.gov/violenceprevention/acestudy/about.html>)

Figure 2: Prevalence (%) Estimates (N=5,705) of ACEs by ACE Scores, Pennsylvania adults, 2016



Note: Prevalence estimates may not add to 100 due to rounding.

2016 Pennsylvania BRFSS



- According to the 2016 survey, an estimated 51 percent of Pennsylvania adults experienced one or more adverse childhood experiences.



TRAUMATIC STRESS

Trauma occurs when an external threat overwhelms a person's internal and external positive coping resources (Van der Kolk).

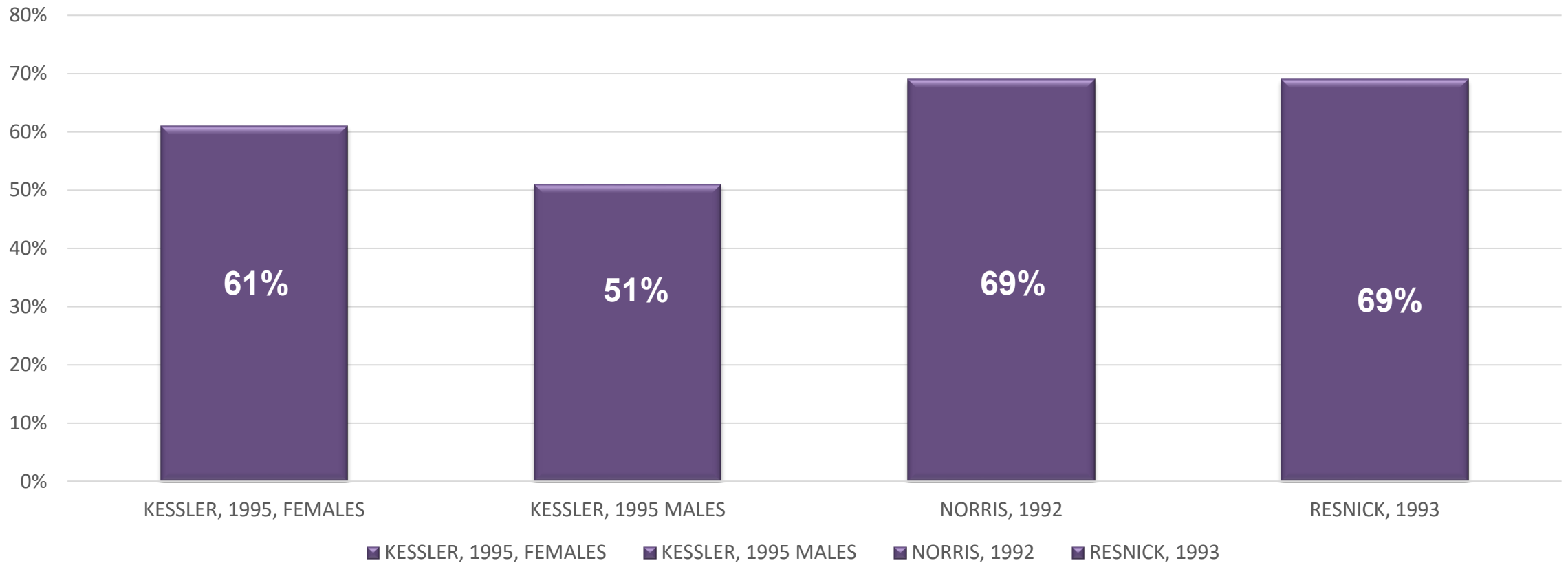
“An abnormal reaction to an abnormal situation is normal behavior”.

Viktor Frankl. (1959) *Man's Search for Meaning*



TRAUMA TOUCHES EVERYONE

TRAUMA EXPOSURE IN THE U.S.



A UNIFIED THEORY OF DISEASE?

Stress is the nonspecific response of the body to any demand for change.

Hans Selye, 1984.
The Stress of Life.

“Every stress leaves an indelible scar, and the organism pays for its survival after a stressful situation by becoming a little older.”
~ Hans Selye, MD, PhD

Adaptation

Agent stressant

Non-specific damage

Hypothalamus

Pituitary

Adrenal cortex

STRESSOR

Biologique du stress

Stress Syndrome général d'adaptation

Initial stimulus

Non-stress

A B C D

A = Alarm Phase
B = Resistance Phase
C = Supercompensation Phase
D = Exhaustion or Draining Phase

Réponse non spécifique



CENTRAL ORGANIZING PRINCIPLE



Exposure to systematic adversity and trauma as a central organizing principle of human thought, feeling, belief, and behavior that is largely overlooked in existing explanations of and responses to human behavior.



When a system – person, family, organization - becomes fundamentally and unconsciously organized around the impact of chronic, traumatic and toxic stress, even when this undermines the essential mission of the system.

TRAUMA- ORGANIZED SYSTEM





Our organizations are perfectly designed to get the results they are now getting.

Tom Northup,
Five Hidden Mistakes CEOs Make: How to Unlock the Secrets That Drive Growth and Profitability (Queensland: Solutions Press, 2008).

