

Additional Resources

Adverse Childhood Experiences (ACEs)

Implementing ACEs Awareness

Instead of this	Try This
✗ Trying to fix	✓ Listen with empathy and without judgment
✗ Arguing and confrontation	✓ Be aware of your own emotional and non-verbal reactions
✗ Minimizing someone's feelings or experience	✓ Consider the prevalence of trauma and connection to chronic health conditions
✗ Engaging in a power struggle	✓ Ask how the person feels early life trauma impacts their health
✗ Telling someone what they should do/feel	✓ "Roll with resistance" (Motivational Interviewing)
✗ Overly identifying with a person's story	✓ Support optimism and healing strategies
✗ Over-reacting to a person's story	✓ Highlight the person's own resiliency
✗ Creating overstimulating spaces	✓ Increase knowledge and learning about ACEs and resiliency theory

Resources for Deeper Knowledge



Centers for Disease Control: CDC Kaiser Permanente ACE Study Research and Resources

<https://www.cdc.gov/violenceprevention/acestudy/index.html>

ACEs Connection: The most active, influential **ACEs community** in the world. Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events.

<https://www.acesconnection.com/>

ACEs Too High: A news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress.

<https://acestoohigh.com/>

Books:

[Trauma Stewardship](#)

Author: Larua van Dernoot Lipsky with Connie Burk

[Life After Trauma](#)

Author: Dena Rosenbloom, PhD

[The Body Keeps Score](#)

Author: Bessel van Der Kolk, MD