

# Additional Resources

Adverse Childhood Experiences (ACEs)

# Implementing ACEs Awareness

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

# Resources for Deeper Knowledge

**Centers for Disease Control and Prevention:** CDC Kaiser Permanente ACE Study Research and Resources  
<https://www.cdc.gov/violenceprevention/acestudy/index.html>

**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/>

**ACEs Connection:** Companion social network to ACEs Too High. 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/>

## **Books:**

[Trauma Stewardship](#)

Author: Laura van Dernoot Lipsky with Connie Burk

[Life After Trauma](#)

Author: Dena Rosenbloom, PhD

[The Body Keeps Score](#)

Author: Bessel van Der Kolk, MD

- **ACEs Questionnaire:** Ten questions used to determine the ACE score of an individual.
  - [English](#)
  - [Spanish](#)
- **Brief Resilience Scale:** Measures a person's ability to bounce back or recover from stress.
- **Life Event Checklist:** This tool has no scoring. It is an interview tool for the DSM-V.
- **Abbreviated PCL-C:** Shortened version of PTSD Checklist- Civilian (PCL-C)