

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)