

A Mindful approach to Adverse Childhood events  
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*"Adverse Childhood Events ( ACEs) have been recognized to have lifelong impacts on mental, emotional and physical wellbeing. This talk will briefly outline the research on ACEs ( which include common occurrences like have a family member with addiction or mental health problems) and the long term impacts of ACEs. Most importantly we will look at Mindfulness as a path to healing and forgiveness. We will appreciate the role of neuroplasticity and resilience in minimizing suffering and living more richly in the present."*

*The three types of ACEs include*

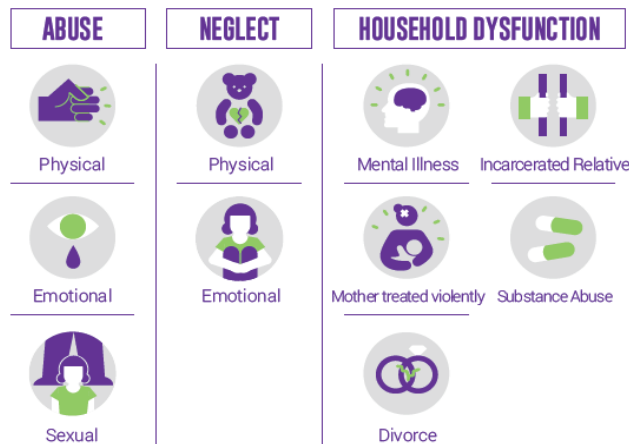


Image courtesy of the Robert Wood Johnson Foundation



Mindfulness as process:

- Now is the only moment we are fully alive
- Attention, Awareness, Choice, Intention, Wiser Mind, Wiser Action Better Outcome
- Validation of experience/ feelings and living life to the fullest
- Being right or feeling better

- Forgiveness is the capacity to let go of wishing you had had a different past. You can't change the past but you might change the future

Ideas you may wish to let of :

<b>Non Trauma informed</b>	<b>Trauma informed</b>
Power over me	Power to meet this
I can change	My brain is plastic
Judging	Observing
Others are out to get me	People can live up to trust
Behavior is a problem	Behaviour is communication
I need fixing	I need safety
Helpless	I can learn
I'm crazy	This makes sense
Labels	Empathy based
Blame and shame	Respect
Unloved unsafe unworthy	Loveable, safe and worthy

Questions:

- What ingredients do you need to heal?
- Who do you need to help you do this?