

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

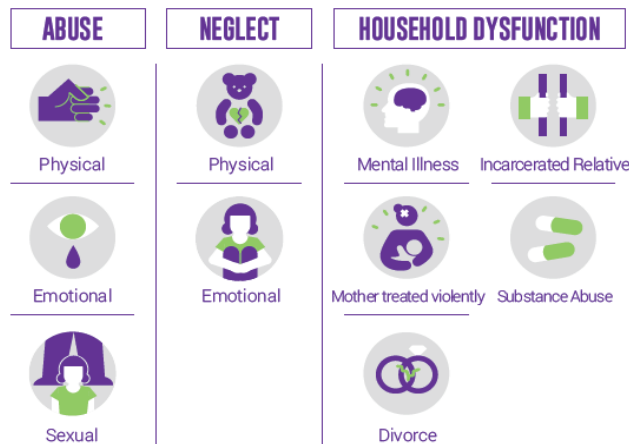


Image courtesy of the Robert Wood Johnson Foundation



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 :

Non Trauma informed	Trauma informed
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?