

Parenting with ACEs: Quotes from the Chat Series / How It Feels & How we Heal

[Parenting with ACEs](#) is sharing inspiration, information, and expertise from our chat series. Below, please find links to all eight complete chats transcripts between special guests and the Parenting with ACEs Community. Selected quotes have been pulled out from each transcript for review (also below).

Thank you to everyone who participated for sharing questions, stories, and expertise!

We hope these chats and quotes create wider, deeper, and more conversations about Parenting with ACEs, healing trauma and creating healthier families, communities, and systems.



Transcript, Blog Posts & Selected Quotes / Parenting with ACEs Chat Series

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Parenting with ACEs Chat Series - Quotes: How It Feels & How We Heal

Quote	Guest	Topic	Links (Full Chat & Blogs)
“I think ACES has made a huge difference! It normalizes and universalizes experiences we get stuck in, isolated and alone. And it’s remarkable how much it’s spread its wisdom in recent years!!” Belleruth Naparstek	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek transcript & blog before & after chat.
“ I do believe one of the keys is simple SELF-REGULATION, however you do it - meditating, running, gardening, breathing... it's the opposite of helplessness. It's mastery and having agency over a passing mood or upset....” Belleruth Naparstek	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek transcript & blog before & after chat.
“when we're irritated and exhausted, we give our own selves a little self-compassion. Can't be goody two shoes all the time.” Belleruth Naparstek	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek transcript & blog before & after chat.
“But I so appreciated the question about insidious racism and PTS. It's like a continuous assault on self-esteem and a sense of helpless fury and/or sadness that goes with it...”	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek

feelings of helplessness are key to acquiring PTS, of course,.. “ Belleruth Naparstek			transcript & blog before & after chat.
“It's harder, for sure, especially if the threat is a big scary abuser who still lives in the same house... but we can build up a sense of worth and value and replay the sweet, nourishing moments of our lives, again and again, till they fill us up and crowd out the ugliness... so yes, it can help. If there's a memory of an admirable, loving grandparent, or family tradition, or community or institution... that you can hang your hat on... it's a great antidote to the erosion of self esteem that can come from racism... or a big jerk, too...” Belleruth Naparstek	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek transcript & blog before & after chat.
A Native Elder shared "How can we integrate the Science with Spirituality?". I've been resonating on his words ever since hearing them and feel they're at the core of our nation and world's healing. Dana Brown	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek transcript & blog before & after chat.
“Breath is medicine...so is laughter” Elizabeth Prewitt	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek transcript & blog before & after chat.
“Hi Belleruth! Thank you for sharing your wisdom with us. I just bought your book and it arrived two days ago (I haven't yet read it). For years, I did a weekly guided meditation with teens. Sometimes I would use the toll of guided	Belleruth Naparstek	Guided Imagery for ACEs	<ul style="list-style-type: none"> • Belleruth Naparstek transcript & blog

imagery. Most students seemed to like it but some would complain that they couldn't pay attention or they had trouble accessing their ability to imagine what I was describing” Emily Read Daniels			before & after chat.
Beth O'Malley: Talking Tough Topics with Kids			
It was really hard for me to talk about my child’s ACEs.. but now I am reaping the benefits. My parents couldn’t talk about adoption. I thought that meant they couldn’t handle tough stuff later on. Start where you are right now.” Beth O'Malley	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide
The ACEs test opens the door in a non-threatening manner. Matt Furlong	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide
“We can't leave kids alone with heavy and hard stuff and expect them to manage well or better on their own. That's rarely the case.” Beth O'Malley	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide
“Silence isn't as protective as people think and just because topics are hard to talk about doesn't mean that it's not necessary and valuable to work through the process.” Cissy White	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide
“i struggle with how much to talk about my history and why i do what i do and at the same time she loves her grandma (my mom the source of my trauma?).” Gail Kennedy	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog

			<p>post before & after chat & guide</p>
<p>“I appreciate your sharing about addiction/alcoholism. I've been sober for 11 years and it has been a slow and purposeful conversation (???) with my twin boys. But not without difficulty.” Laura</p>	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide
<p>“ACE's info turned the lights on for me. Before ACE's test, It was like stumbling in the dark for answers. I took it about 10 years ago, and it has truly transformed my understanding of why we do what we do.” Matt Furlong</p>	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide
<p>“When I talk to my kids about family adverse experiences I try to do it in a practical but hopeful way: this is bad, but you're safe/ok because.....I think talking about ACEs provides a platform to talk about resilience and what the future can be for them. I make sure I include the hope with the difficult information.” Sarah Rock</p>	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide
<p>“Life Story work is as much a parenting task as doctor visits, reading bedtime stories and providing transportation. Just like answering the preschooler’s “why” for the 54th time, we need to help our children to make sense of their life before, during and after they leave their first family. How do we do this? First we must believe our kids do better in life by grappling out loud with the questions “Who Am I?” and “Why am I in this family?” than doing it alone. Second, we realize we can’t fix or take away their pain.” Beth O'Malley</p>	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> • Beth O'Malley transcript & blog post before & after chat & guide

<p>“..silence isn't what (keeps?) kids safe from danger. Sometimes, in fact, it's silence and not being warned of danger that puts them at greater risk.” Beth O'Malley</p>	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> ● Beth O'Malley transcript & blog post before & after chat & guide
<p>How to Start Having Hard Conversations</p> <ul style="list-style-type: none"> ● Admit it's hard. Admit it's easier to avoid. That may be true but doesn't mean it's impossible or unnecessary to do. ● Remember and support yourself and other adults when they do talk about hard stuff. It is not easy, takes courage and can be something we celebrate. ● Get help and professional advice and support if need be. ● Use popular movies, songs and culture as a gateway to open up conversations and start talking about abuse, violence, addiction first in general ways before getting specific. Lay some foundation and do some groundwork so it won't feel so strained or random when it gets more personal. ● Remember that silence is costly, can cause pain and damage and that's why we work through the discomfort. It doesn't have to happen all at once. Talks can be casual, happening on a car ride, or can be more formal sit downs. Hard topics can be revisited and discussed more than once and in different ways. ● If possible, start talking when kids are young, before they are teens, sharing general information and 	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> ● Beth O'Malley transcript & blog post before & after chat & guide

<p>layering on, age appropriately, over time.</p> <ul style="list-style-type: none"> Remember that our fear is in talking but the truth is the stuff we fear talking about is or has been lived already. It's not a surprise. Not really. Even kids who can't remember stuff or don't know about stuff have lived with feel the weight of silence or the "elephant in the room or family." And facts can help explain where symptoms of trauma come from. Often, sharing information provides relief and context and isn't as upsetting as we may fear. <p>Beth O'Malley</p>			
<p>"Practicing not being silent is part of the process. Silence can breed shame and cause or increase pain. This doesn't mean we share "war stories" with our kids, Beth said or go into gory details (or ask them to). It means we acknowledge life events and trauma and the feelings and symptoms and complexity that result." Beth O'Malley</p>	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> <u>Beth O'Malley</u> transcript & blog post <u>before</u> & <u>after chat & guide</u>
<p>"Talking about ACEs, Beth said, "helps to take away the stigma with mental health, addiction," and is "not judgmental," she said. "That's what I like."</p>	Beth O'Malley	Talking Tough Topics with Kids	<ul style="list-style-type: none"> <u>Beth O'Malley</u> transcript & blog post <u>before</u> & <u>after chat & guide</u>
<p>"I thought about how often we, as a society, ask those with ACEs to keep quiet in order to protect friends, family, health care practitioners, and even strangers from difficult truth. Are some facts are too awkward, uncomfortable or difficult to talk about? Sometimes. But also, ACEs can be hard for others to face or to hear about." Cissy White</p>	Byron Hamel & Charles Daniels, Jr.	Fathers & ACEs	<ul style="list-style-type: none"> <u>C. Clayton Daniels Jr. & B. Hamel</u> transcript and blog post <u>before</u> & <u>after</u>

<p>“Some conversations about ACEs are so clinical, academic and data-filled one can forget ACEs are about adversity, childhood and human experiences.” Cissy White</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers & ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“I can explain that we should only reveal exactly what we are comfortable revealing, and no more than that. I have experience with people trying to stage interventions when I reveal I have been abused. They automatically assume I myself am an abuser.” Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“I think it's an important self-assessment. I wonder about how it may damage people though. I mean, I'm clean and sober 22 years, not at risk of abusing my kids, but my ACEs score almost implies I am a threat, you know?” Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“Forgiving what is wrong can often lead to it not being dealt with properly, which can be damaging, not only to the original victim, but to future victims of an abuser.” Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“Sometimes forgiveness isn't the answer. Vigilance is.” Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after

<p>"Triumphing against massive hordes of evil bastards is actually kind of common. People do it all the time." Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>"I used to feel like life gave me the shaft until I saw how good I could make life for my children. I know how bad bad can be. I know what not to do. And that makes doing good something I can navigate easily. I want to show them how good good can be. I want to show myself that, too." Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>"It is through my personal quest to uplift myself that I do my best to uplift others. I feel like if I can make the good stuff louder, it will be like a rallying call. I think if dads in particular can see how good we can be, and indeed already are, we will do more to be good dads." Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>"Complex PTSD isn't a gift. And neither have been my bouts with depression. Nor my eating disorder, nor overcoming drug addiction. I was heavily damaged as a child as a result of abuse and neglect." Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>"It was wrong to abuse me, and I assign no goodness to my abuser based on how I've dealt with and overcome my abuse. It was an obstacle I used to strengthen myself, but I feel there are other ways to strengthen oneself without the negative impact abuse can leave." Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript

			and blog post before & after
I am sorry to say it (shame and stigma) still works on me. When people tell me I am bad because of bad things people have done to me, it still grips me. It still staggers my progress and dampens my efforts. It only lasts until the reasoning kicks in and I bring EVIDENCE, CLARITY, and RELEVANCE into focus. But sometimes that little bit of awfulness is all it takes to throw you right off track. Just because a train can be put back on its rails doesn't mean damage is negated when it comes off of them.” Byron Hamel	Byron Hamel & Charles Daniels, Jr.	Fathers and ACEs	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
“Being public about BEING A VICTIM of abuse, often makes people assume you yourself will be a perpetrator. I don't think this is exclusive to men, because I know women who have said they experience the same social prejudice. And you know, it is a real thing. People who are abused do end up abusing their kids sometimes, because they never learned another way. This doesn't excuse abuse, but it does help explain the epidemic of child abuse continuing and worsening over generations.” Byron Hamel	Byron Hamel & Charles Daniels, Jr.	Fathers and ACEs	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
“The practice of developing good parenting traits should be ongoing and consistent.” Byron Hamel	Byron Hamel & Charles Daniels, Jr.	Fathers and ACEs	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after

<p>“Dads could use more time with their kids. Kids could use more time with their dads.” Byron Hamel</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers and ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“I’ve learned there is a whole other level of shame experienced by fathers. That is why I am so grateful for men like Byron and Charles who are fighting the stigma and helping to rid other fathering survivors of shame.” Dawn Daum</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers & ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“I always knew I would and always thought, “my kids will never experience childhood like I did.” I just had no idea how much self-healing would be involved in making sure that happened.” Dawn Daum</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers & ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“It also changed my life by putting my experiences in perspective and allowing me to begin to explore what happened to me rather than continue to dwell on what I felt was wrong with me.” James Encinas</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers & ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“Different things work for different people but no one can or will change if they are punished and shamed for their behavior rather than loved and healed and given the tools to engage in their own healing process” James Encinas</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers & ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after

<p>“forgiveness in a cultural or experiential construct means a “lot of different things to different people.” James Encinas</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers & ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>“One of the biggest issues we have as men is that we are not used to ask for help or talk with someone we trust, this is because the way the society is raising boys and girls, girls are allow to share their emotions and boys don't. The first thing for us as men is to understand that we are human beings and every human being is an emotional being, once we believe we can talk about our emotions is when we can feel like we can ask for help.” Jerry Marquez</p>	<p>Byron Hamel & Charles Daniels, Jr.</p>	<p>Fathers & ACEs</p>	<ul style="list-style-type: none"> • C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after
<p>Menopause, Parenting & ACEs: Carey Sipp</p>			
<p>“I have found it is crucial now to start preparing for a good night’s rest in the morning, by exercising daily. Exercise does so much to relieve tension, ease depression, improve brain function.” Carey Sipp</p>	<p>Carey Sipp</p>	<p>Menopause, Parenting & ACEs</p>	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>“I wish someone had told me how real the impact of menopause is. I know there are people who believe we “create our reality” and that much of feeling good is mind over matter. And there is truth to the fact that menopause can wreck your ability to get a good night’s sleep. A good night’s sleep is mission-critical, and finding ways to support yourself in getting your rest is vitally important.” Carey Sipp</p>	<p>Carey Sipp</p>	<p>Menopause, Parenting & ACEs</p>	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.

<p>“I know this today: building the resilience that will afford us a Third Act does take a village. It takes our being checked into the collective energy of a group of people who are dedicated to truth, self care, and healing.” Carey Sipp</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>“I wish someone had told me that there are a lot of ironies and challenges surrounding menopause. That the ironies of me losing my fertility and that sense of still being a “woman in full” would hit about the same time my daughter started having a period would mean having two hormone-affected people in the same house.” Carey Sipp</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>“I believe they can be especially challenging for those of us with a high ACE score, as we are already on full-alert, and losing progesterone, which is calming, and testosterone, which gives us energy and "strength" and to a degree, more courage, can be a challenge when you have teenagers.” Carey Sipp</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>Going back to your question about putting together ACEs, menopause, and parenting -- I realized many of us already have a distrust of our bodies. So these bizarre and rapid changes in menopause are all the more terrifying and alien. The fact that many people believe we're exaggerating doesn't help either. Carey Sipp</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>“Even though I knew about ACEs when I started menopause, I didn't put two and two together. Even though I've known about ACEs for years, I am just now applying some of that learning -- deeply applying it -- to myself.”</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.

Carey Sipp			
<p>“I think of ACEs as causing a lot of wear and tear and that as we age, we feel it more. Not necessarily because life isn't good or working, but the additional changes of regular life and age, can be demanding. And the not enough resources at the start can catch up. And that can leave us all vulnerable. Especially with ACEs.” Cissy White</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>“And I believe that because there isn't more information about male menopause -- and its being a NORMAL PART OF AGING FOR MEN -- men are confused and baffled. And especially men with High ACE scores. Because men and women with high ACE scores are likely to blame themselves for EVERYTHING.” Carey Sipp</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>The science is there re: our having chronic diseases, and the likelihood of our having a shortened life span, if we have a score of 6+. So we tell them that KNOWLEDGE is vitally important, and that with this knowledge we can take ACTIONS that will help us. Carey Sipp</p>	Carey Sipp	Menopause, Parenting & ACEs	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.

<p>“So much to think about. For example....more than likely kids of parents who are going through menopause are likely to be teens...and that's its own issue.” Carey Sipp</p>	<p>Carey Sipp</p>	<p>Menopause, Parenting & ACEs</p>	<ul style="list-style-type: none"> • Carey Sipp transcript & blog post before chat.
<p>“Laurie - I have an ACE score of 6 but was very resistant when the neurologist said my horrible physical symptoms had a psychological source. Couldn't possibly be 'all in my head' I thought. But after years of work all those physical symptoms are gone and I consider my dissociation my superpower of resilience!” Bonnie Armstrong</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>It also resonated for me on a personal level. When I was 12 years old, my father — a writer, a publisher, a man who taught me how to sail, how to laugh and how to read Shakespeare — went into the hospital for a very routine surgery and never came out. When he died, my childhood ended. It was as if someone had taken all the color out of the world. Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“The symptoms of ACEs can be far more complex than those of PTSD but the signs of PTSD can come from ACEs.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.

<p>“In other words, stress promotes inflammation — when we understand that children who’ve faced Adverse Childhood Experiences marinate in toxic and inflammatory chemicals, then it makes sense how those experiences are tied to depression, autoimmune disease, heart disease, and cancer during adulthood. I was also intrigued because in no other area of medicine would we ignore such a strong genetic link to disease.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> ● Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Studies also tell us that children who experience maltreatment show fewer neural connections in important areas of the brain – between the hippocampus, the amygdala (or fear center) and the prefrontal cortex. In Individuals with ACEs the hippocampus is also six percent smaller, and atrophied.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> ● Donna Jackson Nakazawa transcript & blog post before chat.
<p>“When neural connections in these important areas of the brain are affected, it’s harder to respond appropriately to the world. We are often either overreacting or under-reacting to the world around us.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> ● Donna Jackson Nakazawa transcript & blog post before chat.
<p>“When we’ve faced early adversity, our brain can become hyper busy, looking for confirmation that the world is a scary and dangerous place, and so are the people in it. It can feel as if everything in life is an emergency. This can lead to generalized anxiety, worsening our set point of well-being.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> ● Donna Jackson Nakazawa transcript & blog post before chat.

<p>We know that kids who are growing up with what we might think of as more common, living room variety traumas, such as a depressed or alcoholic parent, or being chronically put down, or humiliated by a parent, or simply neglected have the same rates of adult illness as those who suffered from physical and sexual trauma.</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>That's because brain does not distinguish between "severe" trauma (violence, sexual abuse) and "milder" trauma. If a child doesn't know when the next bad moment is coming – whether it's being humiliated and put down for being fat or stupid or in some way not good enough, or a slap in the face -- their brain goes into a state of hypervigilance, waiting for the next bad moment, trying to predict when it will happen. This hyper alert state creates changes in their stress response, that lead to changes in the genes that oversee the stress response for life." Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>"That's why common forms of childhood stress can cause just as much damage as a parent who lashes out with angry, physical beatings. Other types of childhood adversity: community violence, poverty, bullying, bickering parents, medical trauma. When we see ACEs in this way, we would see the stress that kids encounter on social media today as an ACE, too. It may help to account for the escalating rates of anxiety and depression we see in today's teenagers and young adults." Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.

<p>“Even as early as grade school we can see changes in how children learn -- which can affect work life later.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Writing to heal. Research shows individuals who write about emotional upheavals and stressful experiences for 20 minutes each day, over a period of four days need less medical care, have fewer doctor’s visits, show positive changes in immune function, improved stress biomarkers, improved cardiovascular health, reduced symptoms in asthma, reduced pain levels in autoimmune diseases such as rheumatoid arthritis -- and students’ grades even improve.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Practicing Mindfulness Meditation is perhaps the best method for repairing the brain. Patients who practice mindfulness-based stress reduction and mindful breathing show increased gray matter concentration in the hippocampus, and in other brain regions involved in learning and memory, emotional regulation, their sense of the physical self (somatic experiencing and pain), emotional perception, interpretation and perspective.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“They also show changes in genes that regulate the stress response and oversee output of inflammatory hormones, which is pretty amazing.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog

			post before chat.
<p>“But often we need the help of an expert to unpack our story, and find a new healing narrative. Therapeutic modalities including Talk Therapy, Trauma-Focused Cognitive Behavioral Therapy, Somatic Experiencing Therapy, Neurofeedback, EMDR Therapy are all therapeutic approaches that can help take the charge out of our memories and increase our ability to be present and mindfully aware – while helping us to create new, healthier ways of reacting to the world.” Donna Jackson Nakazawa</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“The main point is this: no matter how old you are – or how old your child may be, there are scientifically supported and relatively simple steps that you can take to reboot the brain, create new pathways that promote healing, and come back to who it is you were meant to be.” Donna Jackson Nakazawa</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Krystal, there is a strong correlation between high ACE scores a poor sense of self. Often those who grow up with ACEs have to learn to hear that they have internalized a very self-critical voice, even self-loathing. The good news is that all these healing steps can reverse that inner voice and we can learn to be on our own side.” Donna Jackson Nakazawa</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.

<p>“No matter how harsh the experiences of childhood, healing is possible for every one of us. It is never too late to evince a better self.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“But it is possible to begin to hear that inner voice, be present with it, and learn to talk to yourself in a new way. In brain scans we can see that negative self-talk lights up areas of the brain that are associated with anxiety and depression.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Gail, social media appears to be highly correlated with depression and anxiety in young girls. The best work on this is being done by the school of public health at Johns Hopkins. The answers are still emerging but limiting social media can be very important. It's also very hard as there are new social media platforms all the time that children have access to.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Karen, it may be that certain windows of development make children a bit more vulnerable such as the first few years and puberty -- however the ways in which we can reverse the effects of ACEs apply no matter when they occurred.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Laurie, yes, some individuals did not think healing would be possible for them. In fact, one young girl had -- at the age of five -- been nearby when her father killed her</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa

<p>mother. She did not believe she would ever find resiliency. But she did. It was a great honor to witness these individual's fortitude and healing journeys and to see how they became more compassionate to themselves and others." Donna Jackson Nakazawa</p>			<p>transcript & blog post before chat.</p>
<p>"Research done by Dr. Vincent Felitti, who is the original co-author of the ACE Study, has shown that simply taking the ACE Survey can help set a healing response in motion." Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>"Beth, many schools of public health are addressing this. They are looking at poverty, living in an unsafe community, and community violence as ACEs. As ACE research expands so does our understanding of the many communities it affects." Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>"In Felitti's study of 125,000 patients, those individuals who were given the ACE Survey by medical practitioner and whose medical practitioner listened to them as they shared the emotional pain they've lived with all their lives, and acknowledged that patient's emotional and physical pain, and validated the link between their past trauma and their current chronic conditions, showed a 35% reduction in doctor's visits, and fewer hospital stays." Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.

<p>“Many people with ACEs have never had their pain validated. And understanding that there exists a biological connection between what they experienced in childhood, and the physical and mental health issues they face now, can help set them on a healing path, where they begin to find new ways to take care of themselves, and being new healing modalities.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“Children with ACEs and “resilience” because an adult provides a safe environment – in which they feel known, validated.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“So that means that the most important thing adults can do is to manage their own stuff. Self-regulation by adults is a first step to help kids self-regulate themselves. Kids do best when the adults around them have strong stress management skills.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“If we are caught in our own story of intergenerational trauma, we can’t see the kids we hope to help for who they are. They can’t be seen or known. They can’t be secure. We can’t soothe them because we are caught in trying to soothe ourselves. So again, the best thing we can do for the children we care for is to manage our own stuff. Adults who’ve resolved their own trauma help kids feel safe.” Donna Jackson Nakazawa</p>	<p>Donna Jackson Nakazawa</p>	<p>Well-Being, Self-Care & ACEs</p>	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.

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<p>“Jocelyn ACEs are intergenerational and we know that 40 percent of individuals had two or more ACEs. We know those ACEs affected their bodies and brains that will make parenting more difficult.” Donna Jackson Nakazawa</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“I believe that healing is possible for everyone. I know that finding my own healing path was instrumental to my reversing the way in which I reacted to the world. I wanted to share that possibility of healing -- based on the latest science -- with others.” Donna Jackson Nakazawa</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“And when we are able to change the way in which we react to the world and to our inner voice of self criticism we begin to be open to new ways to self-care and heal.” Donna Jackson Nakazawa</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“When we’ve faced early adversity, our brain can become hyper busy, looking for confirmation that the world is a scary and dangerous place, and so are the people in it. It can feel as if everything in life is an emergency. This can lead to generalized anxiety, worsening our set point of well-being.” Donna Jackson Nakazawa</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
<p>“I always felt very resilient, even in the face of multiple ACEs. However, those ACEs all occurred after I was 5 yo. This make me wonder about early vs later adversity and</p>	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa

the psychological and physical impacts.” Karen Clemmer			transcript & blog post before chat.
“Just to share about me i have a personal ACE score of 5, mother with schizophrenia and I believe i internalized her negative comments to me and anxiety...i had extremely low self esteem and always sold myself short professionally..i want to reach my dreams but i struggle with the confidence daily” Krystal Banaszewski:	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
“My life now is very different, i am married a stay at home mom and raising two beautiful boys, i want to eventually open my own business and have a legitimate career and create a healthy lifestyle for myself and my family. My boys are my number 1 priority so i am very invested in creating the healthiest environment possible for them” Krystal Banaszewski:	Donna Jackson Nakazawa	Well-Being, Self-Care & ACEs	<ul style="list-style-type: none"> • Donna Jackson Nakazawa transcript & blog post before chat.
“ACEs are intimately intertwined with stories of loss. When we can listen for loss and allow parents a safe space to grieve, we help them to move through mourning to healing.” Dr. Claudia Gold	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
“Educating kids so that they’ll have the language to address these issues early will help them when they’re adults and living their own lives and developing public policies!” Jane Stevens	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before

			<ul style="list-style-type: none"> & after chat & guide
<p>“I like the story, because so much of medical care can be siloed. with incorporation of the ACEs screen and doing that needs assessment, you learn about all of the things that are impacting health and then can plan how to impact some of those things” Melissa C.</p>	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“We need to help alleviate that stress rather than instruct parents in “what to do.” That stress takes many forms: the stress of a fussy baby, the everyday challenges of managing a family and work in today’s fast-paced culture, often without the support of extended family, are frequent causes. Stress may come from more complex relational issues between parents, between siblings, between generations. It is not that they don’t know how to parent, but that their natural abilities have been inhibited by stress, by negative models in the past, or both.” Dr. Claudia Gold</p>	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“Having empathy for the parent will lead you to a place where the parent will be able to have empathy for the child.” Dr. Claudia Gold</p>	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>(Parents need) paid parental leave, quality child care and quality day care. It’s not as much about parenting skills as supporting parents. I agree with what Dr. Felitti said in spirit, it’s about (supporting) parents but not teaching</p>	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before

parenting skills.” Dr. Claudia Gold			& after chat & guide
“You are absolutely not doomed from having ACEs! There's plenty of evidence (about that).” Dr. Claudia Gold	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
“This is the whole idea that the parent is the expert with regard to their own child. When they are stressed and overwhelmed they are not able to access their own expertise. So the point of intervention is to relieve the stress on the parent not to teach the parent skills. You know, within reason.” Dr. Claudia Gold	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
“Usually, parents who need help are stressed and overwhelmed. We have to address that first and listen to their stories and understand their unique situation.” Dr. Claudia Gold	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
“Use of ACE assessments is of value when it occurs together with opportunity for listening. I think the questionnaire is helpful in calling attention to the importance of a person’s life story in understanding their behavior and current physical and emotional health.” Dr. Claudia Gold	Dr. Claudia Gold	Dr. Gold	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide

<p>We learn to listen by being listened to.” Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>Dr. Gold</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“My work is very much informed by Bruce Perry’s neurosequential model of therapeutics. When individuals have experienced early developmental/relational disruption (another term for ACES), in times of stress they may revert to more primitive levels of brain functioning. If significant disruption occurred early in infancy such as being raised in a neglectful home with substance abuse and mental illness, development may move forward but in a stressful situation the individual may regress to function at (a) developmental level more like an infant.” Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>ACE-Informed Pediatrician</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“Gentle physical touch and speaking in a soft voice, as one would treat an infant may be needed to help that person return to a level of function more appropriate to their chronological age. Rational thought may not be possible.” Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>ACE-Informed Pediatrician</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“Both parent and child need to pay attention to basic things like breathing. Activities such as: walking, swimming or others that consist of rapidly alternating movements can help regulate emotions. Martial arts dance and drumming can also be useful.” Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>ACE-Informed Pediatrician</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide

<p>“When pediatricians are pressed for time and they do not have an opportunity to listen and make sense of the story, they may be judgmental and critical of parents. For example, when a parent wants time to understand their child's behavior rather than diagnose them with ADHD, the parents may be labeled as "non-compliant" or "in denial.”</p> <p>Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>ACE-Informed Pediatrician</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“This issue has roots in the medical education system, health care system, and even the health insurance industry, where the role of listening may not be valued. Pediatricians need to feel valued and rewarded for taking time to listen, and educated in the science showing how listening changes the brain. The broad reach and compelling data of the ACEs study is certainly having an impact in this direction.”</p> <p>Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>ACE-Informed Pediatrician</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“Parents who say, “I don’t want to raise Charlie the way I was raised” do not need “expert” advice. They need to develop confidence in their natural intuition. The goal is to support parents’ efforts to find a way of raising their children that is in keeping with themselves, with each other, and with their child.”</p> <p>Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>ACE-Informed Pediatrician</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“Developmentally, talking to an adult about problems is not where teens are. (Find) creative ways to regulate. Once that’s done,(teens) may be able to access insight-oriented therapy.”</p> <p>Dr. Claudia Gold</p>	<p>Dr. Claudia Gold</p>	<p>ACE-Informed Pediatrician</p>	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before

			& after chat & guide
<p>“ACEs are intimately intertwined with stories of loss. When we can listen for loss and allow parents a safe space to grieve, we help them to move through mourning to healing.” Dr. Claudia Gold</p>	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“The goal is to support parents’ efforts to find a way of raising their children that is in keeping with themselves, with each other, and with their child.” Dr. Claudia Gold</p>	Dr. Claudia Gold	ACE-Informed Pediatrician	<ul style="list-style-type: none"> • Dr. Claudia M. Gold transcript & blog post before & after chat & guide
<p>“My triggers are a range of physical and emotional... And like one of you ladies said, they are specific to my history. My belongings and personal space were never safe. My brothers destroyed a ton, even the door to my bedroom. So now I find when my 3 year old is being destructive, or just using things in the wrong way, I am full of anger! It is like I am a little girl again, yelling for someone to give a damn about my feelings” Cherie Conrad-Hersch</p>	Joyelle Brandt & Dawn Daum	Parenting, PTSD & ACEs	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
<p>“I just think of how many survivors are living in silence and feeling alone as parents and it breaks my heart. This community has meant so much to me because I have come to find that I am not alone!” Cherie Conrad-Hersch</p>	Joyelle Brandt & Dawn Daum	Parenting, PTSD & ACEs	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog

			post before & after
“I think what I was looking for, and what most survivors are looking for, is someone who will say "me too". I had already spent so much of my life feeling like an other, because of my abuse history. Becoming a parent added another level to that, a level of shame and secrecy that I was tired of living with.” Joyelle Brandt	Joyelle Brandt & Dawn Daum	Parenting, PTSD & ACEs	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
“ Radical self love is: asking for help, taking a drink of water, going for a walk in nature, saying NO (often and firmly), getting enough rest, finding delight in every day, prioritizing JOY, taking the time to get to know and understand yourself, surrounding yourself with good people.” Joyelle Brandt	Joyelle Brandt & Dawn Daum	Parenting, PTSD & ACEs	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
“For me - I was so focused on trying to get over my PTSD related to growing up with parental and spousal alcoholism/alcohol abuse and parental rage over not being able to control the other parent's alcoholism that it wasn't until I was in therapy for that I was also able to look at the ACE of sexual assault and how deeply I'D buried that.” Lisa Fredericksen	Joyelle Brandt & Dawn Daum	Parenting, PTSD & ACEs	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
“Many survivors of childhood abuse are living with undiagnosed PTSD that becomes in-manageable when they have kids of their own,’ Daum and Brandt wrote. “And the worst part of that is the feeling that you are broken and alone.” Joyelle Brandt	Joyelle Brandt & Dawn Daum	Parenting, PTSD & ACEs	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after

<p>“The gravity of the transparent wall of shame holding people in to pain and heartbreak is staggering.” Dana Brown</p>	<p>Joyelle Brandt & Dawn Daum</p>	<p>Parenting, PTSD, and ACEs</p>	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
<p>“The process of learning to navigate triggers is ongoing and changes with each stage of the parenting gig. I'll say though that just learning that others out there were experiencing parenting as I was was a game changer. It lifted a funk I'd been swimming in for a long time.” Joyelle Brandt</p>	<p>Joyelle Brandt & Dawn Daum</p>	<p>Parenting, PTSD, and ACEs</p>	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
<p>“Because of my work in the mental health field, I saw almost daily how prevalent childhood sexual abuse was. Once I made the realization that there was no way I was the only one experiencing motherhood this way, it gave me the courage to stand up and speak out.” Dawn Daum</p>	<p>Joyelle Brandt & Dawn Daum</p>	<p>Parenting, PTSD, and ACEs</p>	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
<p>“Awareness is key in managing PTSD. Being able to recognize what triggers feel like both emotionally and physically can help guide you through the most challenging moments.” Dawn Daum</p>	<p>Joyelle Brandt & Dawn Daum</p>	<p>Parenting, PTSD, and ACEs</p>	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after
<p>“I also think we as a culture have a long way to go. We expect that we will just know how to parent and if asking for help, there is either something wrong with you as a parent or something wrong with your kid. We need to change that thinking.” Gail Kennedy</p>	<p>Joyelle Brandt & Dawn Daum</p>	<p>Parenting, PTSD, and ACEs</p>	<ul style="list-style-type: none"> • Joyelle Brandt & Dawn Daum transcript & blog post before & after

<p>“All during my childhood and adolescence, as the abuses were repeated -- and increased, in severity & duration -- I felt more and more like one of those clown punching-bags, with the weighted bottom (from our childhoods)... Getting knocked down, repeatedly; but not being allowed to fall. Just standing there... and "taking it"... all the time wondering, "Surely, THIS is the worst it can get!" And, slowly having that Hope beaten away.” Dwayne Dyer</p>	Sebern Fisher	Neurofeedback for Developmental Trauma: transcript	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
<p>You wrote, “The good-enough mother naturally protects her child. When traumatic events occur that are beyond her control, she validates them and helps her child recover from them. This can mean the difference between experiencing a traumatic event and becoming traumatized.” Cissy White Trauma informed is finally getting its due and there is reference to the brain in most discussions. some even mention brain circuits. NF works directly, through feedback, to stabilize and regulate brain circuits.” Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
			<ul style="list-style-type: none"> •
<p>“Neurofeedback usually helps people get off meds. the brain learns to quiet its own reactivity-fear, shame and rage.”Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
<p>“I had a high ACE score because mom had no mothering neurons, but my kid sister whom I raised -- because mom didn't do mothering. So my sister had a much lower score</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog

<p>and she has children, I don't. Of course it's different for each child. But the main point is: if mom doesn't have the neural equipment to do it, either someone else does it or we don't get the neural equipment and we do have developmental trauma and attachment disorder." Kathy Brous</p>			<p>post before & after</p>
<p>"The thing one needs to understand is that reactions in the body are a result of stuck energy. When we release the energy the body relaxes and relief happens. Release can be a simple release (exercises or practices are great for this) or at a much deeper level (practitioners can help with this relatively rapidly)." Maury Brooks</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
<p>You wrote: "The unbonded, motherless child lives in the CNS (central nervous system) of a prey animal, with predators all around her, both real and imagined, and always anticipated. Empathy cannot develop, much less flower, in a being terrified of its imminent extinction." That's pretty intense. What can a parent reading that does? How can parents with ACEs work through this prey animal perspective? How can one change the ways we parent while we are afraid so that our children have less fearful brains? Cissy White</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
<p>"Our parents are our universe as children. To develop a well regulated brain requires well regulated parents. Without them, we are likely to be overtaken by the primitive areas of brain function, the amygdala and fear circuits. Without a good enough mother and father we are prone to</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after

live in fear” Sebern Fisher			
“A blanket is palliative but the fear is right under it. regulation is the movement toward no fear.’ Sebern Fisher	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after
“Kids are by their nature triggering. they can also offer a new experience of connection. it is a two way street with the parent laying the road map.” Sebern Fisher	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after
“Intergenerational trauma is very real, as is cultural trauma such as genocide. our brains carry this information since we are built to serve our survival.” Sebern Fisher	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after
“Any way that you end up living in fear means a loss of quality of life. It’s just difficult to address this only through therapy.” Sebern Fisher	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after
“sometimes the pain and suffering is more evident but in high ACE families everyone suffers something” Sebern Fisher	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after
“Parenting is a new opportunity. Mothers who have access to doulas during delivery seem to have better attachment to their children. they are being, finally, cared for during a time of extreme fragility and openness. there’s a case study in	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog

<p>the book of training a high ACEs mom and the effects it had on fetal movement and regulation in utero.”</p> <p>Sebern Fisher</p>			<p>post before & after”</p>
<p>“Intergenerational trauma is very real, as is cultural trauma such as genocide. our brains carry this information since we are built to serve our survival.”</p> <p>Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
<p>“...the amygdala which is devoted to our survival is not all that intelligent. it is just reactive to stimuli that it considers dangerous. it can be hard to update it. trauma memory is held in the amygdala unlike all other memory which is held in the hippocampus. Look at van der Kolk too on Executive Function in those with chronic developmental trauma. he reports a 40% increase in executive function after 24 sessions. which reminds me to say that you will be seeing and feeling changes usually quite soon after beginning training. it just takes a while to get the amygdala to recognize its safe now.”</p> <p>Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
<p>“most of my trauma stories are in the book. the brain is plastic. it is devoted to its own optimal function. it has to be. these symptoms in the mind or body are indications of miscuing in the brain. but NF isn't a miracle. it's just better than anything else I know of.”</p> <p>Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after
<p>“Self-regulation is the goal of the brain. These terrible childhoods disrupt the brain's cortical capacity to inhibit the subcortical forces that manifest as fear, shame and rage. NF was first discovered to help people control epileptic seizures!”</p> <p>Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> • Sebern Fisher transcript & blog post before & after

<p>I'm moving as fast as I can to rectify this appalling reality. As some wag said, science advances one funeral at a time. this science is less and less resisted, which is not the same as saying its accepted. but it's getting there. even in the popular press you hear more and more about circuits and less about chemistry. Changing the way these circuits fire - their bad habits as it were- is what NF does.” Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after
<p>“meditation is just hard to do when you feel the constant amygdala activation. there is increasing lit. that it too changes brain function. It easier to change the mind through working with the brain-not always easy-than it is to change the brain thru the mind.” Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after
<p>“ACEs are in built in my assessment. It's still a crude measure. it doesn't address the epigenetics of race, for one, or the effects of bullying etc. but it is of course very important.” Sebern Fisher</p>	Sebern Fisher	Neurofeedback for Developmental Trauma	<ul style="list-style-type: none"> ● Sebern Fisher transcript & blog post before & after

THANK YOU!

Thanks to everyone in the Parenting with ACEs Community for participating in these important chat conversations. Full links to chat transcripts, and associated blog posts with more about our topics, guests, and additional resources below. Special thanks to Dana Brown for helping with every aspect of the series and her overall support and inspiration. Thanks you to Itzel Ruiz for help selecting and organizing quotes and to Karen Clemmer for helpful edits.

Let's keep connecting, reflecting, sharing, and co-creating communities which serve our wider mission: to prevent ACEs, heal trauma, and create resilience.

Transcript, Blog Posts & Selected Quotes / Parenting with ACEs Chat Series

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|--|------------|
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| • Talking Tough Topics (ACEs) with Kids: Beth O'Malley transcript & blog post before & after & guide | Pgs. 3-6 |
| • Fathers & ACEs: C. Clayton Daniels Jr. & B. Hamel transcript and blog post before & after chat. | Pgs. 6-11 |
| • Menopause, Parenting & ACEs: Carey Sipp transcript & blog post before chat. | Pgs. 11-13 |
| • Well-Being, Self-Care & ACEs: Donna Jackson Nakazawa transcript & blog post before chat. | Pgs. 14-23 |
| • An ACE-Informed Pediatrician: Dr. Claudia M. Gold transcript & blog post before & after chat & guide . | Pgs. 23-28 |
| • Parenting, PTSD & ACEs: Joyelle Brandt & Dawn Daum transcript & blog post before & after chat. | Pgs. 28-30 |
| • Neurofeedback for Developmental Trauma: Sebern Fisher transcript & blog post before & after chat. | Pgs. 31-35 |

Note: Feel free to share these quotes (cite: Parenting with ACEs, ACEs Connection).

