

## Parenting with ACEs Chats

### **Donna Jackson Nakazawa & Belleruth Naparstek** Chatting About Self-Care & Guided Imagery



**Donna Jackson Nakazawa**  
**Well-Being, Self-Care & ACEs**  
Nov. 14th (10 AM / 1 PM EST)



**Belleruth Naparstek**  
**Guided Imagery & ACEs**  
Dec. 12th (10 AM / 1 PM EST)

### How to Attend Online Chats:

- Members of [ACEs Connection](#): Go to Chats (top of page). Find featured chat.
- Not a Member? Join [ACEs Connection](#) at least one day before chat (free). Go to Chats (at top of page). Find featured chat. *Question?* Cissy White: [cwhiteaces@gmail.com](mailto:cwhiteaces@gmail.com)

[Donna Jackson Nakazawa](#) [Well-Being, Self-Care & ACEs](#): Nov. 14th (10 AM / 1 PM EST)

**Chat topics:**

- Parenting with ACEs. What parents need to know.
- Affordable self-care for stressed and busy parents.
- Healing from ACEs & Family Wellness

"It's really not the survival of the fittest - it's the survival of the nurtured."

[Donna Jackson Nakazawa](#) is an award-winning an award winning researcher, writer and public speaker on health and family issues. She explores the the intersection between neuroscience, immunology, and

the deepest inner workings of the human heart. Her most recent book, [Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal](#), examines the lifelong consequences—both emotional and physical—of adverse childhood experiences and offers readers suffering from chronic conditions a window to healing. Donna's other works include [The Last Best Cure](#) (Hudson Street Press / Penguin, 2013), which chronicles a year-long journey to test a variety of mind-body therapies in order to unlock the restorative powers of the brain and [The](#)

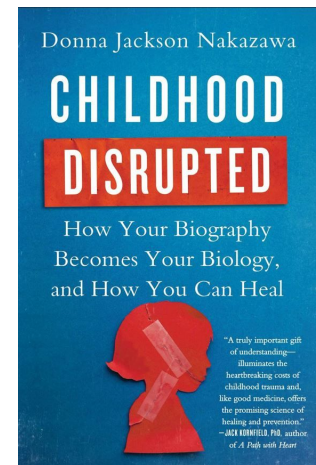
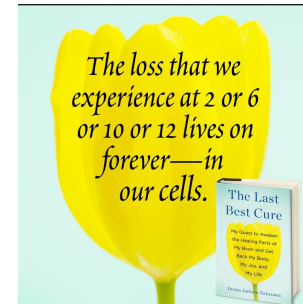


It is never too late to help your child and your family. A good childhood or a bad childhood doesn't hang on a single moment or even a string of them. You can still make a change and intervene.

-Donna Jackson in *Childhood Disrupted*



Schuster, 2008, 2009), which investigates the causes of a growing environmental health crisis. She is also the author of *Does Anybody Else Look Like Me?: A Parent's Guide to Raising Multicultural Children* (Perseus, 2003). More about [Donna Jackson Nakazawa](#) and her work.



*"If we are caught in inter-generational trauma, we can't see our kids. 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. ...the best thing we can do for our own kids is manage our own stuff. Good parents make safe kids."* Donna Jackson Nakazawa, The Trauma Therapist Podcast

*Note: This Chat will be Hosted by Jane Stevens, Founder & Publisher of ACEs Connection & ACEs Too High*

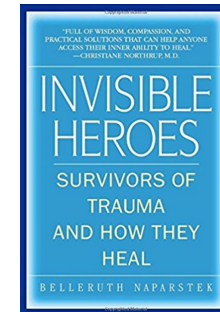
**Belleruth Naparstek: Guided Imagery for Parents w/ ACEs** Dec. 12th (10 AM / 1 PM EST)



### Chat Topics:

- Parenting with ACEs & Invisible Heroes
- Isn't Trauma too Tough for Something as Gentle as Guided Imagery?
- Challenges and tools for parents with Parents with PTSD and/or ACEs?

“Guided imagery is an especially portable, private, user-friendly, accessible intervention, available 24/7, 2 pm or 2 am? That's the beauty of it for somebody subject to panic attacks or extreme distress at unpredictable times... you put it on your phone or MP3 player, and it travels with you.”



Psychotherapist, author and guided imagery pioneer [Belleruth Naparstek](#) is the creator of the popular Health Journeys guided imagery audio series. Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), which *Courage to Heal* authors, Ellen Bass and Laura Davis call "the most useful book for trauma survivors to be published in the last decade". More about [Belleruth Naparstek](#) and her work.

*...trauma isn't even stored in the parts of the brain where language can access it. Instead it's been cached as frozen, primitive, pre-language experience - sensation, perception, emotion, images and motor reactivity - in the survival-based structures of the brain.... What does help are tools that target the affected parts of the brain."*

### **Four Threads Run through Effective Approaches to Treating Post-Traumatic Stress:**

1. They first and foremost find ways to re-regulate the nervous system.
2. They destigmatize and normalize the experience by explaining PTS as the somatic and neurophysiologic condition it is.
3. They offer simple, self-administer-able tools that empower the end-user and confer a sense of mastery and control.
4. The interventions are cast as training in skill sets, not the healing of pathology.



