



E8 Early Brain Development and the Impact of Trauma

Thursday, June 16, 2016, 3:00-4:30 p.m.

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Barcelona

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

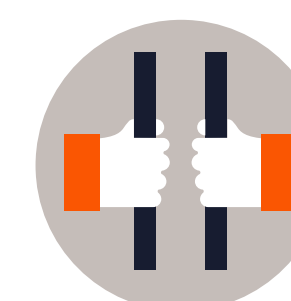


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

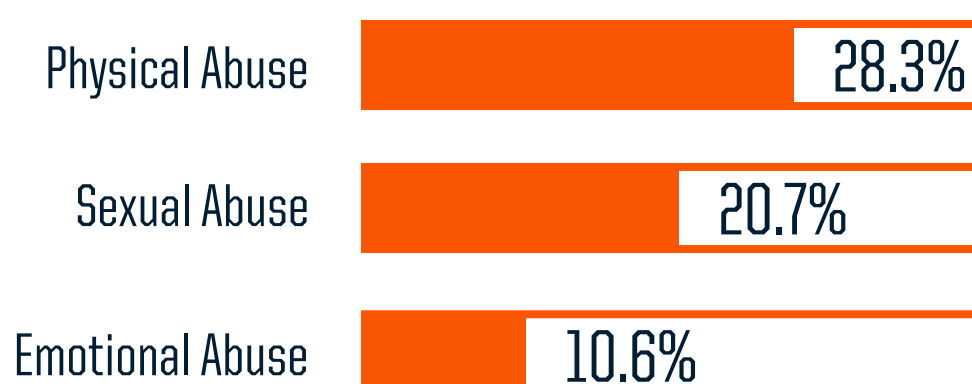


Divorce

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE

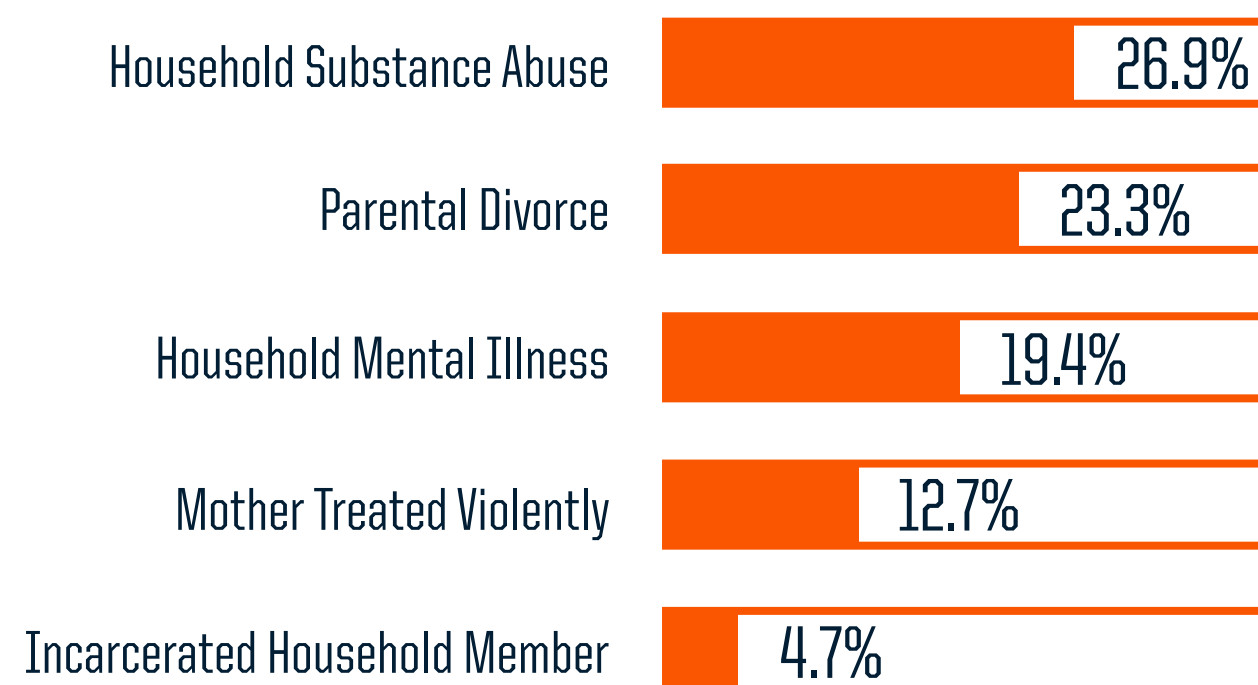


percentage of study participants that experienced a specific ACE

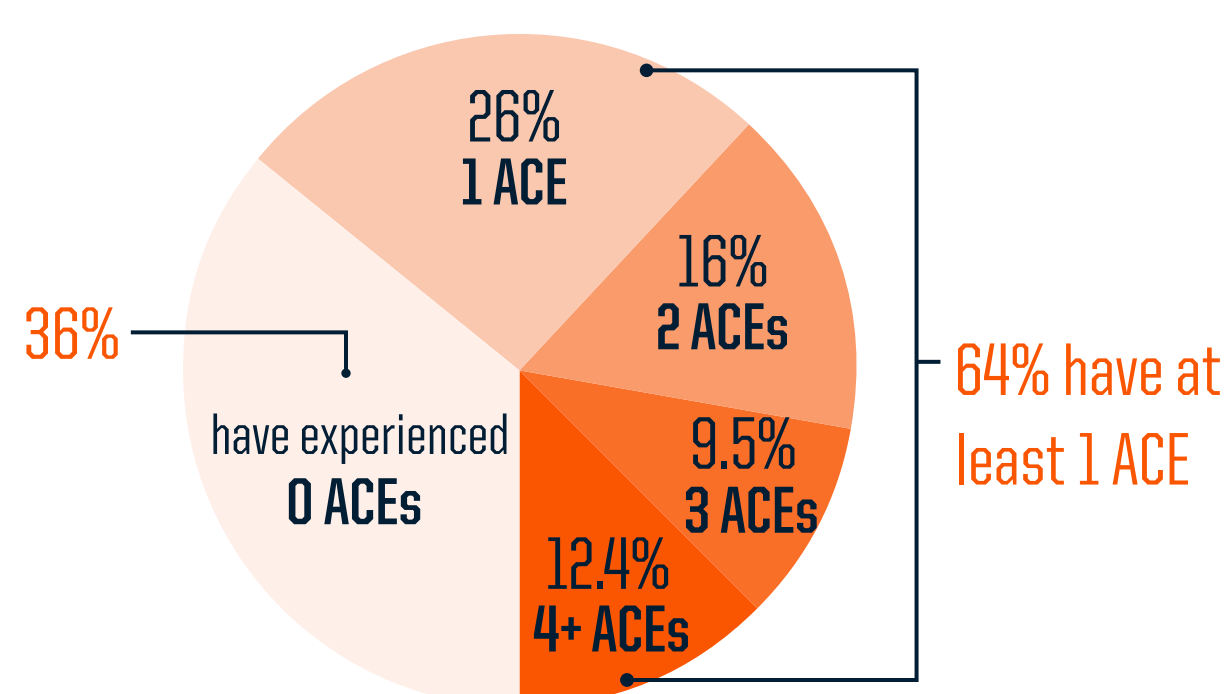
NEGLECT



HOUSEHOLD DYSFUNCTION

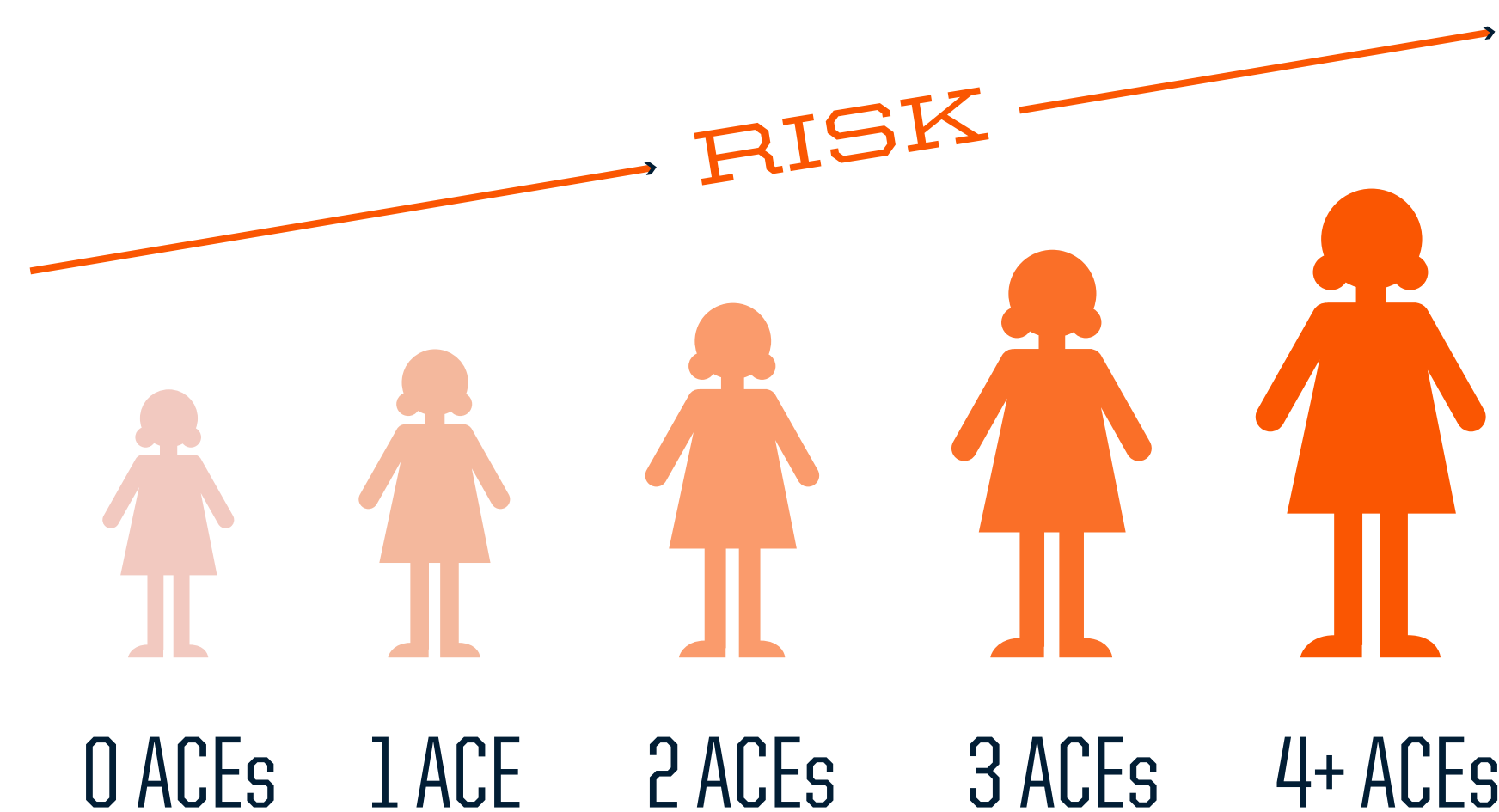


Of 17,000 ACE study participants:

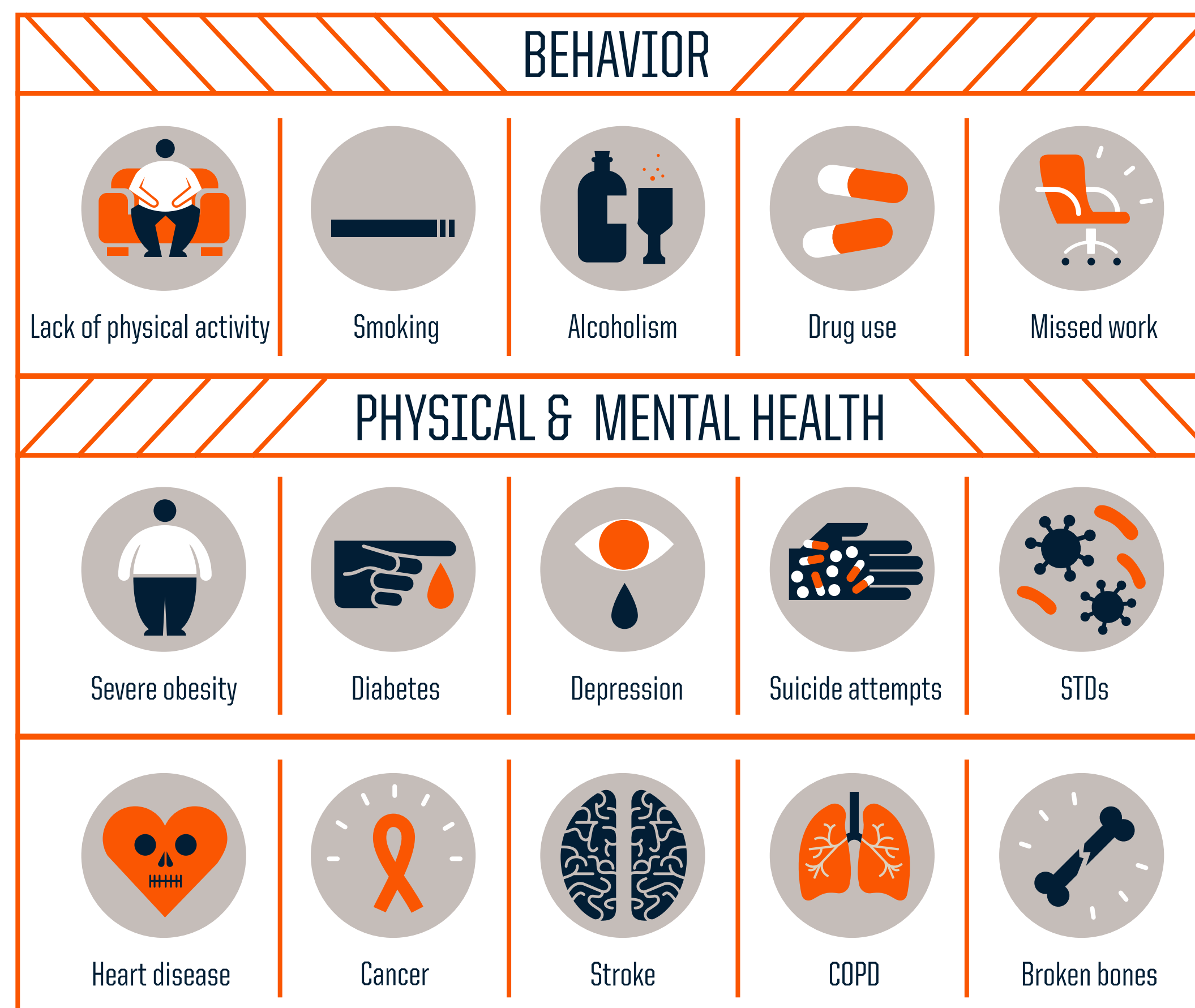


WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:



Possible Regulation and Stress Response Correlates of Interpersonal Modes Across the Lifecycle

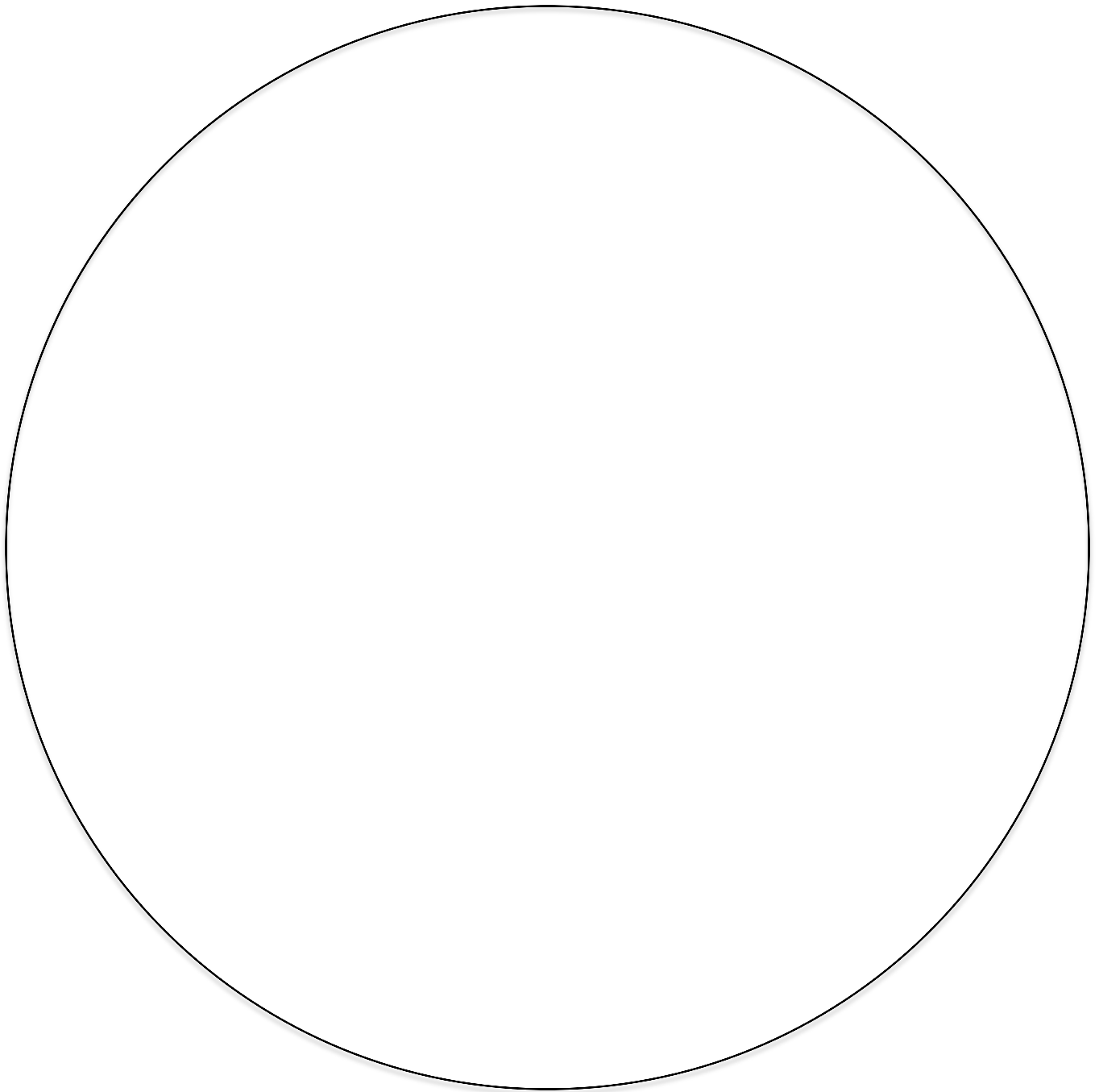
Arousal State and Interpersonal Mode	Just Right/ Alert Processing <i>Stability with Flexibility</i>	Too Fast/Flooded <i>High Demand</i>	Too Slow/Hypoalert <i>High Detach</i>	Too Vigilant/Hyperalert <i>High Compliance or Control</i>
EYE CONTACT	<ul style="list-style-type: none"> Bright, shiny eyes looking directly at other / object — gleam! Gaze aversions for modulation of intensity Appears to actively process information 	<ul style="list-style-type: none"> Eyes may be open / squinted / closed May have direct, intense eye contact May have avoidance of eye contact Eye rolling upward Scanning room very quickly, rapidly 	<ul style="list-style-type: none"> Glazed eyes, looking through rather than at the other/object Prolonged gaze aversion Appears drowsy Eyes turned down Eyes do not scan the room, looking for objects of desire When interested, prefers looking at objects rather than people 	<ul style="list-style-type: none"> Eyes are wide open Appears vigilant, in a state of panic or fear Intensely focusing on something Unable to break the gaze/fixation to the stimulus
FACIAL EXPRESSION	<ul style="list-style-type: none"> Joy, particularly smiles Neutral Can express a full range of emotions Modulation with all emotions 	<ul style="list-style-type: none"> Wide, open mouth Anger, disgust Distress Grimace Frowning Clenched jaw or teeth Forced smile (only mouth is upturned, corners of eyes are not) 	<ul style="list-style-type: none"> Flat Turned down mouth, sad Expressionless No smiles or hints of smiles Limited range of emotions 	<ul style="list-style-type: none"> Raised eyebrows, especially with inside corners turned up Trembling lips or mouth Facial expressions of pain, grimace Mouth wide open (startle)
TONE OF VOICE	<ul style="list-style-type: none"> Melody and prosody Modulation of tone Fluctuations of tone Laughing 	<ul style="list-style-type: none"> High-pitched cry Loud Hostile Gruff Yelling or screaming Sarcastic, sneering Hysterical laughter 	<ul style="list-style-type: none"> Flat Lacks musical quality Few or no vocalizations Too quiet Cold Soft Sad 	<ul style="list-style-type: none"> High-pitched nasal, “sing-song” voice Moaning or groaning to indicate pain Elevated tone Quavers or fluctuates rapidly Whimpering
BODY POSTURE, MOVEMENT, AND GESTURES	<ul style="list-style-type: none"> Relaxed with good muscle tone Stability Balance Moves arms and legs into midline Coordinated movements Varies according to rhythmic ups and downs Body molds into other's 	<ul style="list-style-type: none"> Finger splays Arching Increased muscle tension in posture and in face Constant motion Demands space by pushing, shoving, intruding on others Biting, hitting, kicking, jumping Poor balance; falls, trips a lot Bumps into things Forceful or threatening gestures (shaking finger, shaking fist) Throwing Kicking 	<ul style="list-style-type: none"> Slumped Low muscle tone Decreased exploration Lacks initiative in exploration Will not protect his/her “space” Avoids playground equipment Lacks purposeful intent with movement Wanders Frozen or slow moving 	<ul style="list-style-type: none"> Tense or rigid body postures Cowering Rapid, repetitive body movements (wringing hands, jiggling foot) Trembling hands Clinging Flailing Grabbing
RHYTHM AND RATE	<ul style="list-style-type: none"> Fluctuating up and down Midrange tempo 	<ul style="list-style-type: none"> Fast Impulsive 	<ul style="list-style-type: none"> Slow Delayed 	<ul style="list-style-type: none"> Fast Jerky

Lillas & Turnbull, © 2008

Note: From *Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies: A Neurorelational Framework for Interdisciplinary Practice*, by Lillas & Turnbull, © 2009, New York, New York: W. W. Norton with permission to use from W. W. Norton.

Step #1

Is s/he in the “Green”?



Are you in the “Green”?