

Abstract lecture about Adverse Childhood Experiences and the development of Resilience

ACE study: Adverse Childhood Experiences lead to trauma and ‘toxic stress’. Toxic stress disrupts an optimal brain development and has a negative influence on the development of the hormone system and the immune system, which can result in an increased chance of illness later on.

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime. (TED talk about ACE study, dr Nadine Burke Harris)

ACE study in the Netherlands (TNO) by Kuiper, Dusseldorp & Vogels ref: KvL/GB2010.073

https://www.youtube.com/watch?v=EciqGb0re6Y&feature=youtu.be&list=PL7GnWnXHH_73KOKuMNGNs3gviUk6ndWsm e-college ACE study dr Felitti

[Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults](#), Vincent J Felitti et al. American Journal of Preventive Medicine in 1998, Vol. 14, pg 245–258.

In Utero. (Docu-film by Kathleen Man Gyllenhaal about transfer of adverse experiences to the next generation, 2016) <http://inutero.info/>

The influence of ACEs on brain development and the life long consequences of that, emphasize the importance of a loving parent. The baby is actively communicating and needs intensive intimate interaction with an adult. The quality and quantity of this interaction during the first 1000 days of a baby’s life are crucial for its brain development and remain of great importance during childhood.

<https://www.youtube.com/watch?v=apzXGEbZht0> ‘Still face’ experiment.

<http://developingchild.harvard.edu/science/key-concepts/>

<http://acestoohigh.com/aces-101/>

Almost everybody has one or more ACEs. Nobody has a childhood without any setbacks and no parent is perfect. But not everybody is left with trauma. Every child encountering hardship develops his or her own coping strategy that fits for the situation. Depending on the absence or presence of loving adults that help to overcome adversity, stress is experienced. With the help of a caring adult, adversity can be processed into resilience. (science of Resilience). One person that provides loving care can make the difference between developing resilience or just surviving with a coping strategy (Past Reality Integration).

<https://www.youtube.com/watch?v=Ptuvg8mnUic>

<http://developingchild.harvard.edu/science/key-concepts/resilience/>

The costs as a result of childhood trauma

The economical consequences as a result of childhood trauma in the Netherlands (a.o. sick leave) are estimated more than € 4 billion per year. *Speetjens, P., Thielen, F., Have, M. ten, Graaf, R. de, & Smit, F. (2016). Kindermishandeling: economische gevolgen op de lange termijn. Tijdschrift voor psychiatrie, 58, 706-711.*