



## Adverse Childhood Experience True Healing Conference

April 20<sup>th</sup>, 2024, 8am to 6pm

### **Course Description**

Unresolved childhood trauma underlies some of the most pressing social issues of our day including homelessness, drug overdoses, obesity, loneliness, falling lifespan and crime. This course will provide research and best practices to mental health professionals on treatment and counseling of people with elevated Adverse Childhood Experience scores.

### **Instructor Information**

#### **Licensed Instructors**

- Tina Engel MA, LMFT, CSAT Executive Director, Christian Counseling Center
- Dr. Jessica Farber, PsyD Licensed Psychologist, Christian Counseling Center
- Dr. Harold Koenig, M.D. Psychiatrist & Director at Duke's Center for Spirituality, Theology, and Health.
- Dr. Kathryn Erickson-Ridout M.D. Psychiatrist & ACE Expert
- Dr. Suzanne Frank, M.D. Pediatrician & ACE Expert
- Dr. Angela Bymaster, M.D. Family Physician, President, SCC Chapter of California Academy of Family Physicians
- Dr. Cheryl Ho, M.D. Internal Medicine Physician, Santa Clara County Behavioral Health Medical Director, Substance Use Treatment

#### **Instructors that possess a relevant post-secondary degree**

- Dr. Katelyn Long, DrPH, MSc Postdoctoral Research Fellow, Harvard Chan School of Public Health
- Dr. Jennifer Wortham, Dr.PH Harvard Human Flourishing Program. ACE Score = 7
- Dr. Vince Vitale, PhD Oxford trained Philosopher in religious studies

#### **Instructors with extraordinary, personal, lived experience of Adverse Childhood Experiences**

- Pastor Francis Chan ACE Score = 6. Lost 5 primary care givers to cancer, suicide, or murder
- Pastor David Alvarez ACE Score = 10 (experienced all 10 types of childhood trauma)
- Rev Jethroe Moore President of Silicon Valley NAACP
- Coach Noe Guzman ACE Score = 4
- Mike Latzky Lived experience of addiction and childhood trauma



### **Educational Goals**

Participants of the ACE True Healing Conference will grow in their ability to counsel and treat clients who have experienced high levels of childhood trauma. Participants will receive an update on the latest research regarding Adverse Childhood Experiences<sup>1</sup>, the effects of toxic stress on DNA<sup>2</sup>, the locally contextualized consequences of untreated Adverse Childhood Experiences<sup>3</sup>, Positive Childhood Experiences<sup>4</sup> and the health benefits of religious and social participation for people who have experience childhood trauma<sup>5,6</sup>. Much of this research will be presented by the primary research authors.

Participants will gain expertise in administering the following assessments:

- Adverse Childhood Experience Assessment, measuring the level of childhood trauma
- Spiritual Assessment, measuring a client's interest in spiritual interventions

Participants will gain expertise in counseling youth and caregivers in providing Positive Childhood Experiences. Participants will learn how to effectively and ethically communicate with the entirety of the care team using the P-C-E team model. Participants will learn how to provide patient centered care to people from diverse religious backgrounds. In particular, participants will be instructed on pathways to healing from the Christian, Jewish and Islamic faith traditions.

Importantly, participants will be instructed by individuals with lived experience of childhood trauma, helping to build empathy and understanding for participants.

### **Measurable Learning Objectives**

- Participants will be able to name at least 5 of the 10 Adverse Childhood Experiences
- Participants will be able to name at least 4 of the 7 Positive Childhood Experiences
- Participants will be able to name the three types of care teams, and list the HIPAA, ROI, legal and ethical requirements for cross-team communications.
- Participants will be able to name at least 3 physical effects of Adverse Childhood Experiences
- Participants will be able to name at least 3 psychotherapy techniques that are effective in treating childhood trauma
- Participants will be able define moral trauma in caregiver settings and provide 3 signs of toxic moral trauma.

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<sup>1</sup> Felitti, Vincent J., et al. "Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study." *American journal of preventive medicine* 14.4 (1998): 245-258.

<sup>2</sup> Ridout, K. K., Khan, M., & Ridout, S. J. (2018). Adverse Childhood Experiences Run Deep: Toxic Early Life Stress, Telomeres, and Mitochondrial DNA Copy Number, the Biological Markers of Cumulative Stress. *BioEssays*, 40(9), 1800077.

<sup>3</sup> Bymaster, Angela, et al. "A pediatric profile of a homeless patient in San Jose, California." *Journal of health care for the poor and underserved* 28.1 (2017): 582-595.

<sup>4</sup> Bethell, Christina, et al. "Positive childhood experiences and adult mental and relational health in a statewide sample: Associations across adverse childhood experiences levels." *JAMA pediatrics* 173.11 (2019): e193007-e193007.

<sup>5</sup> Koenig, Harold G., et al. *Handbook of Religion and Health*. Oxford University Press, 2024.

<sup>6</sup> Lucchetti, G., Koenig, H. G., & Lucchetti, A. L. G. (2021). Spirituality, religiousness, and mental health: A review of the current scientific evidence. *World journal of clinical cases*, 9(26), 7620–7631.





### **Conference Outline**

- **Plenary Session #1: (95 minutes)**
  - Overview of Adverse Childhood Experiences and Positive Childhood Experience research
  - Understanding the holistic care team using the P-Team, C-Team and E-Team model
  - Overview of research on the benefits of social and religious activities
  - Overview of curriculums that are effective in treating people with elevated Adverse Childhood Experiences
  - Lived experience of individuals with elevated Adverse Childhood Experiences that have experienced healing in social and religious contexts.
  
- **Breakout Session #1 (105 minutes)**
  - Utilizing validated spiritual history assessments
  - Detailed presentation of meta-analysis research on religious participation.
  - Medical treatment of individuals with substance abuse related to childhood trauma
  - Psychiatric medical treatment for people with mental health disorders related to elevated ACEs.
  
- **Plenary Session #2 (95 minutes)**
  - Overview of the research on the relationship between ACEs and DNA.
  - Identifying and healing from caregiver experiences of moral trauma
  - Understanding pathways to healing in different faith traditions, including Christian, Jewish and Islamic traditions
  - Identifying and understand Adverse Community Experiences
  - Pathways to healing for individuals who have experienced extreme childhood trauma.
  
- **Breakout Session #2 (90 minutes)**
  - Best practices in counseling and therapy for people with significant childhood trauma
  - Understanding HIPAA, ROIs, and confidentiality when collaborating across the care team.