From Human-Doing to Human-Being: Defining True Self to Build a Resilient Future

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ACEs Score

Adverse Childhood Experiences
Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

Abuse
- Emotional abuse
- Physical abuse
- Sexual abuse

Neglect
- Emotional neglect
- Physical neglect

Household Challenges
- Domestic violence
- Substance abuse
- Mental illness
- Parental separation / divorce
- Incarcerated parent

4 or more ACEs

- 3x the levels of lung disease and adult smoking
- 14x the number of suicide attempts
- 11x the level of intravenous drug abuse
- 4.5x more likely to develop depression
- 2x the level of liver disease
- 4x as likely to have begun intercourse by age 15

Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today

Dr. Robert Block, the former President of the American Academy of Pediatrics

67% of the population have at least 1 ACE

People with 6+ ACEs can die 20 yrs earlier than those who have none

1/8 of the population have more than 4 ACEs
<table>
<thead>
<tr>
<th>Fight</th>
<th>Flight</th>
<th>Freeze</th>
<th>Flock</th>
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</thead>
<tbody>
<tr>
<td>Self-preservation at all costs</td>
<td>Obsessive and/or compulsive behavior</td>
<td>Spacing out</td>
<td>People pleasing</td>
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<tr>
<td>Explosive temper and outbursts</td>
<td>Feelings of panic and anxiety</td>
<td>Feeling unreal</td>
<td>Scared to say what they really think</td>
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<td>Aggressive, angry behavior</td>
<td>Rushing around</td>
<td>Hibernating</td>
<td>Talks about ‘the other’ instead of themselves</td>
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<td>Control others</td>
<td>Over-worrying</td>
<td>Isolating the self from the outside world</td>
<td>Flatters others to avoid conflict</td>
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<tr>
<td>Bully</td>
<td>Workaholic</td>
<td>Couch potato</td>
<td>Angel of mercy</td>
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<td>Can’t hear other points of view</td>
<td>Can’t sit still, can’t relax</td>
<td>Disassociates</td>
<td>Over-caring</td>
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<td>Pronounced sense of entitlement</td>
<td>Tries to micromanage situations and other people</td>
<td>Brain fog</td>
<td>Sucker</td>
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<td>Demands perfection from others</td>
<td>Always ‘on the go’, busy doing things</td>
<td>Difficulties making decisions, acting on decisions</td>
<td>Can’t stand up for self</td>
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<td>Dictatorial tendencies</td>
<td>Perfectionism</td>
<td>Achievement-phobic</td>
<td>Easily exploited by others</td>
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<td></td>
<td>Over-Achiever</td>
<td>Wants to hide from the world</td>
<td>Hugely concerned with social standing and acceptance, ‘fitting in’</td>
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<tr>
<td></td>
<td></td>
<td>Feels ‘dead’, lifeless</td>
<td>“Yes” man or woman</td>
</tr>
</tbody>
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If Stress Response System Has Been On a Lot

• Reactive Behaviors are **Physiologically Correct, Regardless how Annoying, Illegal or Immoral**

• Have to Get Individuals out of Alarm System to Improve Outcomes
Hyperarousal:
- Hyperaware or vigilant
- Overly quick or intense reactions
- Feeling a lack of emotional safety
- Overwhelming emotions

Window of tolerance:
- Able to think and feel at the same time

Hypoarousal:
- Shut down, flat or numb
- Hard to think, disconnected
- Feeling shame; can’t say ‘no’
Resilience

Post Traumatic Growth

Depression, Anxiety

Suicide

Most People

PTSD
ACE-informed Approach

An ounce of PREVENTION is worth a pound of cure

Benjamin Franklin

Negative impacts of ACEs are significantly mitigated by having an Always Available (trusted) Adult (AAA)

People with 4+ ACEs and NO CONSTANT SUPPORT are 3x more likely to do any two of the following:

- Heavy drinking
- Poor diet
- Daily smoking

Than people with 4+ ACEs and CONSTANT AAA SUPPORT

The presence of PROTECTIVE FACTORS can often mitigate the consequences of ACEs

- Safe, stable, nurturing relationships
- Parental resilience
- Concrete support for families in times of need
- Caregiver knowledge & application of positive parenting skills
- Child's social and emotional skills
- ACE-aware, supportive communities and social systems

TRAUMA-INFORMED CARE

- Holistic, multi-agency, non-stigmatising, information sharing among all professionals

All children need to develop:

- EMPATHY ability to understand & share the feelings of others
- RESILIENCE tools to respond to the challenges of life

www.70-30.org.uk @7030Campaign
Resilience from the trauma induced life

Unconditional Love

One person with constant care
6 Things with Demonstrated Impact on Epigenetic Regulation


• Healthy Relationships
• Sleep
• Exercise
• Nutrition
• Mindfulness
• Mental Health Interventions
Affirming Faith or Cultural Traditions
We are human being with spiritual capacity.

VS.

We are spiritual being with human capacity.
We are not human beings having a spiritual experience. We are spiritual beings having a human experience.
Being VS DOING
Being VS. Doing

Human Being or Human Doing
IAM Reflective Journaling

Four Themes from My Relationship with Myself

Feeling

Doing

Thinking

Being
BELOVED
IAM Reflective Journaling

Four Themes from My Relationship with Myself

Feeling

Doing

Being

Thinking
triggers

distress
running
panic
heartbeat
tingling
unpredictable
sudden
dread
nervous
anxiety
cold
racing
numbness
hiding
trembling
sweat
agitated
anger
trauma
uncontrolled
pounding
fear

People will hurt you in attempt to heal themselves...
IAM Reflective Journaling

Four Themes from My Relationship with Others

- Feeling
- Doing
- Thinking
- Being
Mind Full, or Mindful?
Time to regulate

What does it mean to regulate?

The ability to respond to the ongoing demands of experience with a range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed.
Core Belief

Experience

Trigger

Word

DANGER
breathe in
SLOWLY
GENTLY
DEEPLY
breathe out

Centering Prayer
Resiliency is when the scale tips toward the good even when there are stressors and hard things.
Resilience

- Optimism
  - Focus on your strengths

- Ability to problem solve
  - Willing to adapt/be flexible

- Self-belief
  - Confident & have high self-esteem

- Sense of humour
  - Can laugh at life's frustrations

- Attitude to life
  - Focus on action 'can do'

- Emotional Awareness
  - Key to good communication

- Control (of self)
  - Your response to circumstances/ organizational ability

- Social support
  - Network of friends or family
Social-Ecological Model

Public Policy:
- National, state, local laws

Community:
- Relationships among organizations

Organizational:
- Organizations, social institutions

Interpersonal:
- Family, friends, social networks

Individual:
- Attitudes, knowledge, skills
PROMISING FUTURES
PROMOTING RESILIENCY
among children and youth experiencing domestic violence

Almost 30 million American children will be exposed to family violence by the time they are 17 years old.1 Children who are exposed to domestic violence are often traumatized or permanently harmed. Protective factors can promote resiliency, help children and youth heal, and support prevention efforts.

Research indicates that the 4P protective factor is helping children move from the experience of a violent parent, a consistent support, and loving youth—more often than not—mother.

PROTECTIVE FACTORS THAT PROMOTE RESILIENCY

INDIVIDUAL
- Temperament
- Understanding
- Expression
- Conflict Resolution

FAMILY
- Relationships
- Role Models
- Supportive Relationships
- Stability

COMMUNITY
- Access to Services
- School
- Mentors
- Neighborhood Cohesion

Get started at www.PromisingFuturesWithoutViolence.org

National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Dating Abuse Helpline: 1-866-331-9474 or text “SAFE” to 12204
Love one another.