

Adverse Childhood Experiences

DAY 2: The Economics of ACEs

FRIDAY, JUNE 14, 2019



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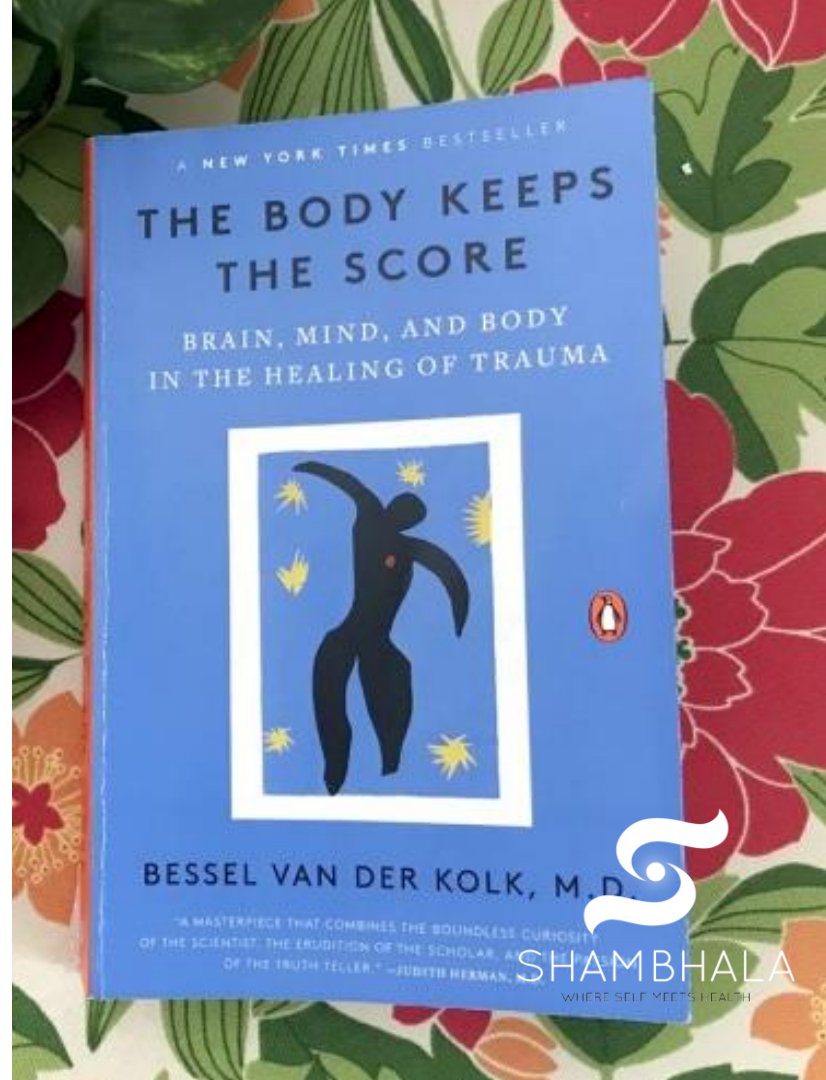
2,500 YEAR OLD IDEA




SHAMBHALA
TARE SUKHE MATE SUKHE

KEEPING SCORE

“The fundamental issue in resolving traumatic stress is to restore the proper balance between the rational and emotional brains, so that you can feel in charge of how you respond and how you conduct your life.” (p. 207)



BESSEL VAN DER KOLK, M.D.

"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE POWER OF THE TRUTH-TELLER." —JUDITH HERMAN

SHAMBHALA
WHERE SELF MEETS HEALTH



WAVES OF THE MIND




SHAMBHALA
WHERE SELF MEETS REALITY



REACTION VS RESPONSE

Contraction
Fear
Past

Spaciousness
Love
Present

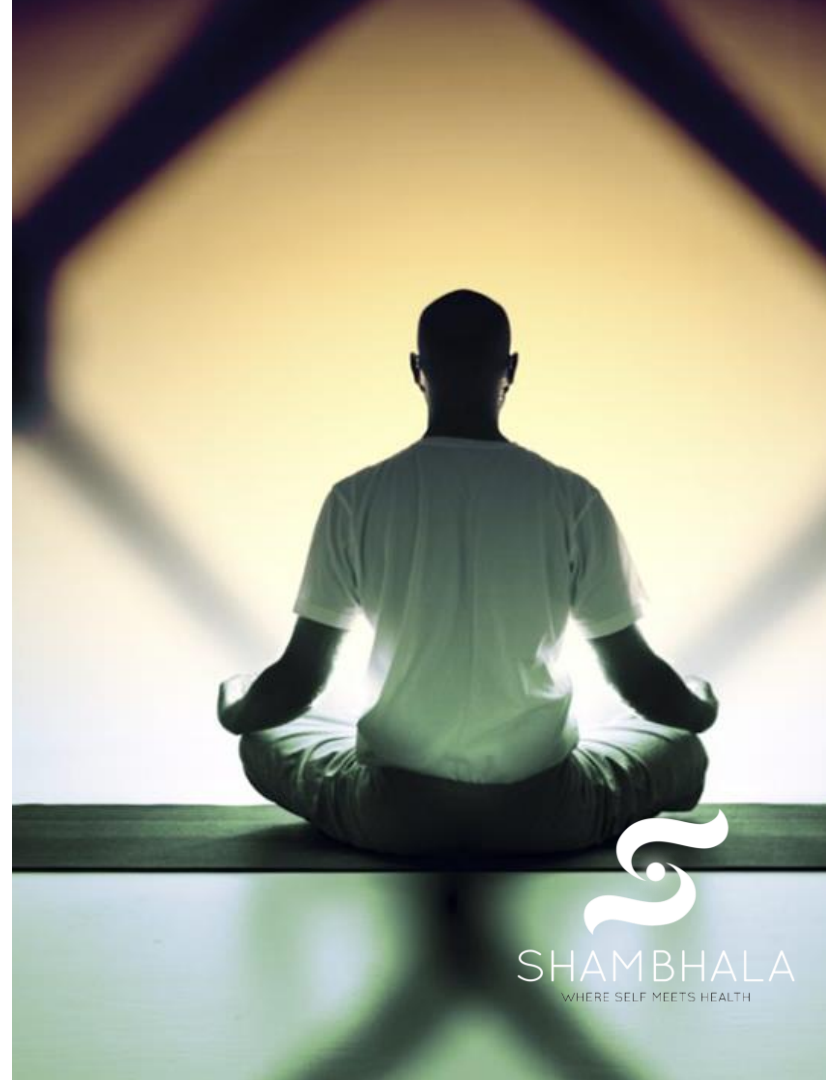




PEACE WITHIN PRISON

“Each class encourages inner peace and being able to center yourself. I loved learning to focus on my deep breaths and blocking everything else out.”

- A.M.



SHAMBHALA
WHERE SELF MEETS HEALTH