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Adverse Childhood Experiences

- **ACE Study**
 - 17,000 KP members
 - Childhood trauma profound affect on adult health
 - Trauma experiences major impact on adult:
 - Illness
 - Quality of Life
 - Early death

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ACE Questions

- **Before your 18th Birthday:**
 - Did a parent or adult in the household often or very often swear at you, put you down, or humiliate you?
 - Was a biological parent lost to you through death, divorce, abandonment, or other reason?
 - Was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her? Kicked, bitten, hit with a fist or something hard?

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Adverse Childhood Experiences

- **63% had at least ONE category**
- **20% had THREE or MORE**
 - 28% physical abuse
 - 27% household using alcohol/drugs
 - 23% lost a parent (i.e. death or divorce)
 - 21% sexual abuse
 - 19% mentally-ill person in household
 - 15% emotional neglect
 - 13% witness mother being abused
 - 11% emotional neglect
 - 10% physical neglect
 - 5% household member in jail or prison



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Adverse Childhood Experiences

The more trauma experienced in childhood, the GREATER the likelihood of experiencing:

- Substance use/misuse/abuse
- COPD
- Depression
- Obesity
- Fetal death
- Heart disease
- Intimate partner violence
- Liver disease
- Suicide attempts
- Multiple sex partners
- Unintended pregnancies
- STDs
- Smoking



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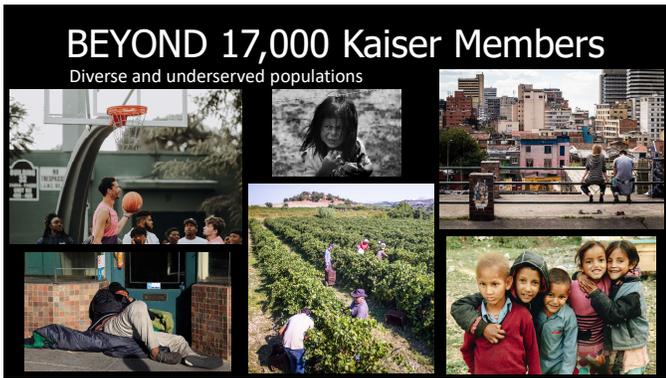
Adverse Childhood Experiences

Kaiser Permanente MEMBERS

- ↑ 70% Caucasian
- ↑ 70% College Education



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Trauma... Big "T" and little "t"

ACUTE	CHRONIC	COMPLEX
		
Single incident	Repeated and prolonged such as domestic violence or abuse	Exposure to varied and multiple traumatic events

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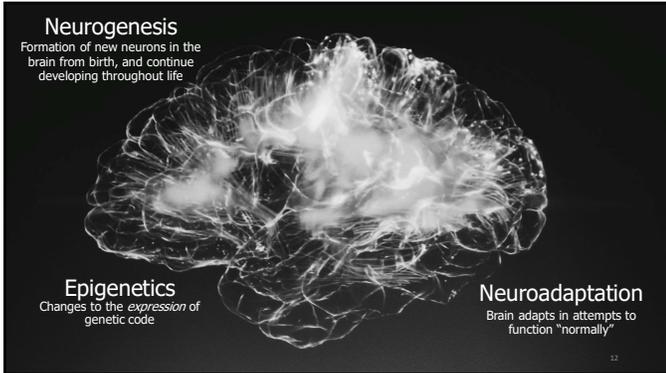
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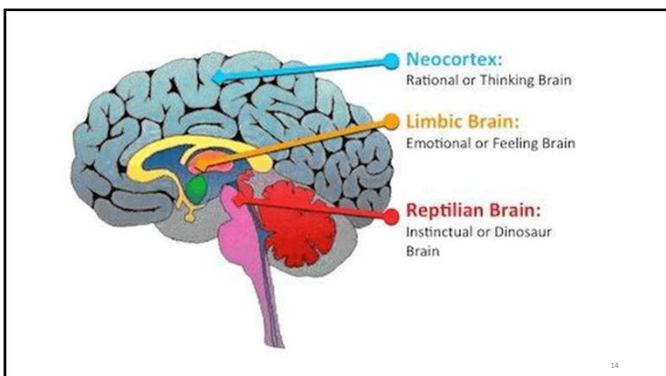
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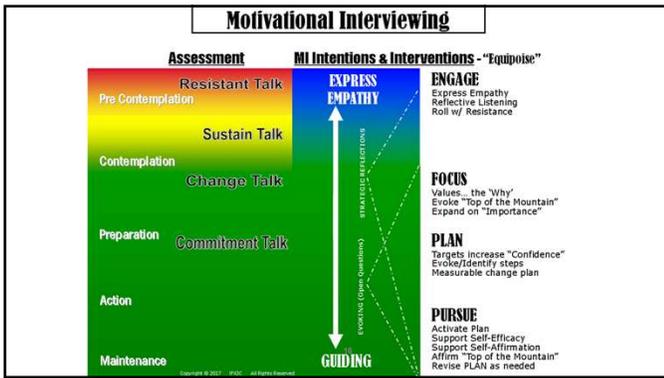
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Primal Brain
Limbic Brain

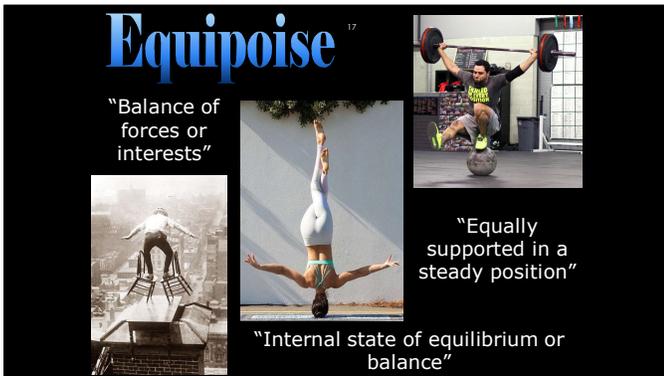
Self-preserving behavior patterns:

- For our survival
- Survival of our species
- Eating, Fighting, Fleeing, and Reproducing
- Distinguish between threatening and non-threatening stimuli
- Detect and respond to threats.

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Resistance

"The force that opposes motion"

- Not individual - *relationship* oriented
- Focusing outside the self
- Message that someone or something else is the problem
- Context of a relationship or system

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Resistance vs. **Ambivalence**



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Overactive Amygdala
Fear Based

Weakens/Shrinks Hippocampus
Emotional Regulation

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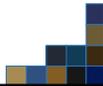
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Have you had a big T trauma?

- What were your thoughts and feelings in the moment?
- At the time, what were you most worried about?
- Looking back, what are your thought and feelings about the experience?
- What insights do you have since then?



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*"We need to be aware of the suffering,
but retain our clarity, calmness, and strength
so we can transform the situation."*

Thich Nhat Hanh

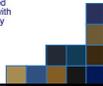
Equipoise Righting Reflex



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Institute on Trauma and Trauma-Informed Care (2015)



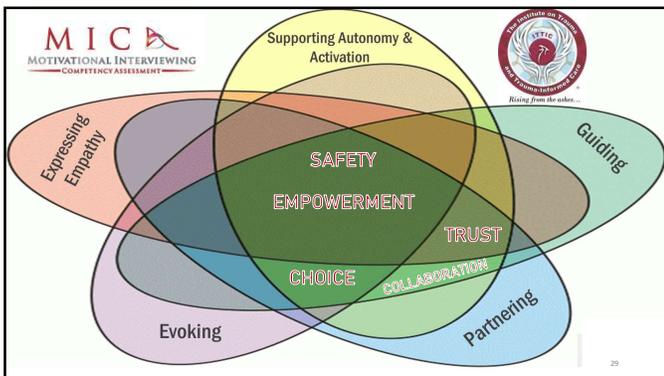
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MICA
MOTIVATIONAL INTERVIEWING
COMPETENCY ASSESSMENT

- Supporting Autonomy & Activation
- Guiding
- Expressing Empathy
- Partnering
- Evoking

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MICA
MOTIVATIONAL INTERVIEWING
COMPETENCY ASSESSMENT

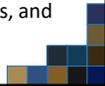
- Supporting Autonomy & Activation
- Guiding
- Expressing Empathy
- Partnering
- Evoking

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Supporting Autonomy & Activation

MI practitioner:

- Encourages and supports the client's autonomy and freedom to choose.
- Engages and affirms the client's self-efficacy and personal agency.
- Works from the assumption that individuals have an innate desire for evolution and growth.
- Operates from a strength-based approach that elucidates and supports the actuation of the client's goals, values, and choices.



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Guiding

MI practitioner:

- Navigates the conversation towards the goal of the referral, presenting problem, target behavior or topic of concern.
- Works with the client to elicit insights, ideas, motivations, resources and potential next steps.
- Works in an efficient and productive manner that keeps the session moving forward towards a solution or resolution.
- Helps the client remain/regain focus on the long-term goals while effectively moving through current and relevant issues, struggles, situations or barriers.

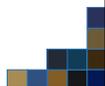


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Expressing Empathy

MI practitioner:

- Actively listens without judgement.
- Grasps the clients thoughts, feelings, experiences, and perspective.
- Conveys that understanding to the client.
- Includes reflective listening and validating the client's reality.
- Works to understand the client's inner experience and effectively communicate that to the client.

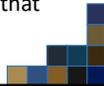


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Partnering

MI practitioner:

- Fosters a collaborative process with the client
- Functions as one of **two equal partners** who are **working together towards the client's goals**
- Encourages shared balance of power, wherein the client is the acknowledged expert regarding his life
- Provides relevant and appropriately timed observations, knowledge, insights, and expertise that supports and advances client outcomes.



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Evoking

MI practitioner:

- **Elicits the client's perspective** on his own thoughts, barriers, knowledge, feelings, ideas, motivators, goals, values, and solutions regarding the target behavior and change
- Operates both from a place of genuine curiosity and from a belief that the motivation for change and the ability to change exists within the client
- Focuses efforts to skillfully elicit, explore, and expand those client perspectives.



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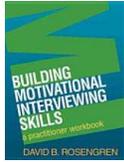
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Motivational Interviewing

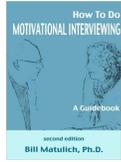
Motivational Interviewing, Third Edition: Helping People for Change by William Miller & Stephen Rollnick	Motivational Interviewing in the Treatment of Psychological Problems by William Miller, Stephen Rollnick, Hal Arkowitz, & Henry Westa	Motivational Interviewing in Health Care: Helping Patients Change Behavior by William Miller, Stephen Rollnick, & Christopher Butler

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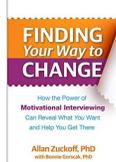
Motivational Interviewing



Building Motivational Interviewing Skills by David Rosengren



How To Do Motivational Interviewing by Bill Matulich



Finding Your Way to Change by Allan Zuckoff

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Additional Resources

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