

# Essentials for Reaching Past the Cycle of Trauma & ACEs

## (Part 1 of “Healing Trauma”): AGENDA

**Location:** ONLINE

**Presenter:** Erika Cheng, MD, CCFP, FCFP

Monday Sep 13, 2021, 5pm – 7:30pm PST	<b>Essentials for Healing Trauma:</b> Trigger Management
Friday Sep 17, 2021 8:30pm – 10:30am PST	<b>The Unspoken Side of ACE Questionnaires &amp; Complex PTSD</b>
Friday Sep 24, 2021 8:30-10:30 am PST	Unspoken side of Complex Trauma Meets ACE Questionnaire  & Essentials for Healing Trauma: Key components of the Neurobiologically Effective Adult Support (Being NEAS)

This program reaches beyond typical Trauma-Informed Practice or Adverse Childhood Experiences (ACEs) education by introducing essential preliminary neurobiologically-based tools for physicians who have already learned about the importance of ACEs, so that they may have a better understanding of what could be done next, how to do it, and what the neurobiological bases for those recommendations might be.

We will use the ACE Questionnaire to introduce important aspects of Complex Trauma (aka Complex PTSD) that are little known among physicians, yet indispensable for proper interpretation of ACE scores, or improving one’s ability to care for or work with trauma-rooted presentations.

Techniques and skills that can be applied during difficult encounters with patients will be demonstrated and reviewed using practical, point-of-care mindfulness and mentalization tools developed through an understanding of the neurobiology of trauma.

Explore how this **preliminary** skill set is required can help us work more effectively with patients to “*heal past the cycle of trauma*”, and how we might apply it at work or in our personal lives.

### LEARNING OBJECTIVES:

**OVERALL OBJECTIVES:** At the conclusion of the Workshop, participants will be able to

- \* analyze research papers on ACEs for selection bias, population applicability and methodology,
- \* practice ABSees of Dis-Ease and SHHV interactive skills that trauma survivors need from their physicians to enhance healing,
- \* create and use a toolbox for themselves for improved resiliency and understanding of their work with trauma survivors.

**At the end of the 3 sessions, participants will be able to:**

- Detect differences between ACE scores reported in research and the standard 10-question ACE score.
- Explain potential limitations and risks in the clinical application of the ACEs questionnaire.
- Determine approaches to mitigate potential harm if administering an ACE questionnaire in your practice, or eliciting a trauma history from patients.
- Identify reasons why patients with Complex PTSD or other history of early or overwhelming trauma may not be identified through ACEs Screening or trauma-history taking
- Explain why didactic learning (ie from books, reading or lectures) alone is often insufficient for learning new behaviours, especially behaviours occurring under conditions of stress.
- Identify three reasons why Trigger Management is an important skill set for physicians working with trauma survivors.
- Practice tools or skills that physicians can use for trigger management, enhancing therapeutic alliance with trauma survivors, or improving their ability to accompany trauma survivors in their journey towards healing.
- Delineate two reasons why a physician who is personally feeling the effects of Trauma might benefit from seeing a therapist with expertise in providing Trauma-and-Dissociation-focused therapy.

### Declarations of Scientific Planning Committee

**Dr. Erika Cheng** – is a Family Physician who practices acute care medicine (clinic, ER, hospital) as well as provides trauma & dissociation-focused psychotherapy. Declaration: Dr Cheng volunteers as Executive Director of Beyond the Cycle of Trauma Institute (BeytCot) – a non-profit organization dedicated to providing education to parents, families, front-line community workers, teachers, and healthcare providers such as physicians on key aspects of working more effectively with survivors of trauma to help reach past the cycle of trauma.

**Dr. Shirley Sze** – is a Family Physician who is also chair of the ACEs Committee of Shared Care. Declaration: Dr Sze has shares in Johnson & Johnson. She has no affiliations related to any of the content of this workshop.

**Dr. Jana Davidson** – is a Psychiatrist who is also head of the Department of Psychiatry at B.C. Children’s Hospital. Declaration: None to declare

**Dr. Amber Bacenas** – Is a Rural and Remote Physician and member of Beyond the Cycle of Trauma Institute. Declaration: None to declare

**Dr. Linda Uyeda** – is a member of the ACEs Community of Practice. Declaration: She receives honoraria for holding education sessions on Trauma-Informed Practice for Educators and Health Care providers. She has no affiliation related to any of the content of this workshop