IS IT MY BIRTH CHART OR IS IT THE TRAUMA?:

PERFECTIONISM, ANXIETY, AND ACCEPTING THE THINGS I CANNOT CHANGE

Dr. Kristen Wilson
MY ‘BIG THREE’

VIRGO
Detail-Oriented
Organized

CAPRICORN
Ambitious
Disciplined

CANCER
Empathetic
Emotional
SECTION ONE

About Me
SECTION TWO
Trauma
ADVERSE CHILDHOOD EXPERIENCES

01 PSYCHOLOGICAL ABUSE
02 PHYSICAL ABUSE
03 SEXUAL ABUSE
04 VIOLENCE AGAINST THE MOTHER
05 LIVING WITH SUBSTANCE ABUSERS
06 LIVING WITH SOMEONE WITH MENTAL ILLNESS
07 LIVING WITH SOMEONE EVER IMPRISONED
PHILADELPHIA ACE STUDY

How often, if ever, did you see or hear someone being beaten up, stabbed, or shot in real life?

While you were growing up, how often did you feel that you were treated badly or unfairly because of your race or ethnicity?

Did you feel safe in your neighborhood? Did you feel people in your neighborhood looked out for each other, stood up for each other, and could be trusted?

How often were you bullied by a peer or classmate?

Were you ever in foster care?
The Pair of ACES

Adverse Childhood Experiences

- Maternal Depression
- Emotional & Sexual Abuse
- Substance Abuse
- Domestic Violence

Adverse Community Environments

- Physical & Emotional Neglect
- Divorce
- Mental Illness
- Incarceration
- Homelessness

- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability
- Violence

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.
Adverse Climate Experiences

Climate Change
Environmental Injustice
Pollution

Hurricanes
Floods
COVID-19

Wildfires
Droughts

Adverse Childhood Experiences

Emotional Trauma
Bullying
Violence

Adverse Community Experiences

Poverty & Inequality
Lack of Opportunity
Exclusion

Genocide
Slavery
Colonization

Atrocious Cultural Experiences

Harmful Social Norms
Segregation
Forced Family Separation
SECTION TWO

Trauma Continued...
SECTION THREE

My College Experience
SECTION FOUR

Post-Traumatic Growth
POST-TRAUMATIC GROWTH

EDUCATION

EMOTIONAL REGULATION

DISCLOSURE

NARRATIVE DEVELOPMENT

SERVICE
SECTION FIVE
Prevention
IOM LEVELS OF PREVENTION

UNIVERSAL

SELECTIVE

INDICATED
CDC SUICIDE PREVENTION STRATEGIES

01. Strengthen economic supports
02. Create protective environments
03. Improve access and delivery of suicide care
04. Promote healthy connections
05. Teach coping and problem-solving skills
06. Identify and support people at risk
07. Lessen harms and prevent future risk
CLOSING REMARKS
THANK YOU

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