



## Counselor's Corner December 01, 2017

### Did You Know?

Children exposed to ACEs have extreme difficulty navigating the school setting academically, socially, and behaviorally. However, research indicates that all lasting effects of ACEs can be off- set by caring adult relationships later in life. Trauma sensitive interventions can be healing to these students. Examples of these interventions are: mentors, restorative circles, role play and teaching coping skills/problem solving to promote learning of new behaviors.



### ACEs Research



Fascinating research has been conducted at Harvard Center for Child Development on the relationship between early interactions with adults and brain circuit development in children. The research examined the impact of Adverse Childhood Experiences (ACEs) on brain development. Interesting information emerged:

- Infants who experience positive responsive interactions with caregivers develop healthy brain circuits.
- These brain circuits create a solid foundation that sets the stage for educational/social development and good health.
- Children who have Adverse Childhood Experiences/trauma develop brains that are wired for survival and are on constant alert.
- Children with several types of ACEs are predisposed to alcohol/drug abuse, mental illness, and health problems.



#### Related websites/sources:

[www.developingchild.harvard.edu](http://www.developingchild.harvard.edu)

[www.tennessee'sacesinitiative.com](http://www.tennessee'sacesinitiative.com)

Counselor in service with Dr Keith Bailey Ph.D. 3/2017 "The Role of Life Experiences in shaping Brain Development"

