



The Impacts of Childhood Trauma

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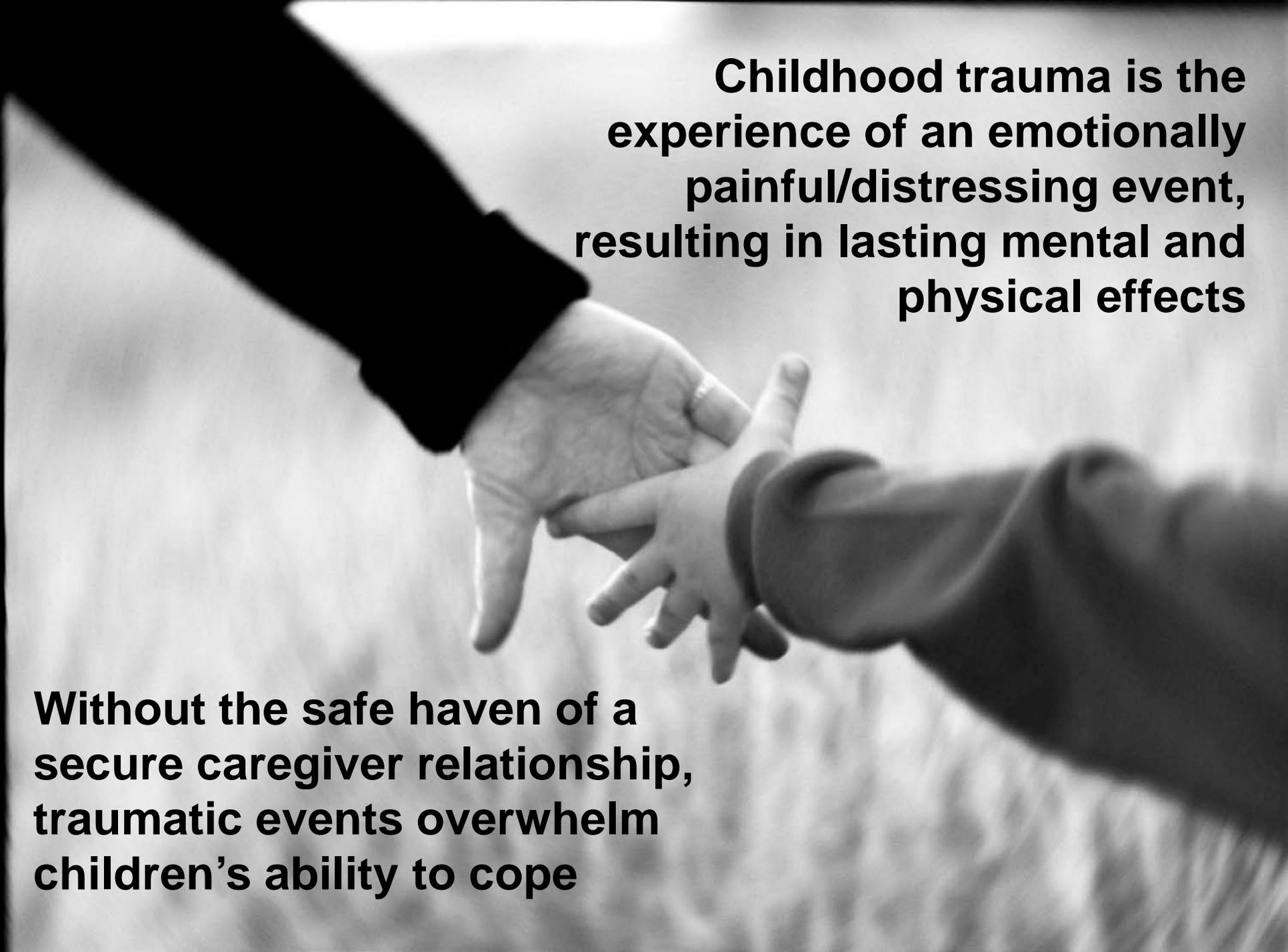
Outline



- ▶ What is childhood trauma?
- ▶ How is childhood trauma linked to health outcomes?
- ▶ How do we help trauma-exposed children?
- ▶ How do we prevent childhood trauma?



a note of warning



Childhood trauma is the experience of an emotionally painful/distressing event, resulting in lasting mental and physical effects

Without the safe haven of a secure caregiver relationship, traumatic events overwhelm children's ability to cope

The trauma-exposed child

- ▶ Sudden, extreme emotional responses/inability to calm down or control emotions
- ▶ Aggressive or violent lashing out/inability to control behavior
- ▶ Lack of impulse control/inability to think about consequences
- ▶ Acting “spacey” or “zoning out”/Inability to focus attention



Audience poll

How many of you are familiar with the term
ACEs?



Adverse Childhood Experiences

Physical abuse

Emotional abuse

Sexual abuse

Emotional neglect

Physical neglect

Caregiver divorce

Violence against caregiver

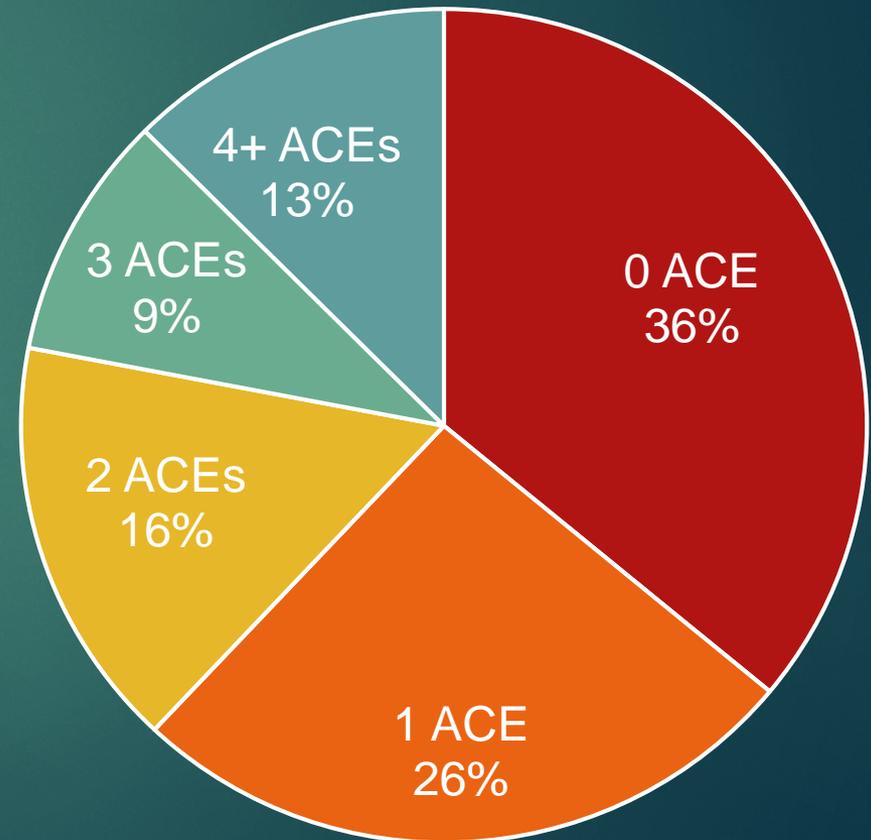
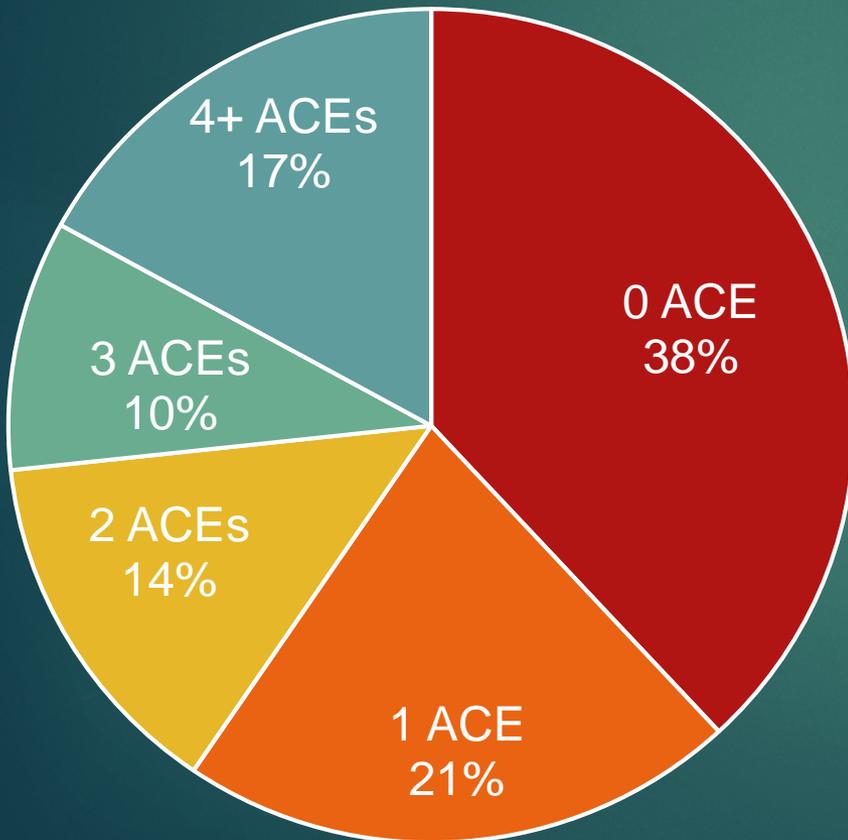
Caregiver substance abuse

Caregiver mental illness

Caregiver incarceration

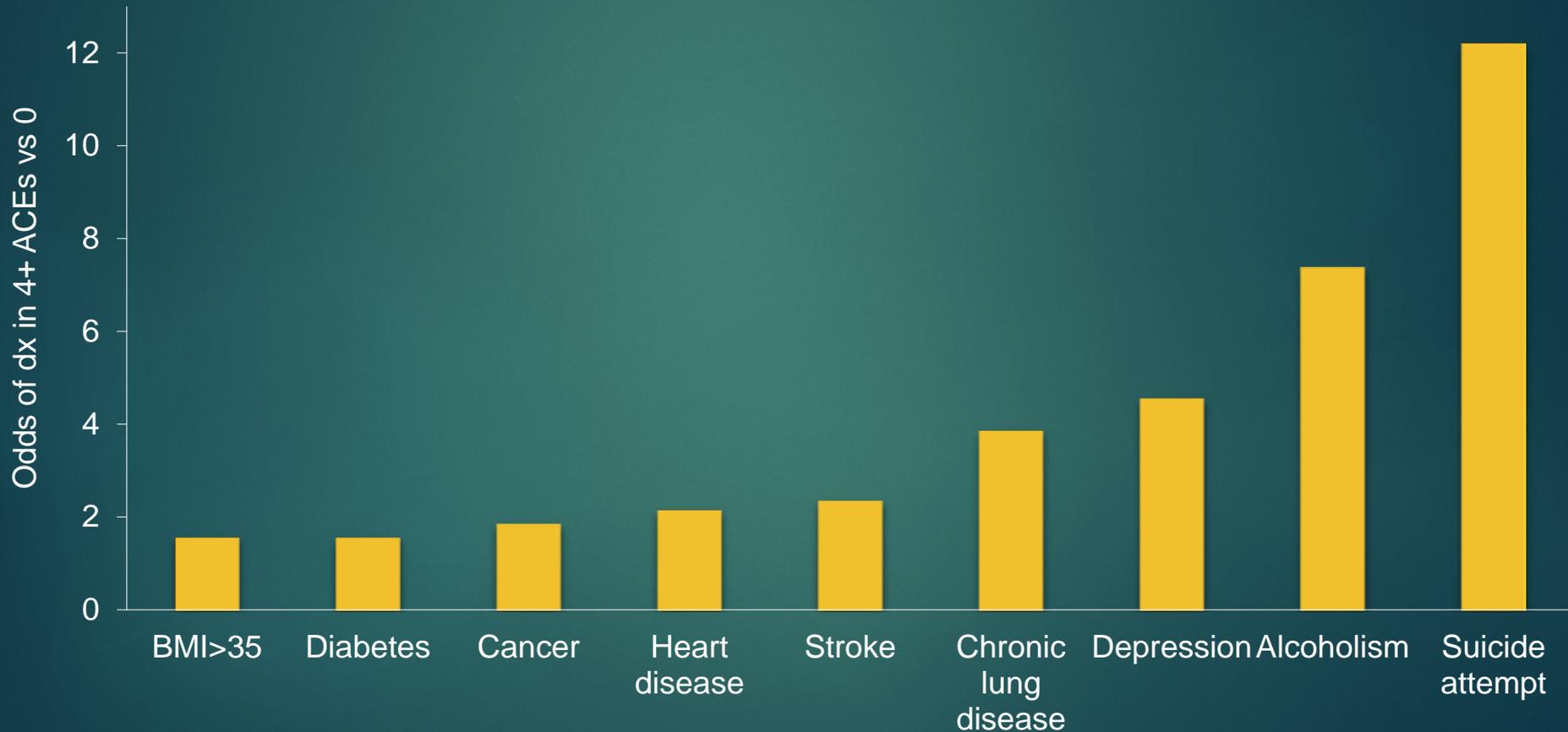
Prevalence of ACEs

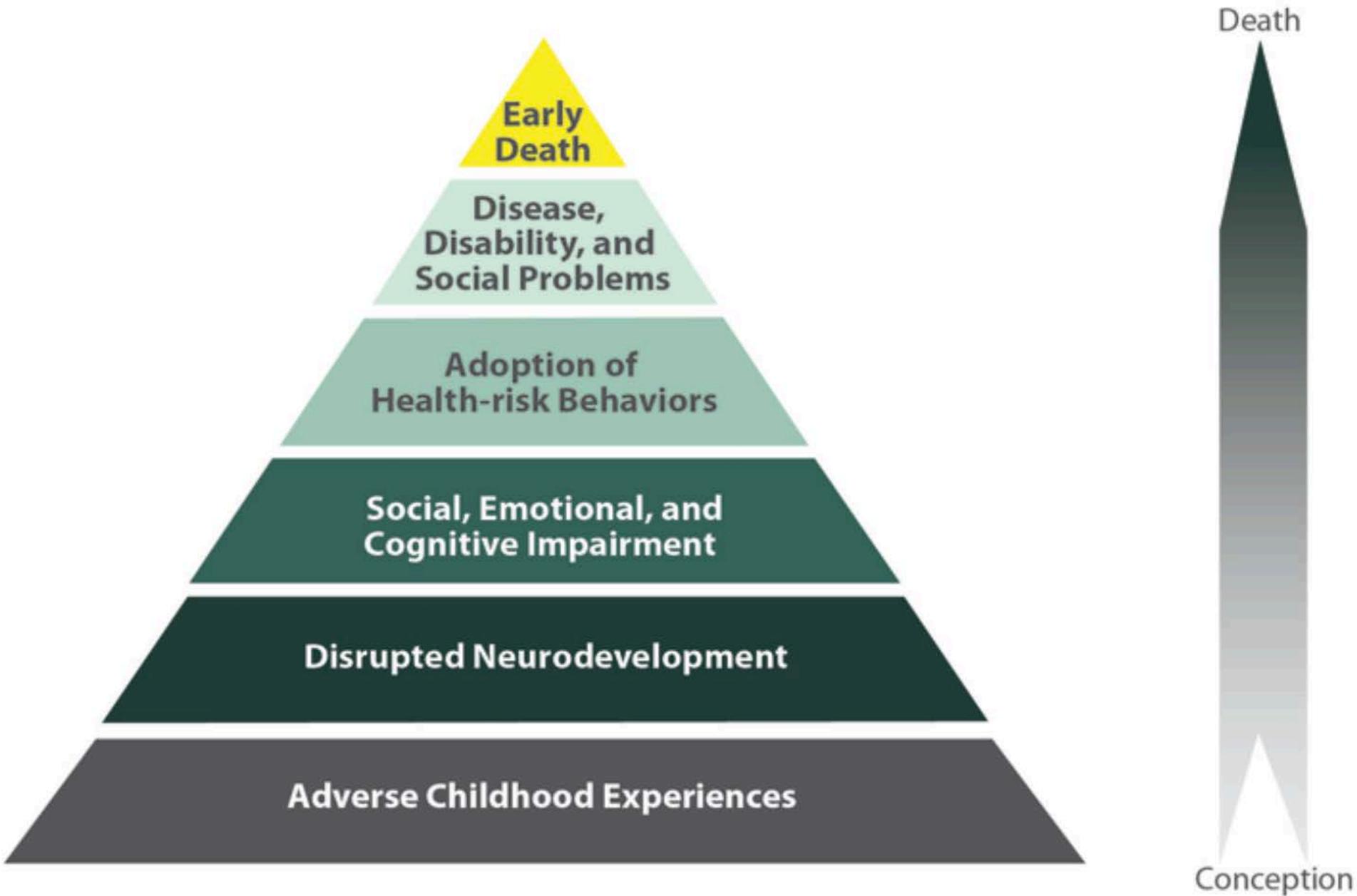
- ▶ Original ACE survey of 17,000 Californians (1998)
- ▶ A representative survey of 7471 Washingtonians (2009)



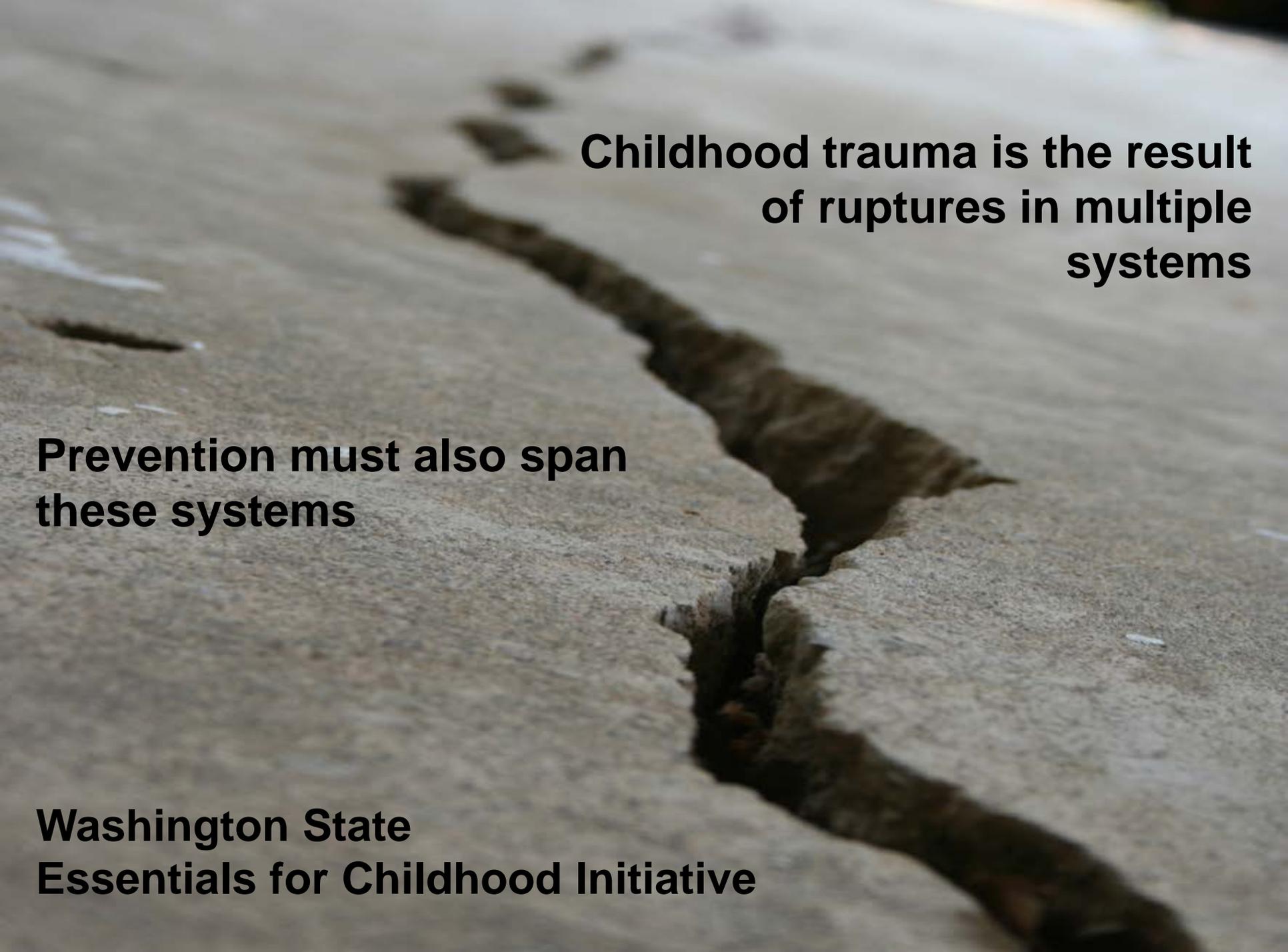
ACEs predict adult physical & mental health

- ▶ Felitti et al., 1998: 17,000 adults reported their ACEs and medical records





Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



**Childhood trauma is the result
of ruptures in multiple
systems**

**Prevention must also span
these systems**

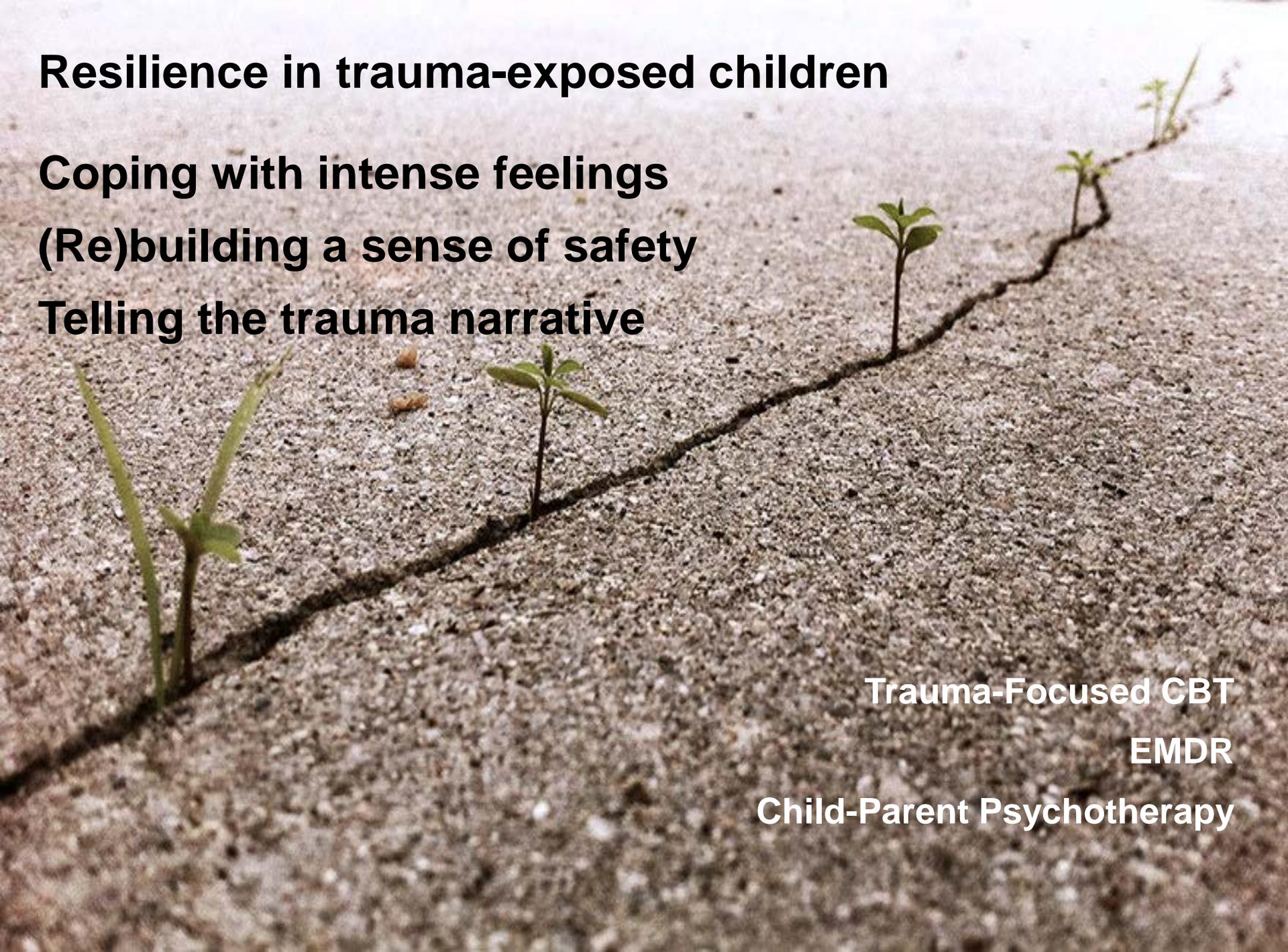
**Washington State
Essentials for Childhood Initiative**

Resilience in trauma-exposed children

Coping with intense feelings

(Re)building a sense of safety

Telling the trauma narrative



Trauma-Focused CBT

EMDR

Child-Parent Psychotherapy

A black and white photograph showing a stack of several hands of different ages and skin tones. The hands are positioned in a way that suggests support and unity, with fingers overlapping. The lighting is soft, highlighting the textures of the skin and the natural curves of the hands. The background is dark, making the hands stand out.

Thank you

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