

ACEs and Medically Unexplained Symptoms

Diagnosis and Treatment

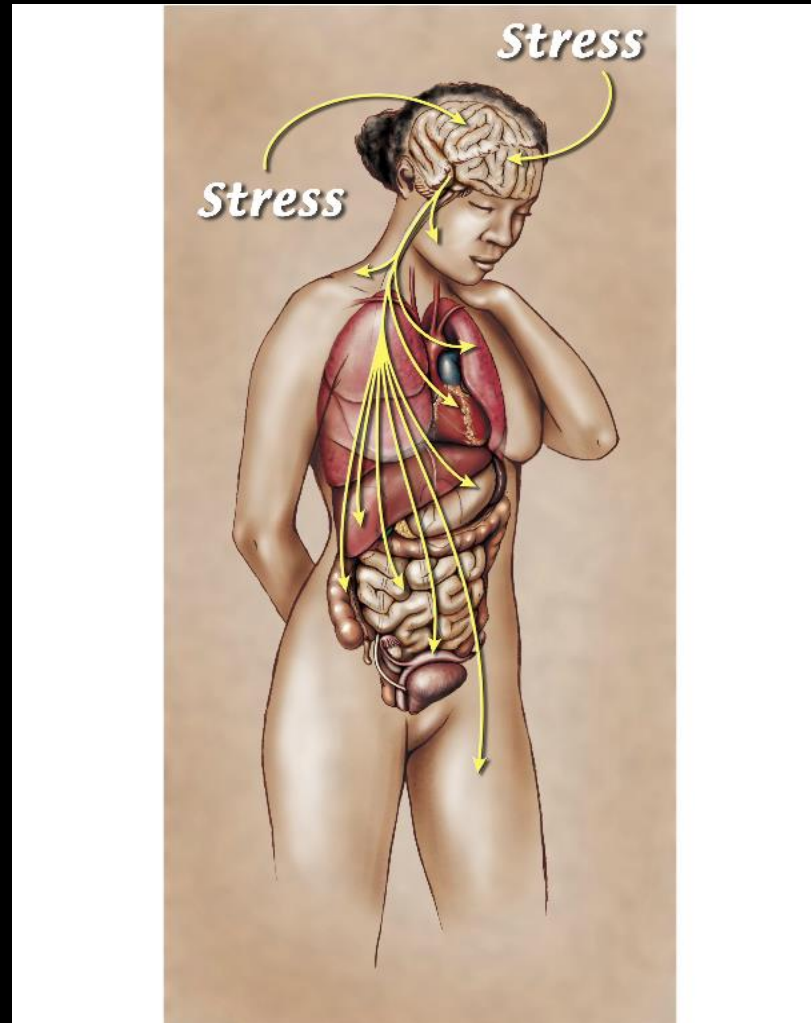
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37 year old woman 2 years of severe constipation



A Wide Range of Presentations



The Stress Evaluation

1. Illness Chronology
2. Current Stress
3. Childhood Stress
4. Depression
5. PTSD
6. Anxiety Disorders

Stress Evaluation Part III

Childhood Stress



Asking, Listening, Accepting: A Sequence of Questions

- Did you experience stress as a child?
- How much? (0-10 scale)
- Why that number?
- Is it still affecting you now?
- What if it was your child?

Adverse Childhood Experience Study

Felitti VJ, Anda R (1998). Am J Prev Med. 14:245-258.

Ten Factors Measured: 18000 Patients

- 1-3. Physical, Sexual or Verbal Abuse
- 4-5. Physical or Emotional Neglect
- 6-8. Family member depressed or mentally ill, addicted or in prison.
9. Witnessing abuse of mother
10. Losing a parent to separation, divorce or death

Chronic Unpredictable Toxic Stress

- Observing Sibling or Father abuse
- Community Violence & Racist Abuse
- Poverty
- Bullying at school (afflicts 25%)
- Arguments/Tension in Family
- Lack of Affection/Communication in Family
- Early Medical Trauma
- Family Secrets

4+ ACEs vs Zero ACEs

Odds Ratios

IV Drug Use	11.0
Suicide Attempt	9.5
Alcohol Abuse	5.3
Domestic Violence	5.0
Multiple Body Symptoms	2.7
Emphysema	2.4
Obesity	1.8

Additional ACE Outcomes

Repeating a Grade in school and ADHD

Juvenile and Adult Incarceration

Suffer sexual assault

Migraines

Asthma

Irritable Bowel & Peptic Ulcer

Chronic Back Pain

Eating Disorders

Bipolar disorder, schizophrenia, anxiety, depression

Altered Brain Anatomy

Hospitalization for Autoimmune Disease

Cancer, Diabetes and Heart Disease

Low Self-Esteem, Anger, Fear, Shame, Guilt or Grief caused by:

- CUTS
- Physical/sexual abuse
- Parental drug abuse
- Neglect
- Adult responsibilities
- Witnessing violence
- Lack of approval
- Early Medical Trauma
- Family Secrets



Childhood Stress: Negative Outcomes

- Bad Partners
- Addictions
- Quick Temper
- Eating Disorders
- Mental Health Problems
- Self-mutilation
- Self-sacrifice
- Inability to feel emotions



Childhood Stress: Positive Outcomes

- Reliable
- Detail-Oriented
- Compassionate
- Hard-Working



Childhood Stress: I Deserve Better

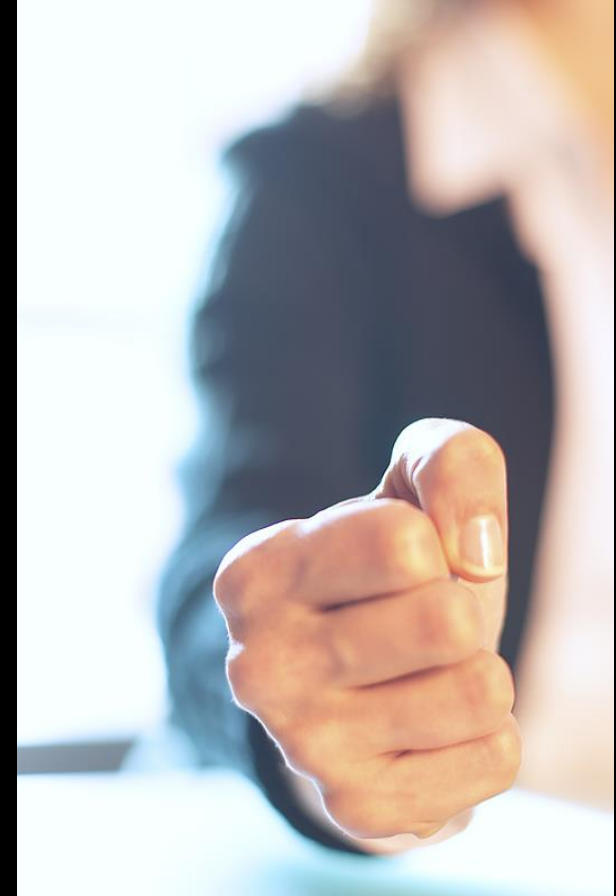
- More respect
- More support
- Get as much as you give
- “I am a great person who was born in a bad place.”
- GPBI Syndrome



Childhood Stress: Rage, Fear, Shame, Grief, Guilt

Often unexpressed due to:

- These emotions are unpleasant
- Many years learning to suppress emotion
- Hope for reconciliation
- Ongoing contact with the ACE Perpetrator



Treatment I

Listing Your Stresses



Treatment II

Self-Care Time



Treatment III

- Relaxation Technique.
- Mindfulness Meditation.



Treatment IV

Acknowledge
Their
Heroism



Treatment V

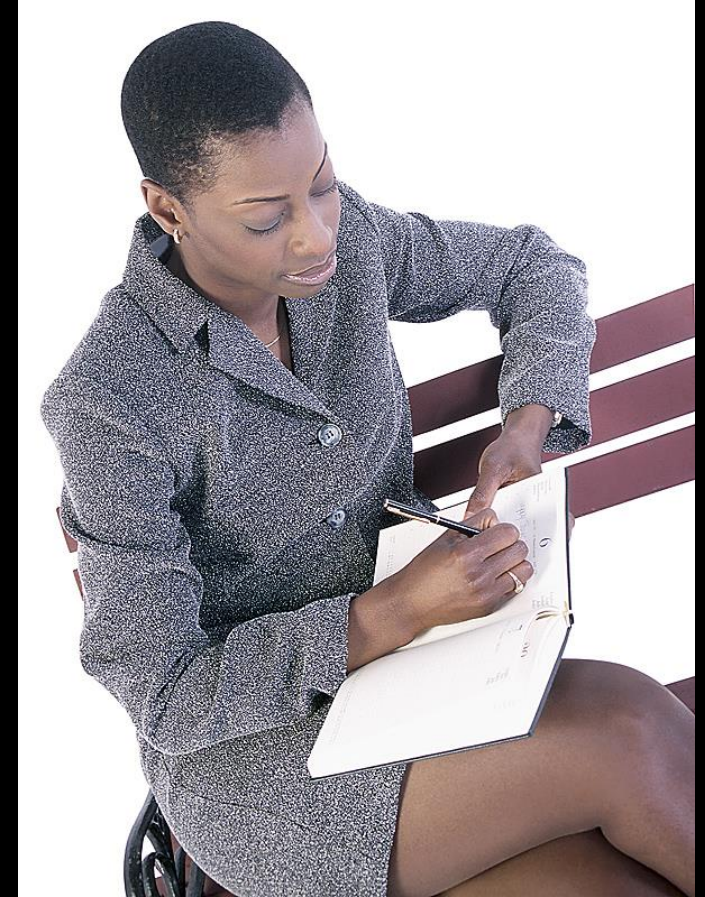
Buried Emotions
need:

1. Conscious
Recognition
2. Verbal
Expression



Treatment VI

Writing



Writing Techniques for ACE Survivors

Letter to ACE Perpetrator (not mailed)

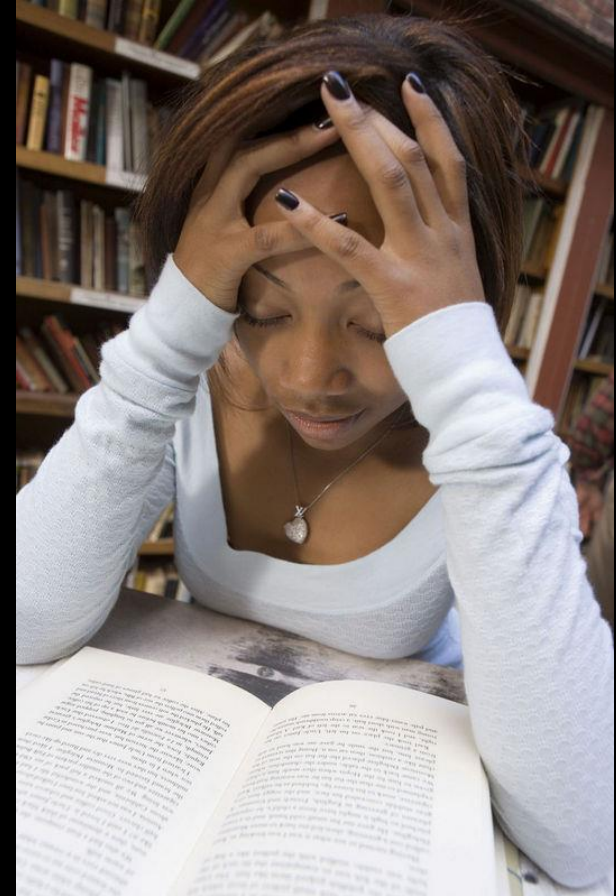
Letter to Child suffering as you did

Why You Love Yourself

Deepest Emotions about the upheaval that
most influences your life (20 min/day x4)

Treatment VII

“Do You
Like to
Read?”



Treatment VIII

Support Groups



Treatment IX - XI

Psychotherapy

Boundaries with
Perpetrators

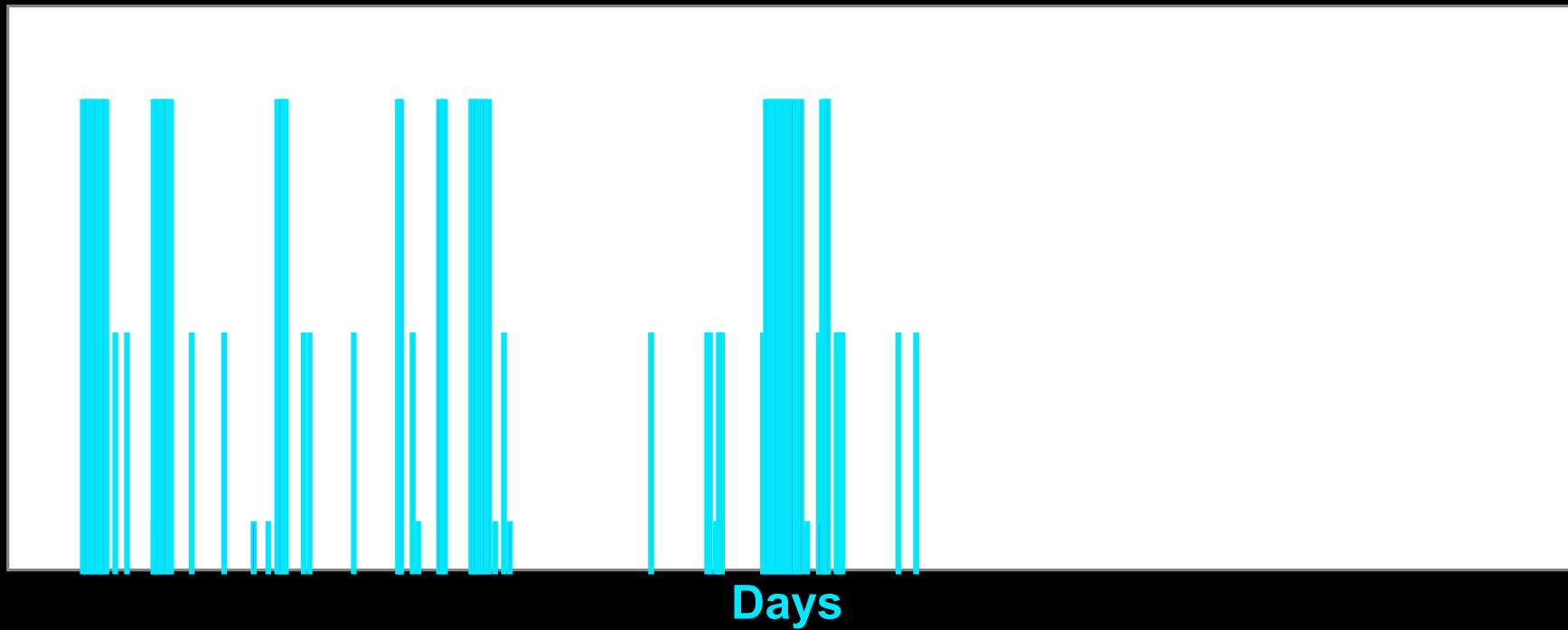
Tai Chi, Yoga



Diagnosing a Baffling Illness



Linda's 550 Days



Somatic Expression of Rage



The Talking Cure



Effective Treatment is Available

