

Texas HHSC Institute

Understanding Brain Wiring, Mapping, Development & ACEs/Pair of ACEs to Enhance Trauma-Informed Practices

August 18, 2021

Resource List

About Brain Wiring, Mapping & Development

Search the following terms:

- “Frederiksen-BasicBrainFacts2019.pdf” [Note: It is a chapter excerpt from my latest book and covers the brain wiring, mapping, and development portions of today’s program. You will also find the 10 yr. time lapse study image in this document.]
- “What is Early Childhood Development? A Guide to the Science, Center on the Developing Child, Harvard University”

About ACEs, Pair of ACEs & Toxic Stress

Search the following terms:

- “ACEs Primer JPJR Films YouTube” for a short video on ACEs and ACEs Primer
- “PACEs Science 101| ACEs Too High” for a summary document covering background, research, science of toxic stress, epigenetics, and resources
- “The Developing Brain & Adverse Childhood Experiences (ACEs) by Lisa Frederiksen”
- “A Guide to Toxic Stress, Center on the Developing Child Harvard University”
- Jack Shonkoff, MD Presentation “How Poverty and Trauma Affect Brain Development”
- Academic Pediatrics “A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Resilience (BCR) Model”
- “Pair ACEs Tree - Milken Institute School of Public Health”
- “How Early Childhood Experiences Affect Lifelong Health and Learning,” Center on the Developing Child Harvard University

About Resilience

Search the following terms:

- “Resilience - Center on the Developing Child Harvard University”
- American Psychological Association “Building Your Resilience”

Tools & Strategies Presented

Search the following terms:

- ACEs Questionnaire – search “What ACEs/PCEs do you have? | ACEs Too High” where you’ll find the questionnaire and a host of other related information and resources
- Family ACE History Tree – search “Tracing Your Family ACEs with Lisa Frederiksen BreakingTheCycles.com” [be sure to print 2-sided]
- Pair of ACEs Illustration – search “Pair ACEs Tree - Milken Institute School of Public Health”
- Toxic Stress Affects on the Brain & Body Image – search [Images] “How Stress Affects the Body” and from there select the one that works best for your client/patient
- Visual of the Sympathetic Nervous System (the “on”) and Parasympathetic Nervous System (the “off”) Image – search [Images] “Sympathetic and parasympathetic nervous system” and from there select one that works best for your client/patient
- Image Showing Brain Development Ages 5-20 – search [Images] “NIDA Adolescent Brain Development Scans” and from there select the one that works best for your purposes
- Resilience Videos – search “In Brief: What is Resilience?” and/or “In Brief: The Science of Resilience” [both are created by the Center on the Developing Child Harvard University]

About the Speaker



Lisa Frederiksen’s most recent six books are anchored in her 18+ years of studying breakthrough brain and scientific research on a range of secondhand drinking, trauma, and substance use and mental health disorder-related topics. They include her latest, *10th Anniversary Edition If You Loved Me, You'd Stop! What you really need to know when your loved one drinks too much,* and *Loved One In Treatment? Now What!* Lisa’s research has been guided by her 40+ years’ experience with secondhand drinking, which refers to the negative impacts of a person’s drinking behaviors on others, 39 years’ recovery from eating disorders, and her other lived experiences, including trauma and sexual assault. Ms. Frederiksen founded BreakingTheCycles.com in 2008 to change, and in some cases simply start, the conversations on these topics. She has appeared

as an expert guest on a variety of television, radio, and Internet radio programs and authored hundreds of blog posts, articles, and guest posts. She is a nationally recognized keynote speaker with over 30 years’ public speaking experience. Her audiences include law enforcement, clinicians, physicians, physical therapists, attorneys, judges and probation officers, military personnel, firefighters, mental health and substance use treatment providers, and the like. She consults with individuals, families, treatment centers and organizations across the United States and from as far as Kenya, Slovenia, Iceland, New Zealand, and Mexico.