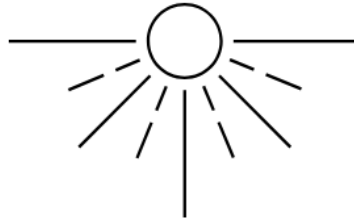




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What are ACEs? Adverse Childhood Experiences

Understand childhood adversity, protective relationships, and hope.



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[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

Your childhood matters. It is also not the only thing that matters about you. Let's talk about adverse childhood experiences without reducing a life to a number.

1 What counts as childhood adversity?

These are potentially traumatic experiences before age 18, such as abuse, neglect, or exposure to violence. Research also considers conditions that can undermine safety and stability.

2 A score has limits

A count of these experiences does not capture every kind of harm, its intensity, your strengths, or the people who helped you. It is not a diagnosis and cannot predict one person's future. You do not need to calculate or share a score to use this guide.

3 Protection matters too

Safe, stable relationships and supportive environments can help prevent adversity and support well-being. Prevention includes community resources and practical support for families, not simply asking a child to become more resilient.

Research & perspective

Centers for Disease Control and Prevention research links childhood adversity with higher risks across groups of people. A group-level risk is not a personal destiny. Protective factors and access to care belong in the conversation.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 Who or what offered me support while growing up?

2 What do I want more of in my life now: safety, steadiness, connection, or something else?

3 What support might help a child or family in my community?

One next step

Name one supportive relationship or resource you would like to strengthen. Leave out any details you do not want to revisit.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ How will you use information about my childhood?
- ☐ Can we focus on current needs before discussing difficult memories?
- ☐ What family or community resources could help?

Listen with curiosity

[Episode 4 - Explore the connection between childhood adversity and mental health.](#)

[Episode 79 - Hear about trauma-informed support for children and families.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[Centers for Disease Control and Prevention: Preventing adverse childhood experiences](#)

[Centers for Disease Control and Prevention: Risk and protective factors](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

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