

Luke Buonanno

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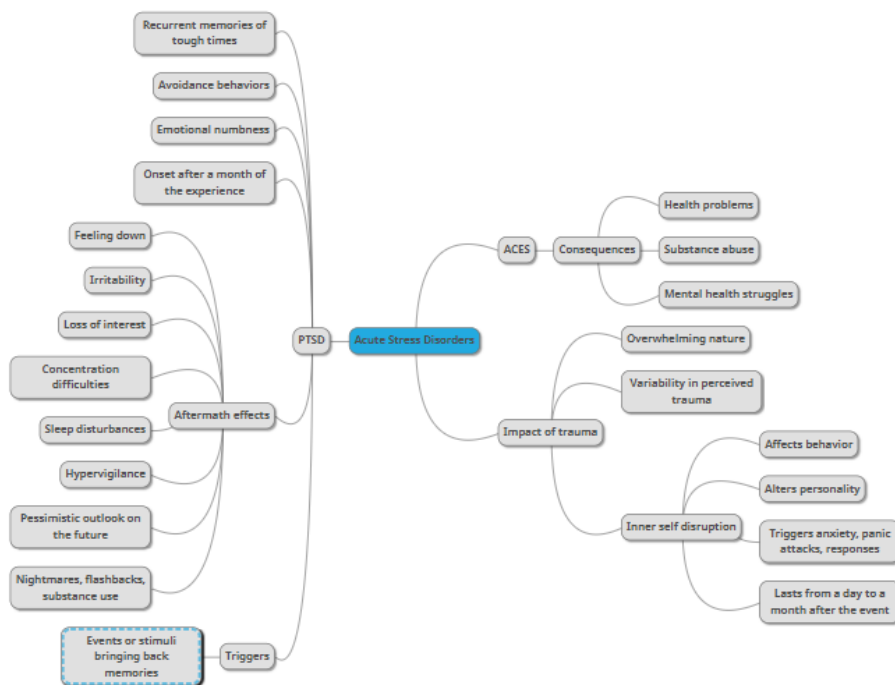
Name: Emily Snyder

Organization: Kids Peace

Credentials/Career Path: Masters in Sciences with a concentration in Psychology, Clinical Training Manager

One quote that stood out to me the most was that 61% of people have an ACE.

One thing that was beneficial to my career goals is the recognition that trauma and trauma responses are so common and to keep an eye out for them.



(I made this using mindmup.com)

Notes:

Cultures understanding trauma: Focus on safety, stress handling, emotion management without violence.

Trauma impact: Overwhelms handling stress, varies in intensity per person, disrupts inner self, affects behavior, personality, induces anxiety, panic attacks, physical responses lasting from a day to a month post-event.

PTSD (Post-Traumatic Stress Disorder): Persistent reemergence of tough memories, avoidance, numbness, typically persists at least a month starting a month post-event. Results in low mood, irritability, loss of interest, concentration difficulties, sleep troubles, edginess, bleak outlook. May involve nightmares, flashbacks, substance reliance, triggered detachment, forgetfulness, involuntary reactions.

ACEs (Adverse Childhood Experiences): Identified impact from '86 study on 17,000+ people over 15 years. Childhood adversity significantly influences adult behavior, mental health, and physical health. Multiple adverse experiences contribute to health issues, substance abuse, mental health struggles.

(I did not know we were required to take notes so this is a reconstruction from my memory and online definitions.)