

ACEs Resources

The first line treatment for ACEs is trauma-informed therapy, but this is not always available.

For those who lack access to therapy, or would prefer not to pursue it, there are other self-help resources available.

The following self-help books:

The Wounded Heart by Dan B. Allender, a faith-based self-help book written for victims of childhood sexual abuse.

The Courage to Heal by Ellen Bass & Laura Davis, a secular self-help book for women who are victims of childhood sexual abuse.

Childhood Disrupted by Donna Jackson Nakazawa, a book that explores the evidence and explains the mechanisms that underlie ACEs and adult illness, and offers tools to build resilience and recover from the effects of ACEs.

There are also support groups with information online, such as Survivors of Incest Anonymous and other 12-step groups.

For more information see the CDC website on ACEs:

<http://www.cdc.gov/violenceprevention/acestudy/>

For the CDC infographic about how ACEs affect our lives and society:

http://vetoviolence.cdc.gov/apps/phl/resource_center_infographic.html

For the seminal ACEs article by Vincent Felitti: <http://www.ncbi.nlm.nih.gov/pubmed/9635069>
or <http://www.theannainstitute.org/ACE%20folder%20for%20website/4RCH.pdf>

Robert Wood Johnson Foundation Infographic: *The Truth About ACEs*:

<http://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>

Tulsa-based trauma-informed counselor:

<http://www.tulsafamilycounselor.com/>

This document contains proprietary information of the OU-Tulsa ACE Research Group and may not be used, reproduced, or disclosed to other parties for any purpose without expressed written permission. Please contact Kristin Rodriguez at Kristin-rodriquez@ouhsc.edu to obtain permission.