

Iceland  
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PÄRNU NAISTE VARJUPAIK

  
NTKK  
Vägivallast on  
väljapääs!

  
ühendus  
vägivallavaba  
elu kaitseks

  
RÓTIN

# The Root - Rótin

## ACE Study and Trauma

## IPV victimisation and PSU correlation

“Trained specialists help to reduce domestic violence in Estonia”. –  
Tallinn, Estonia, 2 June 2022

Kristín I. Pálsdóttir and Þórunn Sif Böðvarsdóttir



# FIVE SENSES



# Trauma

- **Definition of Trauma** “exposure to actual or threatened death, serious injury or sexual violation” (APA, 2013).
- Posttraumatic stress disorder or **PTSD** is widely used to define and conceptualize the effects of traumatic experience.
- **PTSD** as a diagnosis requires a **cluster of effects** including symptoms of avoidance, increased arousal and duration of these effects as well as impairment of daily functioning (Dutton, 2009).
- The impact of **structural violence** and **structural vulnerability** are key for practitioners in responding to the trauma histories of clients (Thompson-Lastad 2017).



# TYPES OF TRAUMA

<b>Man made trauma</b>	<b>Natural trauma</b>
Also called Trauma of Agency	Also called Trauma of Facility
Likely to be prolonged and harder to bear and more difficult to deal with	Unintentional or accidental injury, also described as 'act of god'
Someone intentionally breaks another person's leg	Someone falls and breaks a leg
The most extreme type, entails an attitude of malevolent intent on the part of the perpetrator	No intention or perpetrator

(Richard E. Webb and Jane C. Widseth 2009)



# ACEs Primer

Featuring educational media from

**PAPER  
TIGERS**

&

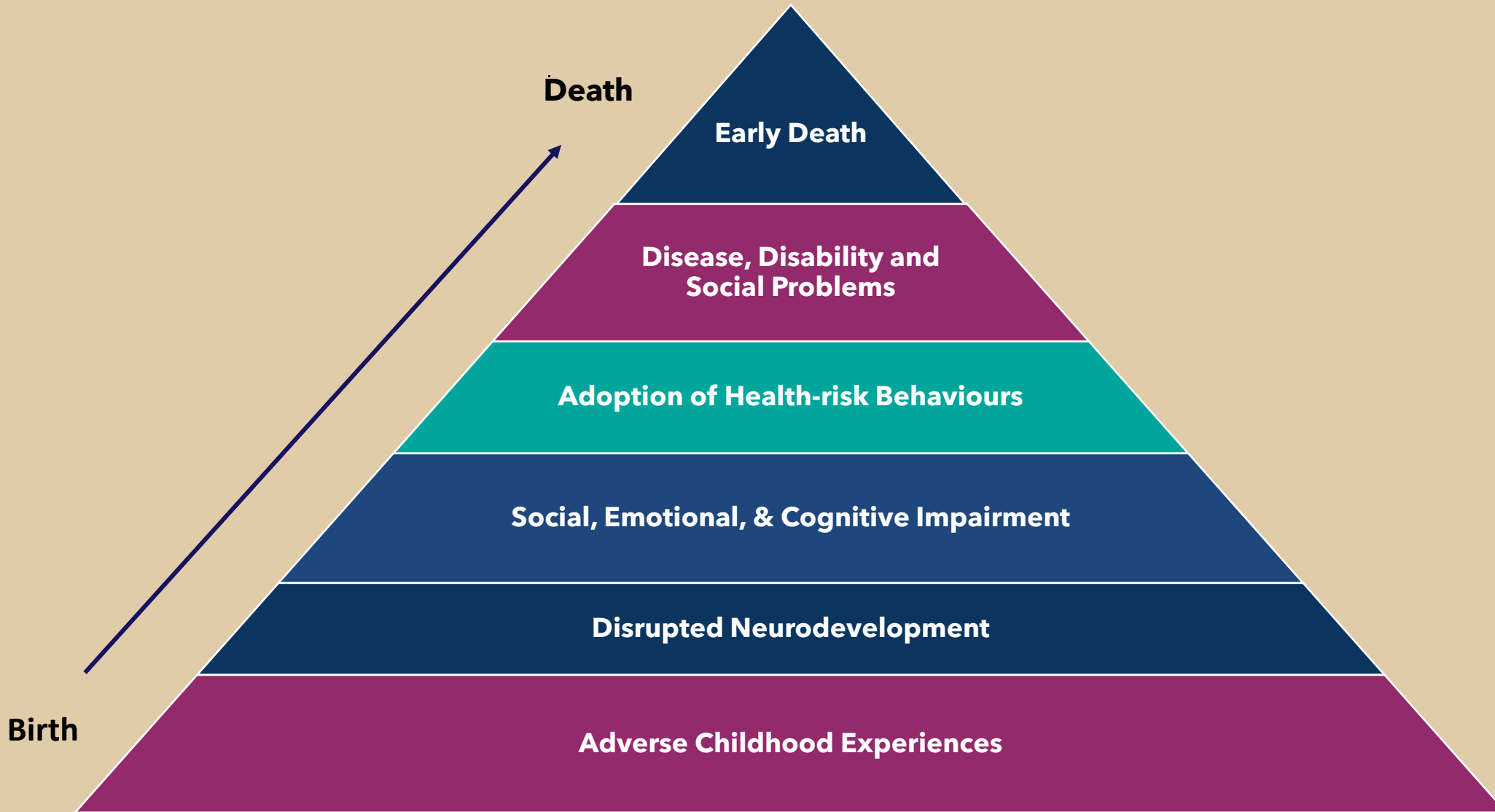
**RESILIENCE:  
THE BIOLOGY OF STRESS  
& THE SCIENCE OF HOPE**

Two documentaries exploring ACEs and the science of resilience.

Additional tools, videos and resources are available at:

[www.papertigersmovie.com](http://www.papertigersmovie.com) | [www.resiliencemovie.com](http://www.resiliencemovie.com)

# ACE PYRAMID



(CDC - Centers for Disease Control and Prevention)



# ACES – ADVERSE CHILDHOOD EXPERIENCES SCORE

	<b>Prior to your 18th birthday:</b>	If Yes, enter 1
1.	Did a parent or other adult in the household often or very often ... Swear at you, insult you, put you down, or humiliate you? <b>or</b> Act in a way that made you afraid that you might be physically hurt?	
2.	Did a parent or other adult in the household often or very often ... Push, grab, slap, or throw something at you? <b>or</b> Ever hit you so hard that you had marks or were injured?	
3.	Did an adult or person at least 5 years older than you ever ... Touch or fondle you or have you touch their body in a sexual way? <b>or</b> Attempt or actually have oral, anal, or vaginal intercourse with you?	
4.	Did you often or very often feel that ... No one in your family loved you or thought you were important or special? <b>or</b> Your family didn't look out for each other, feel close to each other, or support each other	



# ACES – ADVERSE CHILDHOOD EXPERIENCES SCORE

	<b>Prior to your 18th birthday:</b>	<b>If Yes, enter 1</b>
5.	Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? <b>or</b> Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?	
6.	Were your parents ever separated or divorced?	
7.	Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? <b>or</b> Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? <b>or</b> Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?	
8.	Did you live with anyone who was a problem drinker or alcoholic, <b>or</b> who used street drugs?	
9.	Was a household member depressed or mentally ill, <b>or</b> did a household member attempt suicide?	
10.	Did a household member go to prison?	
<b>Now add up your "Yes" answers. This is your ACE Score</b>		



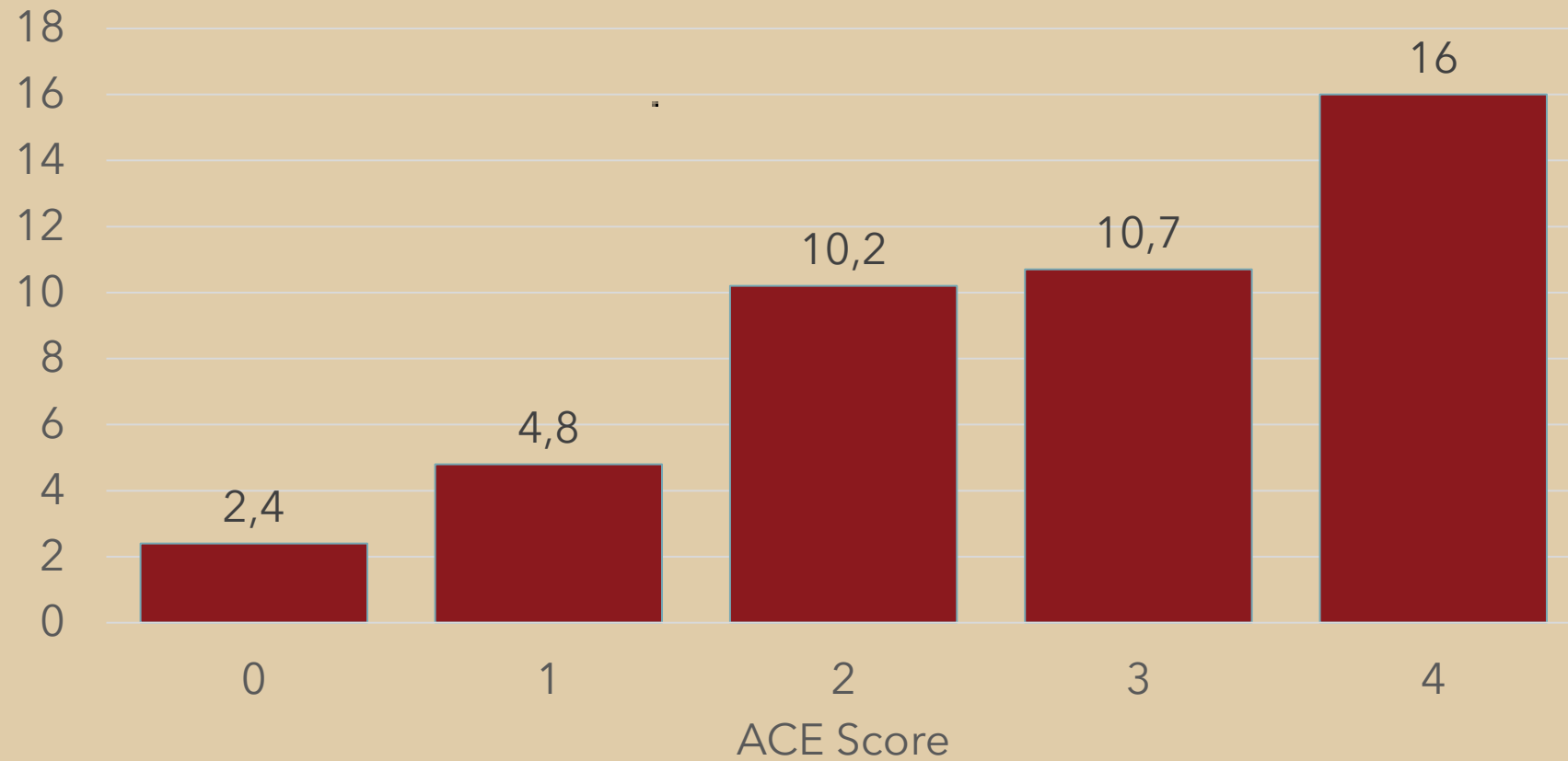


# ACES – ADVERSE CHILDHOOD EXPERIENCES QUESTIONNAIRE

<http://traumadissociation.com/ace>



# ACE AND “ALCOHOLISM” IN ADULTHOOD



(ACESTooHigh [2022])



# ACE SCORE BY GENDER %

Before the age of 18

		Overall	Females	Males
ACE 1	Sexual abuse	17,5	<b>24,3</b>	10,2
ACE 2	Physical abuse	15,7	<b>15,9</b>	15,4
ACE 3	Physical neglect	5,4	<b>6,9</b>	3,6
ACE 4	Emotional abuse	21,3	<b>22,7</b>	19,7
ACE 5	Emotional neglect	17	<b>20,8</b>	12,9
ACE 6	Domestic violence (Witnessed)	11,5	<b>11,8</b>	11,2
ACE 7	Parental separation/divorce	33,5	<b>34,9</b>	31,9
ACE 8	Household alcohol/drug abuse	24,5	<b>28,6</b>	20
ACE 9	Household mental illness/suicide attempt	15,5	<b>19,1</b>	11,6
ACE 10	Member of household went to prison	8	<b>9,1</b>	6,8

(Haahr-Pedersen et al. 2020)



## ACE score, % by Gender

Number of ACE's	Women N=9.367	Men N=7.970	N=17.337
0	<b>35</b>	38	36
1	<b>25</b>	28	26
2	<b>16</b>	16	16
3	<b>10</b>	9	10
4 or more	<b>15</b>	9	13

N = Number of participants

(Winstanley et al. 2020)



# Gender and Trauma

<b>Females and Trauma</b>	<b>Males and Trauma</b>
Typical trauma: childhood sexual abuse	Typical trauma: witnessing violence
More likely to develop PTSD when exposed to violence	More likely to be exposed to violence, but less likely to develop PTSD
Repeated exposure to sexual and violent victimization from intimates beginning in childhood	Exposure to violence from strangers and adversaries; sexual abuse and coercion outside family
Internalizing: self harm, eating disorders, addiction, avoidance	Externalizing: violence, substance abuse, crime and hyper-arousal
Likely to get mental health treatment rather than substance abuse treatment	Likely to get substance abuse treatment rather than mental health treatment
Treatment needs to emphasize empowerment, emotion regulation and safety	Treatment needs to emphasize feelings, relationships and empathy

(Miller and Najavits 2012)



# ACE SCORE AND CONSEQUENCES FOR WOMEN

The connection between adverse childhood experiences and substance use is complex, especially for women. They are:

- more vulnerable to violence
- more prone to commit crime under influence
- end up in a cycle of victimization, use of substances, shut down feelings, limited ability to deal with stress, more use of alcohol or other drugs, and an increased vulnerability to further victimization, as well as to perpetrating abuse

Women in addiction treatment programs and in mental health settings report high rates of past emotional, physical, and sexual abuse

(Covington 2016)



# WOMEN – IPV AND PSU

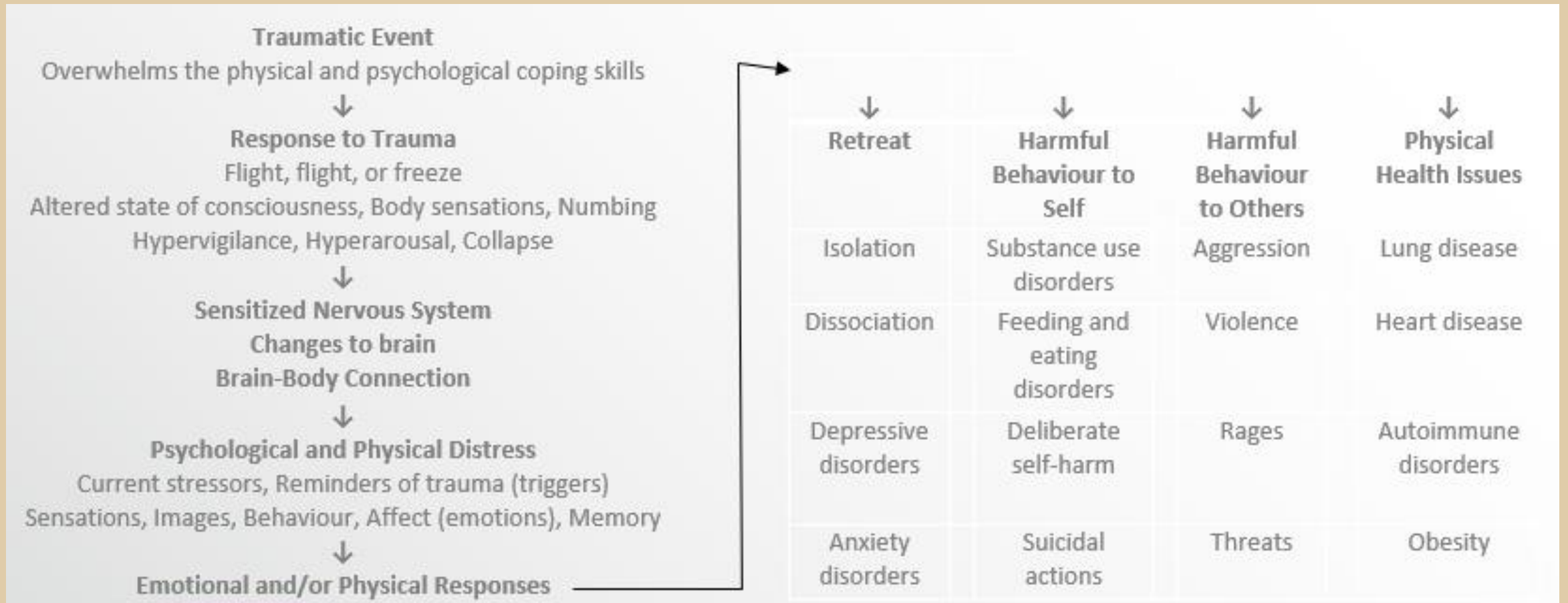
## Compared with men who use drugs, women may:

- face higher levels of stigma and shame;
- carry heavier socioeconomic burdens;
- receive less social support;
- be more influenced by their parental role in issues concerning drug use and recovery;
- have a partner who plays a role in their:
  - drug use initiation, continuation and relapse,
  - exposures to blood-borne infections,
  - exposure to violence.

## Compared with men who use drugs, women are more likely to:

- have gender-specific vulnerabilities to blood-borne infections;
- have experienced a traumatic event;
- have anxiety, depression or post-traumatic stress disorder and use psychoactive medication.





# THE PROCESS OF TRAUMA

(Covington 2016)





# COMMON RESPONSES TO TRAUMA

1. What is your response to seeing and hearing about this chart?
2. Is there something new you have learned about yourself? Or maybe you have a better understanding of the connection of things in your life?
3. Is this something that you can relate to your work?



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# THANK YOU!

## Rótin – The Root

Kristín I. Pálsdóttir, MA Editorship and  
Theory of publication, Professional  
Certificate Women and Substance Use

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