

HEALED PEOPLE HEAL PEOPLE: A MENTAL HEALTH SOLUTION FOR MDS AND THERAPISTS

Agenda Summary
www.DrBrianAlman.com

INTRODUCTION

- **Dr. Brian Alman:** Founder & CEO of True Sage International and ACE Treatment Solution, Founder, and Clinical Director
- **Dr. Vincent Felitti:** Co-Principal investigator of the ACE Study and retired Chief of Preventive Medicine at Kaiser Permanente in San Diego
- **Dr. Milton Erickson:** His years of self-hypnosis training as an important foundation for the Adverse Childhood Experiences study and treatment solutions
- **Progress & Advancements:**
 - The development of numerous post-traumatic recovery treatments
 - Collaboration on a new healthcare paradigm
 - Evolving from the old bio-medical system to the new bio-psycho-social system

ASSESSMENT

This workshop will cover the latest edition of the ACE Assessment, as well as other assessments developed in the last two years:

- **ACE:** Assessment for experiences from birth to 18 years
- **ACE Prevention:** For parents, kids, and teens
- **AAE:** Adult Adverse Experiences — 19 years to present
- **PCE:** Assessment for experiences from birth to 18 years

You can then take the ACE and PCE assessments, get your score, and learn some clinically proven treatment solutions.

- **Take the ACE Assessment**
- **Take the PCE Assessment**
- **Get your score and its meaning**

Your 0 to 10 score will help us provide the most appropriate treatment approaches to distant, underlying causes of current problems.

TREATMENT SOLUTIONS

- **Program:** Less Stress Now
- **Program:** Six Steps to Freedom for Stress
- **Sneak Peek Technique:** Belly Breathing
- **Sneak Peek Technique:** Committee Meeting
- **Sneak Peek Technique:** The 16th Row Critic/Last Row Observer

CONCLUSION

These treatment solutions can improve every area of your life, including your mental health, physical health, relationships, and career as an MD/therapist/healer.

Reach out with your ACE and PCE scores and any questions or background information you'd like to share, and I will respond with a personalized recommendation.



WHAT NEXT?

THE ACE ASSESSMENT

Assess patients to get their ACE Score

Get it here:
www.DrBrianAlman.com/ACEs

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- Courses & Programs
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dralman@drbrianalman.com



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CEO/Founder of True Sage
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With mental health "trending" and the ACE & PCE Assessments becoming more common in doctor offices across the globe, people are becoming increasingly aware of the link between ACEs and diseases of all types in adulthood.

Now that we know the power of ACEs, we need a solution to prevent their negative impact. This starts with mental health, including yours!

PROBLEM

This increase in awareness is significant, yet we still don't have a practical, effective, and accessible solution to address and resolve these traumas in adulthood.

We know the effects of ACEs. So, how do we reverse their impact and beat the grim statistics? Awareness of ACEs and PCEs alone is not enough. Patients - and the MDs/therapists that serve them - need more.

SOLUTION

MDs/therapists trained in ACE-informed, clinically proven True Sage treatment solutions can heal themselves and others. When MDs and therapists are well-versed in solutions they've experienced, they can better help patients prevent and heal ACE-related diseases, too.

BENEFITS

1. Proven and Powerfully Endorsed

Clinically evaluated, backed by three decades of work with over 35,000 patients, and endorsed by Dr. Felitti, the Co-Principal Investigator of the original ACE Study.

2. A Root-Cause Approach

Utilizing the ACE and other assessments, Dr. Alman's tools and training aren't just a temporary fix, but a long-term, healing and preventive solution.

3. Cost-Effective & Engaging

Dr. Alman's programs are accessible and enjoyable. An alternative to expensive one-on-one therapy his solutions have been proven to reduce medical visits.



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THE ADVERSE CHILDHOOD EXPERIENCES (ACE) ASSESSMENT

Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

INSTRUCTIONS

Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please mark “1” next to each ACE category that you experienced prior to your 18th birthday. Then, please add the “yes” responses and put the total number at the bottom.

1. Did a parent or other adult in the household often ... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?

Yes/No **If yes enter 1** _____

2. Did a parent or other adult in the household often ... Push, grab, slap, or throw something at you? Or ever hit you so hard that you had marks or were injured?

Yes/No **If yes enter 1** _____

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?
Or try to or actually have oral, anal, or vaginal sex with you?

Yes/No **If yes enter 1** _____

4. Did you often feel that ...
No one in your family loved you or thought you were important or special?
Or your family didn't look out for each other, feel close to each other, or support each other?

Yes/No **If yes enter 1** _____

5. Did you often feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
Or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Yes/No **If yes enter 1** _____

6. Were your parents ever separated or divorced?

Yes/No **If yes enter 1** _____

7. Was your mother or stepmother: Often pushed, grabbed, slapped, or had something thrown at her? Or sometimes or often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

Yes/No **If yes enter 1** _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes/No **If yes enter 1** _____

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

Yes/No **If yes enter 1** _____

10. Did a household member go to prison?

Yes/No **If yes enter 1** _____

Now add up your “Yes” answers: _____ **This is your ACE Score**

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THE POSITIVE CHILDHOOD EXPERIENCES (PCE) ASSESSMENT

Positive Childhood Experiences (PCEs) can create a “buffer” against the health effects of traumatic ones. They also help you develop a level of resilience to thrive despite a difficult childhood. The study determined 7 positive childhood experiences can be statistically linked to good emotional and mental health in adults. The relationship between PCEs in childhood and good mental health in adults is dose-responsive; the more PCEs you have as a child, the better your adult mental health will likely be.

INSTRUCTIONS

Below is a list of 10 categories of Positive Childhood Experiences (PCEs). From the list below, please mark “1” next to each PCE category that you experienced prior to your 18th birthday. Then, please add the “yes” responses and put the total number at the bottom.

- 1.) Did a parent or other adult in the household often or very often...
Support, compliment, encourage, or show interest in your thoughts or concerns?
Yes / No **If yes, enter 1** _____

- 2.) Did a parent or other adult in the household often or very often...
Hug, hold, read to you, or spend meaningful time with you?
Yes / No **If yes, enter 1** _____

- 3.) Did an adult or someone at least five years older than you ever...
Take care of you, babysit, or tutor you in a kind and compassionate way while you were growing up?
Yes / No **If yes, enter 1** _____

- 4.) Did you often or very often feel that...
Someone in your household loved you or thought you were important or special? Or your family looked out for each other, felt close, and supported each other?
Yes / No **If yes, enter 1** _____

- 5.) Did you often or very often feel that...
You had enough to eat and clean clothes and had someone to protect you?
Yes / No **If yes, enter 1** _____

- 6.) Did your parents commonly...
Show love or affection toward each other? Or support, compliment, or hug each other in front of you?
Yes / No **If yes, enter 1** _____

- 7.) Did your mother or stepmother often or very often...
Support or compliment you, or kiss or hug in front of you?
Yes / No **If yes, enter 1** _____

- 8.) Did you live with anyone who had a good sense of humor or was musical or artistic in any way?
Yes / No **If yes, enter 1** _____

- 9.) Did a household member treat or communicate with your friends in a kind way?
Yes / No **If yes, enter 1** _____

- 10.) Did a household member study new subjects, attend college, donate time to the community, or participate in fundraisers?
Yes / No **If yes, enter 1** _____

Now add up your “Yes” answers: _____ **This is your PCE Score**

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