

Adverse Childhood Experiences (ACEs)

Additional Research and Resources

A curated educational handout on early adversity, toxic stress, resilience, trauma-informed care, and long-term health.

This resource list is offered for education, reflection, and further learning. It is not a diagnostic tool and is not a substitute for therapy, medical care, crisis support, or consultation with a qualified professional. An ACE score does not define a person. It can offer one lens for understanding how early experiences may affect health, relationships, emotional regulation, and the nervous system.

Foundational ACEs Research

- CDC ACE Study site
- Adverse Childhood Experiences Study - original CDC-Kaiser research
- The 10 ACE Questions and resilience survey questions
- ACEsTooHigh.com - reporting on ACEs research and practice
- ACEsConnection.com - community and systems-oriented ACEs initiatives

Child Development, Toxic Stress, and Brain-Body Health

- Harvard University Center on the Developing Child
- Toxic Stress Derails Healthy Development - short educational video
- An Unhealthy Dose of Stress - Center for Youth Wellness white paper
- The Science Behind PTSD Symptoms: How Trauma Changes the Brain
- Nadine Burke Harris TED Talk: How Childhood Trauma Affects Health Across a Lifetime

Trauma-Informed Care and Community Resilience

- SAMHSA overview of trauma-informed care
- National Center for Trauma-Informed Care
- SAMHSA Concept of Trauma and Guidance for a Trauma-Informed Approach
- Community Resilience Cookbook - examples of communities integrating ACEs research
- Growing Resilient Communities resources

Epigenetics and Generational Stress

- WhatIsEpigenetics.com - introductory articles and updates
- University of Utah Genetic Science Learning Center - epigenetics explainer
- Epigenetics 101: A Beginner's Guide to Explaining Everything - The Guardian
- Research on historical, generational, and social conditions that shape stress biology

Books

- Childhood Disrupted: How Your Biography Becomes Your Biology and How You Can Heal - Donna Jackson Nakazawa
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma - Bessel van der Kolk
- The Deepest Well: Healing the Long-Term Effects of Childhood Adversity - Nadine Burke Harris
- Scared Sick: The Role of Childhood Trauma in Adult Disease - Robin Karr-Morse with Meredith S. Wiley
- The Last Best Cure - Donna Jackson Nakazawa

Documentaries and Videos

- Paper Tigers - documentary on trauma-informed schools
- Resilience - documentary on ACEs science and toxic stress
- CAREgivers - documentary on professional caregiving and its impact
- ACE Study video - short overview of ACEs research
- Nadine Burke Harris TED Talk on childhood trauma and health

Related Support and Internal Learning Pathways

- Areas of Support - concerns and life experiences that may bring someone to somatic therapy and counseling
- Somatic Experiencing - body-based support for trauma, stress, and nervous system regulation
- Attachment, Relationship Development, and Repair - relational patterns, safety, repair, and connection
- Developmental Trauma and Transforming Touch - early experience, support, regulation, and attachment repair

How to Use This Resource

Start with one or two resources that feel most relevant. Many people find ACEs research helpful because it can reduce shame and make sense of long-standing patterns. Others may find the language intense. You are welcome to move slowly and pause when needed.

For therapy in Ohio, you may schedule an appointment or send a general inquiry through Nicholas Bolton Counseling. For non-therapy somatic practice, public events, podcast episodes, and educational offerings, you may explore The Living Current.

Source note: This curated handout was adapted from the educational ACEs resource content previously included on NicholasBoltonCounseling.com, including references to CDC/Kaiser ACE research, toxic stress, resilience research, trauma-informed care, and related books, videos, and public health resources.