

UCAP Conference – 23 Feb 2019
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ONE: Why are *you* here?

TWO: What is “*cognitive dissonance*” and how does it help us if we are willing to experience it?

THREE: I have *four premises* in delivering this session.

Premise 1:

Premise 2:

Premise 3:

Premise 4:

FOUR: What is *trauma*, and what is *traumatic stress*?

- Trauma:
- Cumulative trauma:
- Traumatic stress:

FIVE: What is a *trauma-informed perspective*?

SIX: What is the *ACE Study* and how does it help us understand the development of addictions?

- The ACE Study:
- How does the ACE study help us understand how we might become addicted to behaviors or substances?

SEVEN: How is *traumatic stress* related to addiction?

EIGHT: What can I do to *help things change*?

One: Look *beyond* the surface.



The Desert Flower

Out beneath the blistering desert sun a plant grows. Though many shun this plant, it has a very special secret.

Many never find the secret because they're afraid they'll get pricked and they turn away.

But, among the needles and pins of the cactus a blossom grows. This flower is very unique as it blooms only a few times a year. The colors vary from scarlet red to violet.

The honeybees go mad on her wine. They stay within her flowery petals sucking nectar until their hunger is satisfied.



Thus many people in life are like the cactus. Because of their experiences they protect themselves with shyness, vanity or pride. But, underneath, they hide a special sweetness.

May we not turn away our hearts from them because we just see thorns, but rather, be like the honeybee, which is able to look past the thorns and see the flower.

~ ~ Kathy Budge ~ ~

Two: Really *listen* and speak so you can be heard.

Three: Be a *cheerleader*.

Four: Tap into the *power*.

Remember:

***“Love is the greatest healing
power in the universe.”***