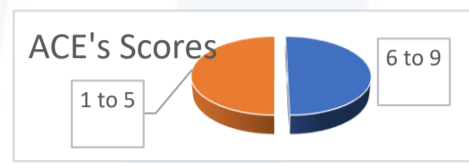


Cartrefi Conwy - Why and how we have been supporting adults who have experienced Adverse Childhood Experiences (ACE's)

Background

As a Well Being Co-ordinator for a Housing Association, I realised that out of the 18 people that had been coming along to my trial Dealing with Stress sessions, a lot had childhood trauma, so I did the ACE's score to confirm this, and these were the results: -



Aim

Attendees can try different methods of healing empowering them to know what works for them and to move forward.

Objectives

- Obtain funding to trial sessions.
- Bring in relevant expertise
- Run ongoing Dealing with Stress Sessions/safe space
- Set up Listening Circle
- Work with Partners

Methodology

Tools used to date: -

- **Weekly Dealing with Stress Tools and Meditation Session** (since 2018) – tools to connect to the body, train the mind and calm the autonomic nervous system (ANS).
- **Listening Circles** – To hold a loving space to express and explore your own feelings, sensations, and thoughts without anyone judging or fixing.
- **Tai Chi/Chi Gung** – Supports clearing blockages in our emotional energy field, increases energy and connection to self and others.
- **Psycho Education** – Awareness around how childhood trauma affects you as an adult.
- **One to one group/ trauma therapy** – Somatic Therapy, group process, pre-perinatal trauma therapy, family constellation therapy.
- **Chakra Healing**
- **Sound Healing**
- **Nature Walks/forest sessions**
- **Art Therapy** – 2 day Emerging Woman Art Therapy.

Benefits:-

- Feeling of safety on a regular ongoing basis.
- Recognise and release trauma trapped in your body on a deep level.
- Reconnect to themselves and their immense capacity/resource within their own bodies.
- Calm/regulate the autonomic nervous system (ANS).
- Learn new ways to recognise trauma responses.
- Rebalance their chakra systems.

Evaluations from Participants.

Tenant A

My understanding of my mental health has never been better. I see progress that I never thought I would see with an ACE's score of 9. The trust that I feel in the group, helped me drop into a space and allow whatever feelings I'm feeling at that time, to come up and be released.

Tenant B

This is an immense source of support for me, it provides a safe, non-judgmental and confidential space to express feelings, reduce anxiety, learn coping strategies and feel a sense of inner peace, while feeling part of something that is bigger than myself and taking part in the loving energy of the group.

Tenant C

The sessions are so important to me, a huge support and absolute life saver.

I come from a background of addiction and trauma. Lydia provides a warm, genuine, welcoming, intimate, safe and nurturing environment where I am naturally able to relax feel safe and at ease.

There's a noticeable difference in my anxiety which in turn is building up my confidence and helping me maintain my mental health.

Tenant D

I felt a real benefit from the meditation. Your explanation of how I was feeling really helped. If I feel down, I listen to one of your recordings and this really helps.

Tenant E

Thank you so much from the bottom of my heart for everything you have supported and encouraged me to do. You have helped me turn round years of deep despair and isolation in just a few short months. I will forever be grateful.

Tenant F

When I first joined our meditation group I was on a verge of a breakdown and you helped me such a lot, my mental health is so much better.

Conclusion

5 of these people now pays for their own therapy that they chose. They are now setting themselves up as a constituted group to obtain further funding for their healing.