

DAY 1



Obesity Trauma Series

Chikeitha Owens LPC, CBC
September 20-22
12pm-1pm EST

Obesity
TRAUMA SERIES

BY CHIKEITHA OWENS LPC CBC, CCTP

www.dfwaitloss.com



**LICENSED PROFESSIONAL
COUNSELOR**

Introduce
ABOUT ME

Private Practice: Owner of
Abundance of Hope Counseling est.
2009

Location: Corinth, Texas (Tele-Health)

Mother and Wife: 3 Boys 8, 26 and 24

Implemented the W.A.I.T program

Walk-Approach-Initiate-Transform-
12-Week Course

www.dfwwaitloss.com

bariatricadvocates.com Bariatric
Professionals Listing Directory

www.abundanceofhope.com



**CHIKEITHA OWENS
LPC, CBC, CCTP**

Focus Area:
Trauma and Obesity



PURPOSE

The role of a Dietitian is very important in the life of Bariatric patients. This Obesity Trauma Series will hopefully improve patient care relationships and overall health outcomes with your patients.



BRIEF SUMMARY

- Understand Trauma
- Understand how Trauma plays a major role in obesity
- Raise the Level of Compassion and Emotional awareness
- Gain Tips to help with Initial Consultation
- How to create a Safe Space and build rapport
- How to be more non-judgmental and be a better support to their patients
- Understand the Emotional Power of Language
- Understand the Emotional Power of Food



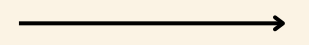
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NOTE TAKERS ARE CHANGE MAKERS

5



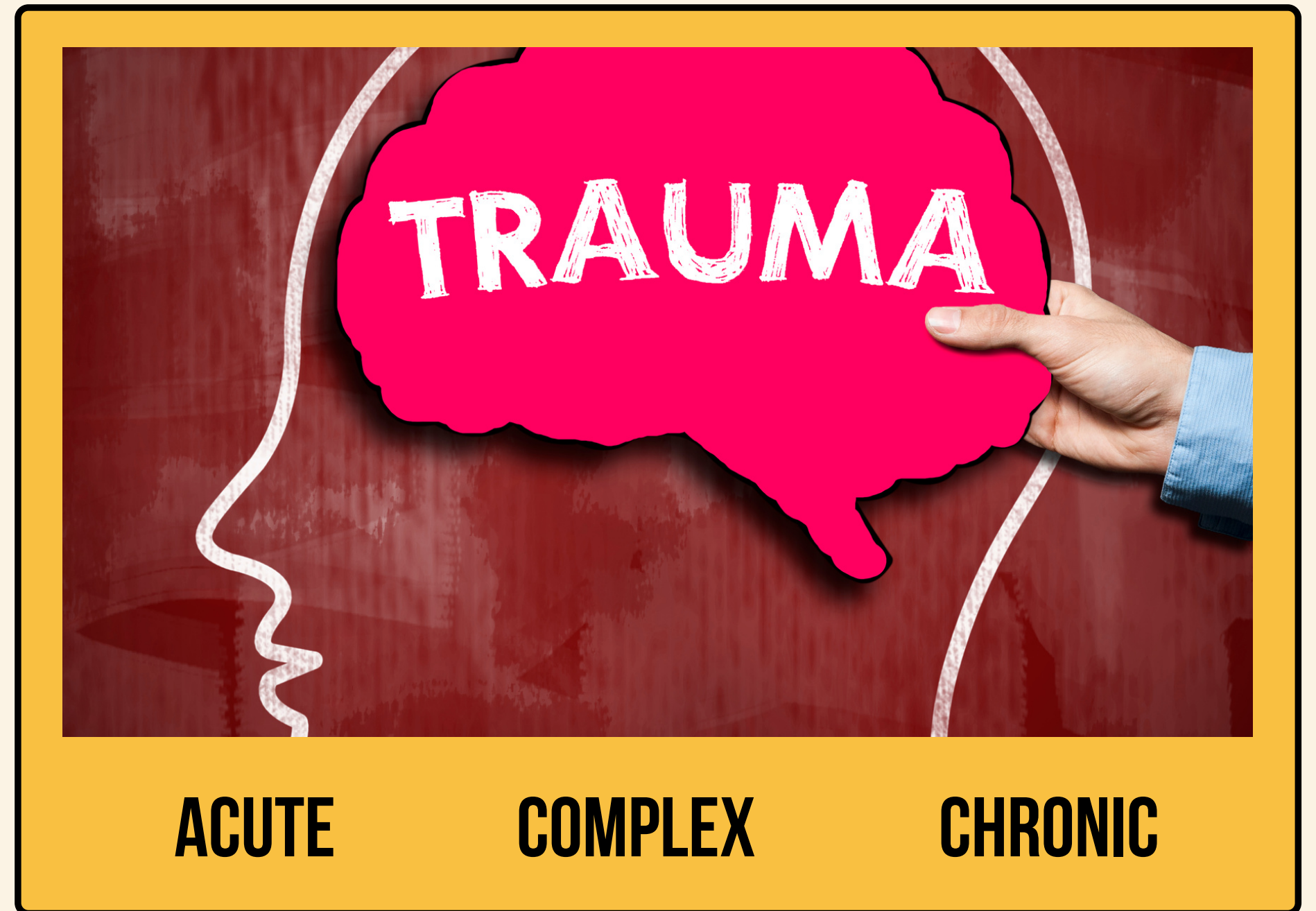
STORY TIME



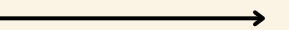
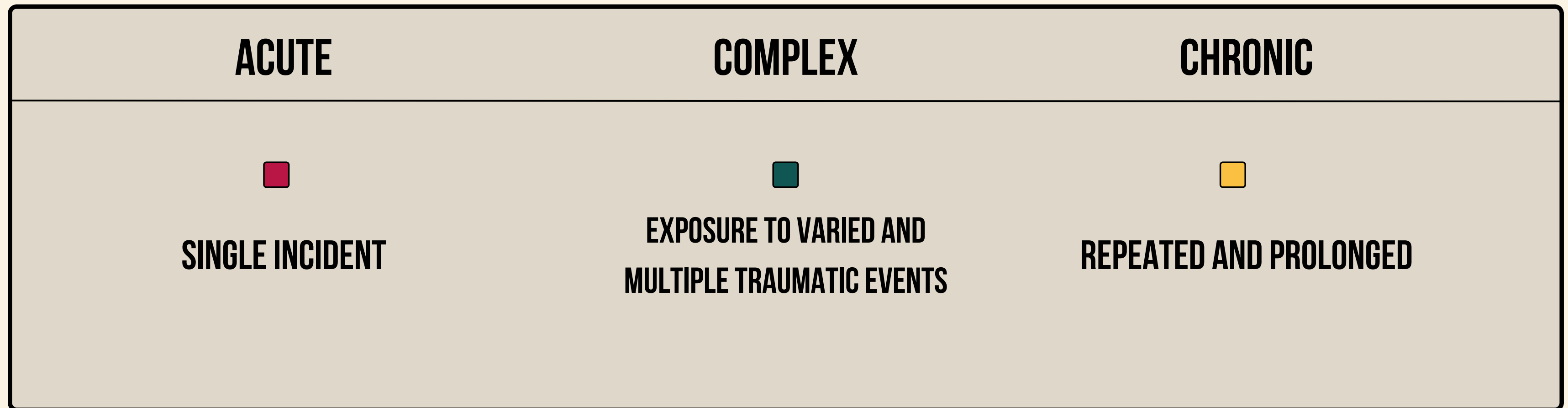
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What is TRAUMA

Trauma is a response to any event a person finds physically or emotionally threatening or harmful either directly or indirectly.



TYPES OF TRAUMA





PHYSICAL ABUSE



DOMESTIC VIOLENCE



MEDICAL ILLNESS OR INJURY



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NATURAL DISASTERS



ACCIDENTS



COMMUNITY VIOLENCE



GRIEF AND LOSS



Traumatic
EVENTS

SEXUAL ABUSE

PHYSICAL ABUSE

NEGLECT, DEPRIVATION

MEDICAL ILLNESS/INJURY

COMMUNITY VIOLENCE

DOMESTIC VIOLENCE

NATURAL DISASTERS

VICTIM OF CRIME

TRAUMATIC GRIEF

ACCIDENTS

SCHOOL VIOLENCE

LOSS



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A TOOL YOU CAN USE



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ADVERSE CHILDHOOD EXPERIENCES (ACES)

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0–17 years). For example:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with:

- substance use problems
- mental health problems
- instability due to parental separation or household members being in jail or prison (CDC)

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CONSEQUENCES OF ACES

Health

- Increase the risks of injury
- Sexually transmitted infections
- Maternal and child health problems (including teen pregnancy, pregnancy complications, and fetal death)
- Involvement in sex trafficking
- Chronic diseases and leading causes of death such as cancer, diabetes, heart disease, and suicide,
- (Obesity)



CONSEQUENCES OF ACES

Social/Stability

- Living in under-resourced or racially segregated neighborhoods
- Frequently moving
- Experiencing food insecurity, which can cause toxic stress (extended or prolonged stress)
- Toxic stress from ACEs can negatively affect:
 - Children's brain development,
 - Immune systems
 - Stress-response systems
 - Attention, Decision-making, and learning



CONSEQUENCES OF ACES

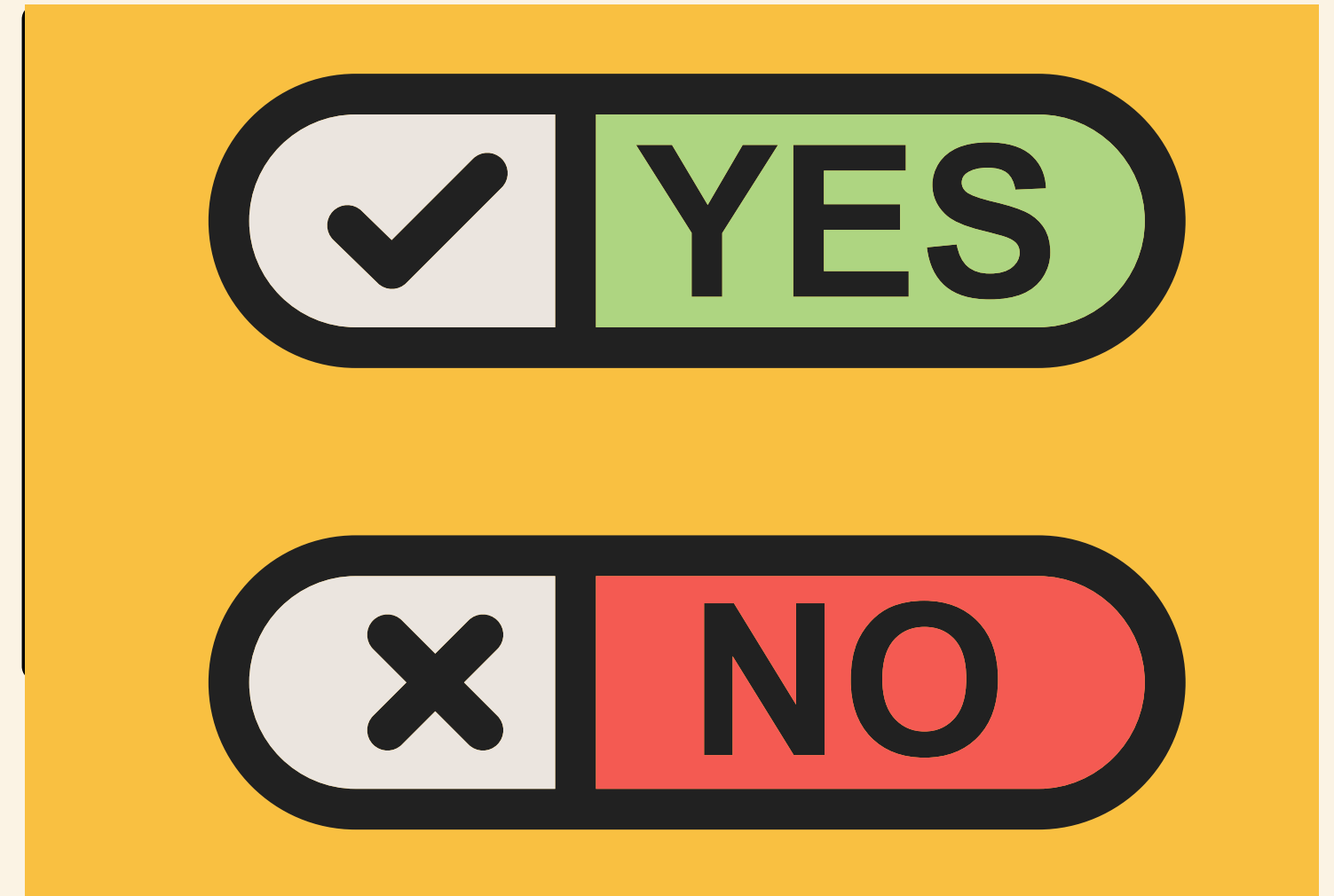
Relational/Financial

- Children growing up with toxic stress may have difficulty forming healthy and stable relationships.
- Unstable work histories as adults
- Struggle with finances
- Jobs
- Depression throughout life
- Effects can also be passed on to their own children
- Some children may face further exposure to toxic stress from historical and ongoing traumas due to systemic racism or the impacts of poverty resulting from limited educational and economic opportunities

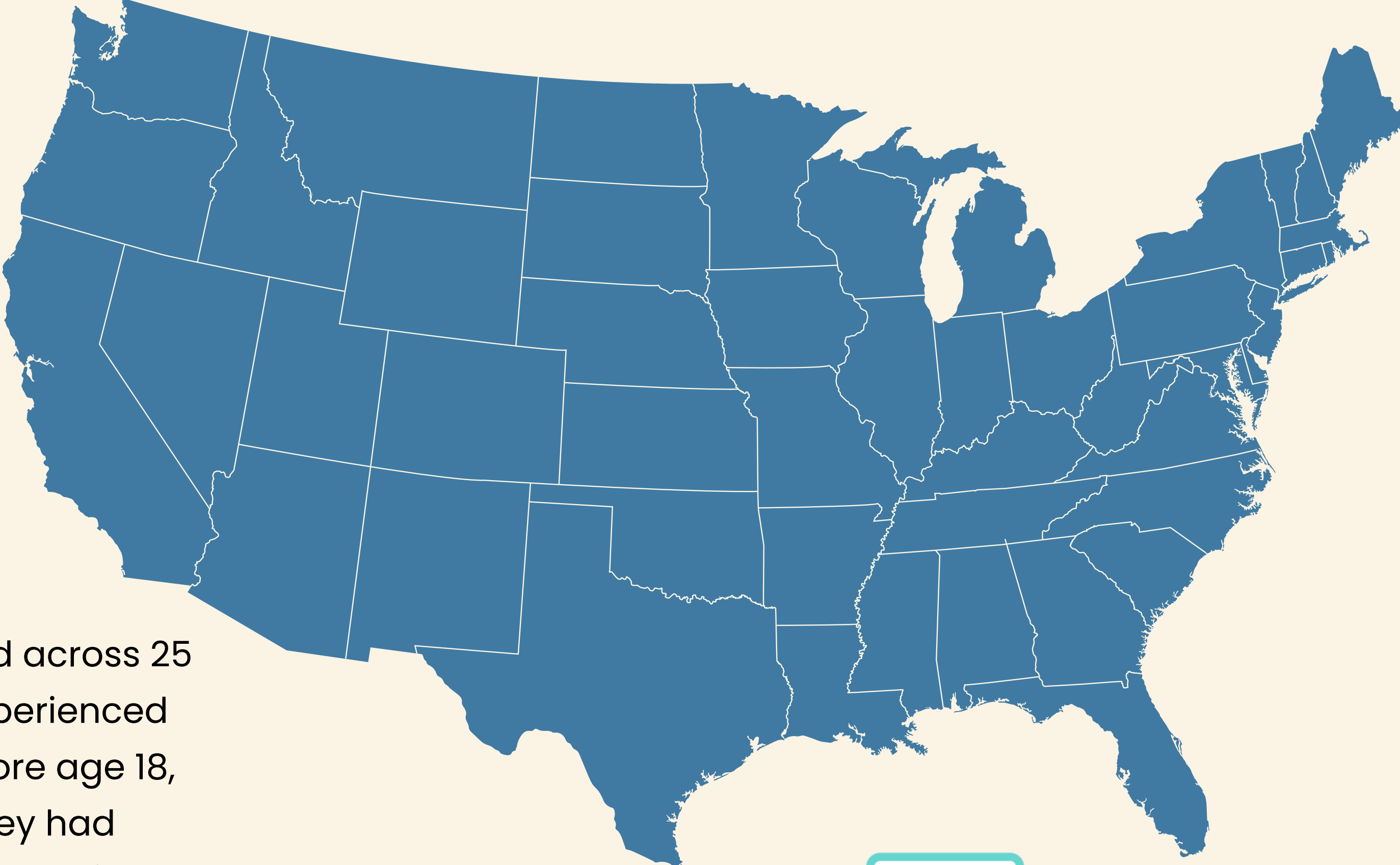


ACES ARE ONLY ABOUT KIDS?

family



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About 61% of adults surveyed across 25 states reported they had experienced at least one type of ACE before age 18, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

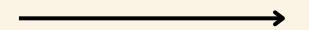


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**1:6 EXPERIENCED
4 OR MORE ACES**



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FACTS

Overweight women are more likely to be depressed, even suicidal, than their thinner counterparts (Carpenter and others, 2000).

The World Obesity Atlas 2022, published by the World Obesity Federation, predicts that one billion people globally, including 1 in 5 women and 1 in 7 men, will be living with obesity by 2030.



How Could Your Service to your Patient/Client be Impacted Just by providing the ACE Assessment in Your Initial Assessment?

Adverse Childhood Experience (ACE) Questionnaire Finding your ACE Score ra hbr 10 24 06

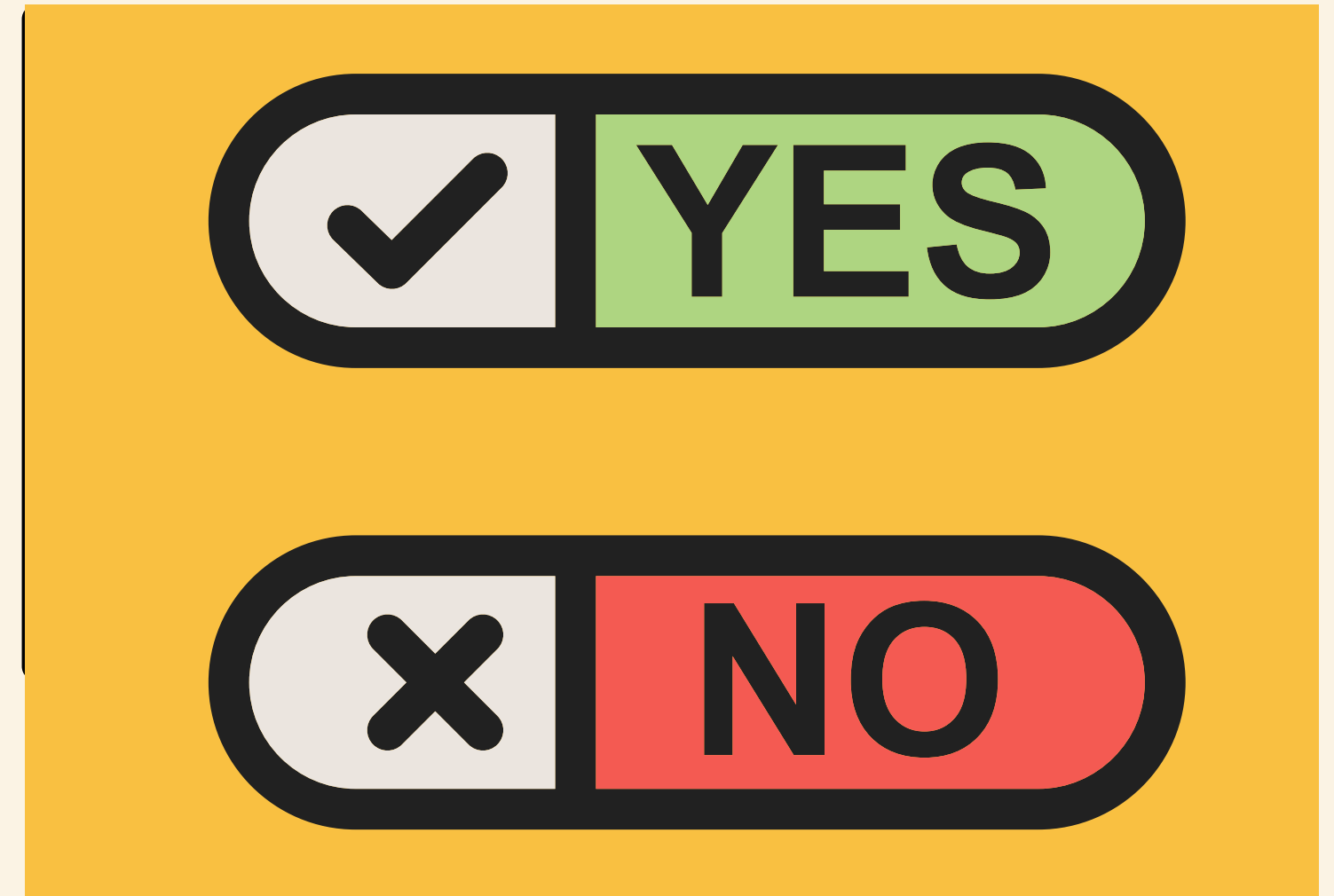
While you were growing up, during your first 18 years of life:

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

ACES ARE ONLY ABOUT KIDS?

family



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*Presenting to
You for*

HELP

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Contact Me



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