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FOR IMMEDIATE RELEASE

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ACE Overcomers Director to Speak on Childhood Trauma April 30 at Cal Poly

SAN LUIS OBISPO — David Lockridge, ACE (Adverse Childhood Experience) Overcomers founder and executive director, will present "Surviving a Traumatic Childhood" from 4:10 to 6 p.m. Wednesday, April 30, in Room E27 in the Science Building (No. 52) at Cal Poly.

Lockridge will address and discuss the implications of the U.S. Centers for Disease Control and Prevention's Adverse Childhood Experience (ACE) Study, which measured 10 childhood traumas in approximately 17,000 people. The study concluded that individuals who had suffered high levels of childhood trauma were at higher risk of physical and mental diseases.

Inspired by the study, Lockridge founded the ACE Overcomers program to help individuals overcome addiction, depression, anxiety and anger resulting from childhood abuse and neglect. The ACE program uses faith, neurobiology and epidemiology to attack the problem of childhood trauma.

Lockridge will reveal stories about individuals and their successes through the ACE program and will address the philosophy behind the ACE program and how it contributes to participants' healing.

In addition to his role as ACE Overcomers executive director, Lockridge is an intervention specialist and a certified anger management facilitator with 23 years of experience as a pastor. He is the author of "Overcoming a Difficult Childhood" and "Building Healthy Life Skills" and has lectured across the state.

The presentation, free and open to the public, is sponsored by Cal Poly's Social Sciences Department.

Links

- College of Liberal Arts: <http://www.cla.calpoly.edu/>
- Social Sciences Department: <http://cla.calpoly.edu/socs.html>
- ACE Overcomers: <http://aceovercomers.com/index.php>

About the Cal Poly Social Sciences Department

The Social Sciences Department focuses on practical training and critical thinking skills. It offers degrees in anthropology-geography and in sociology, with the opportunity to concentrate in a specific focus area. Students are taught to bridge the gaps between classroom learning and the real world through internships, study abroad, service learning and senior projects.

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