

## Adverse Childhood Experiences and Resiliency



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This research study focuses on Adverse Childhood Experiences (ACEs) and their impact on individuals, including Catholic consecrated men and women, as well as laity (both married and unmarried). The study examines how resilience, is linked to better social functioning for those who have experienced ACEs. This Quantative study analyzed the data from 80 respondents using the 10-item free version of the Adverse Childhood Experience Questionnaire for Adults and the 6 item Brief Resilience Scale. It underscores the profound, long-term impact of adverse developmental experiences. The findings highlight the importance of identifying and addressing ACEs in the early formative years and to reduce risky behaviours later in life, among consecrated men and woman. The research calls for interventions and support systems in formative settings, to reduce the long-term burden of ACEs and foster positive change. Effective strategies for promoting healing, resilience and growth among consecrated men and women are endorsed.

### **Biography:**

#### **Konrad Noronha**

He is the Director of the Center for Safeguarding and Human Formation, De Nobili College, Pune, India. He is the convener of the Safeguarding Team of the Jesuit Conference of South Asia and the convener of the Jesuit Counsellors and Psychologists Forum of the Jesuit Conference of South Asia. He is on the faculty of Jnana Deepa Pontifical Athenium of Philosophy and Theology, Pune, India. His Doctorate is in Counsellor Education and Supervision from Loyola University, Maryland, USA. He heads various committees, has given numerous talks, conducted workshops and retreats and has YouTube audibles, book chapters, articles and peer reviews to his credit.

#### **Dinesh Braganza**

Dinesh has a PhD in Counselor Education and Supervision from Loyola University Maryland. He is currently teaching in the Social Sciences Department, Jnana Deepa Pontifical Institute of Philosophy and Theology, Pune, India, where he teaches courses in psychology, counselling, and research to undergraduate and graduate students. He has guided yearly research projects for the past eight years which have included pan-India studies on "Catholic Youth & meaning in life," "Youth and smartphone use," "Critical Thinking towards Social Responsibility," and "Covid 19 & Family Religiosity" among others. He specializes in spiritually-integrative approaches in his clinical work with clients.