Pathogenesis to Salutogenesis: Understanding Healing, Recovery, and Subjective Well-Being among Adult Survivors of Childhood Trauma

Shanta R. Dube, PhD, MPH
Associate Professor, School of Public Health, Georgia State University
Invited Presentation for College of Education Seminar
November 6, 2015

Childhood stress and trauma is associated with adverse social, behavioral, and health outcomes throughout the life span. Dr. Shanta Dube will first provide a brief overview of findings from a large-scale epidemiologic study; this study shows that early life stressors in the form of abuse, neglect, and serious household dysfunction are common, inter-related, and associated with the actual and leading causes of disease and death in the United States. The presentation will then shift focus to adult survivors of childhood trauma, where Dr. Dube will introduce the salutogenic paradigm to better understand the process of resilience. Dr. Dube will present findings from ongoing and published studies she has conducted that have assessed factors associated with healing, recovery, and positive well-being among adult survivors. Additionally, Dr. Dube will present theoretical frameworks she has developed for (1) promoting healing, recovery and well-being among adult survivors of childhood trauma; and (2) preventing and addressing childhood trauma at primary, secondary, and tertiary levels. Dr. Dube will end her presentation by highlighting the use of mind-body medicine as a tool for reducing the stress response and inducing the relaxation response, as well as her own experiences with meditation over the past 20 years.

**BIOGRAPHICAL NOTES:** Shanta R. Dube, PhD, MPH, is an Associate Professor of Epidemiology at the School of Public Health, Georgia State University. She specializes in epidemiologic research focused on early life stress and trauma as risk factors for negative health outcomes throughout the life span and also on trauma survivorship, healing, and recovery. Before coming to GSU in 2014, Dr. Dube was Lead Health Scientist at the Centers for Disease Control and Prevention (CDC) where she was one of the original research investigators on the Adverse Childhood Experiences (ACE) Study. Dr. Dube received CDC scientific recognition for her groundbreaking scientific publications from the ACE Study and was awarded the CDC Honor award for Epidemiologic Research, as well as nominated for the prestigious Charles Shepard award for scientific excellence. Dr. Dube has published and presented widely on the topic of childhood determinants of health, adolescent health, substance use/abuse, and trauma survivorship. She has served on the editorial board for Child Abuse and Neglect since 2003. Her current research interests focus on patterns of self-care for positive well-being through the use of complimentary and integrative health practices and processes used for healing and recovery among adult trauma survivors.