



Keynote on Friday

Overcoming Adverse Childhood Experiences – Building Resiliency

Dr. Lisa Féinics

Description

Dr. Lisa Féinics will use personal narrative and science to highlight the power we all have to be resilient in spite of traumatic childhood events. Adverse Childhood Experiences (ACEs) shape our future, and although they can have a negative impact, they do not define who we are. Learn how Dr. Féinics used the power of perseverance, neuro-linguistic reprogramming, and hope to find the resilience needed to reshape her future into something unexpected.

About Dr. Féinics

Dr. Lisa Féinics is a former foster youth who graduated with a PhD in Neurobiology and Behavior from the University of Washington. She has worked as both a scientist and an

educator at biomedical research institutes and universities in the United States and abroad. Her current area of expertise focuses on the impacts of complex trauma, both on the brain and the development of the self. She coaches students with lived-experience in foster care towards college success at Portland Community College. Her book, *Alternate Ending: An Inspirational True Story about Beating the Odds*, was published in 2016.