

*Thank you for  
being here!*  
We'll get started  
soon.

**Lizabeth Meredith**  
**[lameredith.com](http://lameredith.com)**



# Trauma in 3D

## Lessons Learned Working with and Parenting Hurting Kids







**Find me at [lameredith.com](http://lameredith.com)  
or Persistence U podcast and  
online at Teachable**





I was at a training of trainers for new juvenile justice employees.

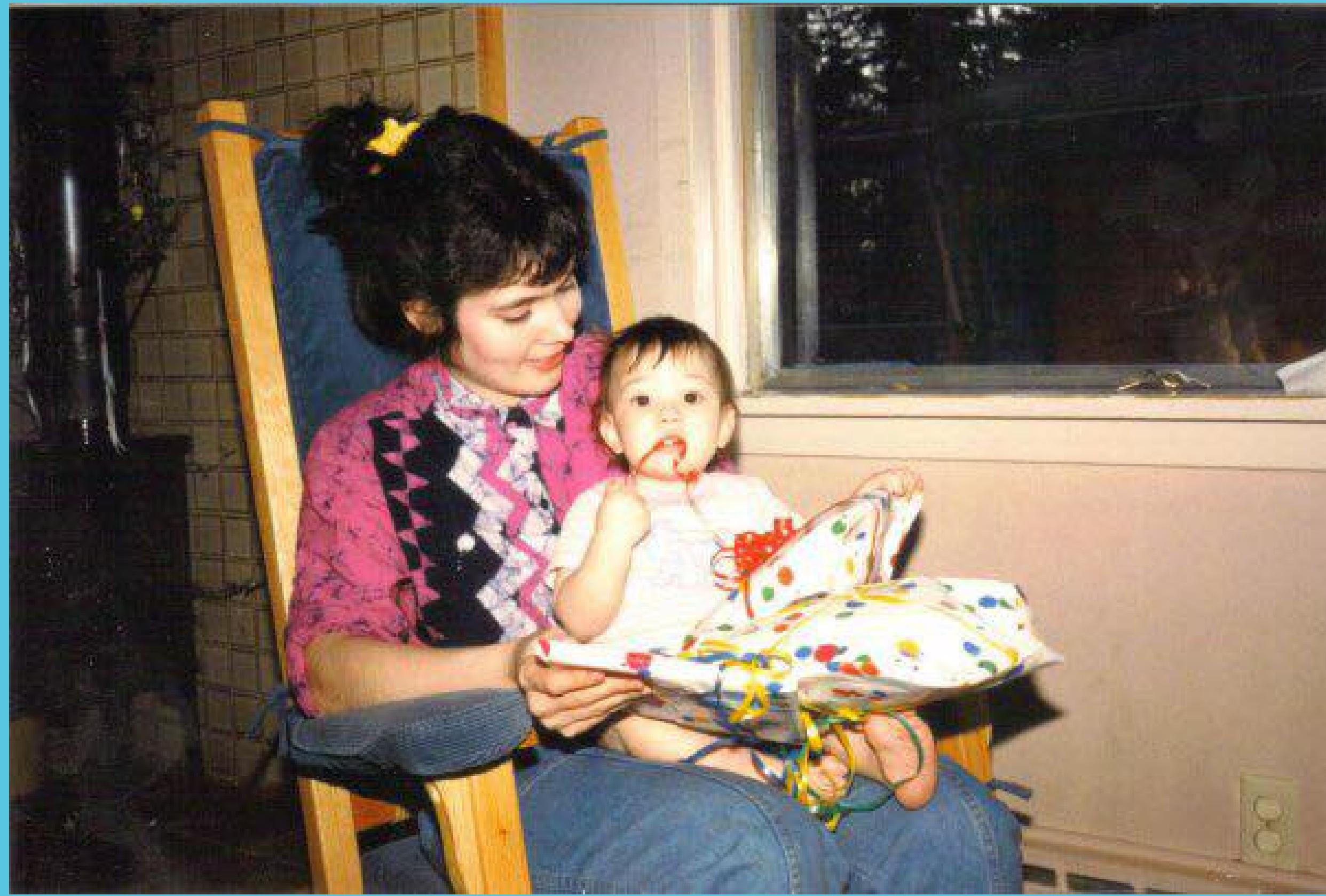


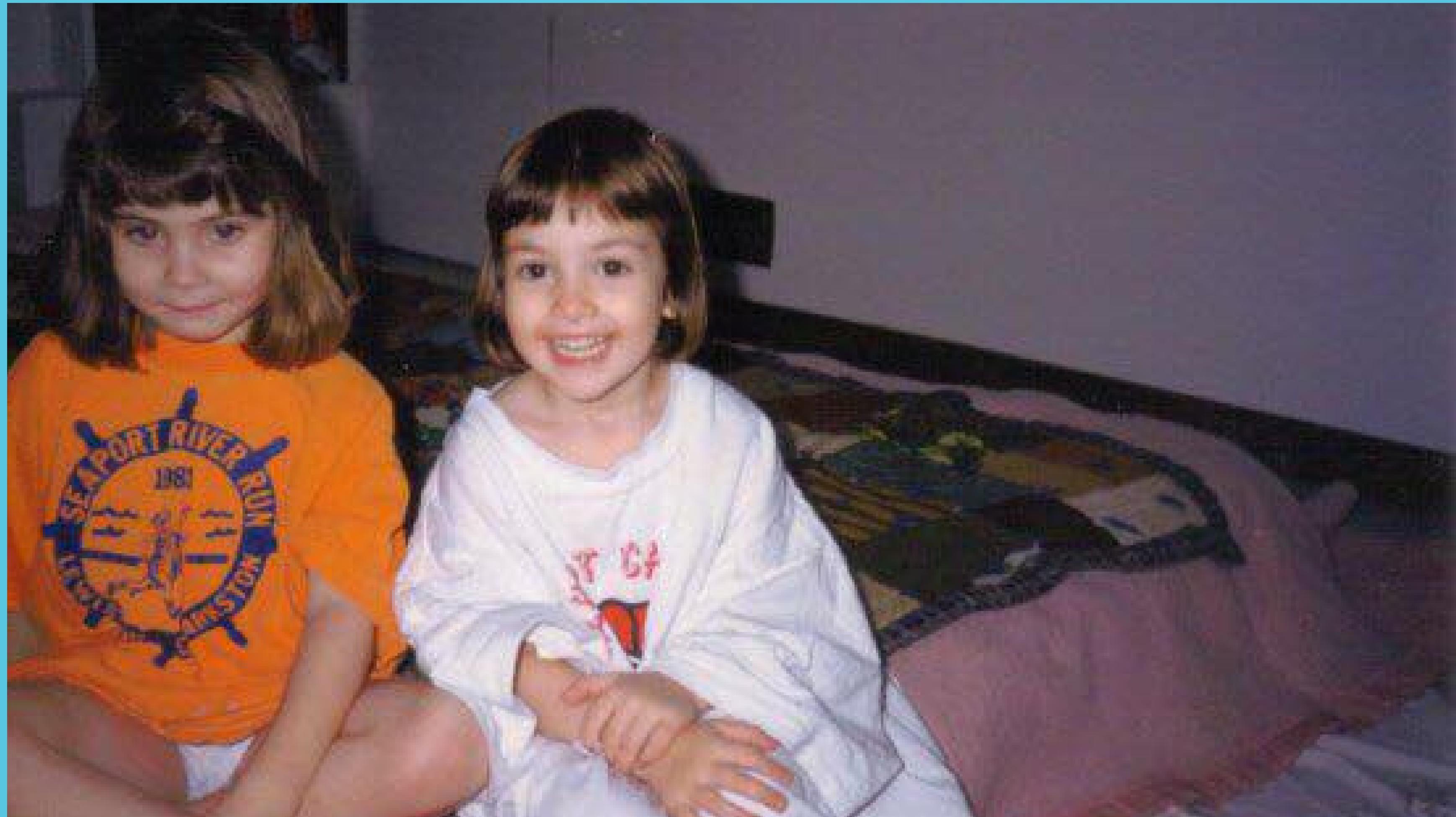
**ACE's and  
Trauma-informed  
Care  
as a juvenile probation supervisor**



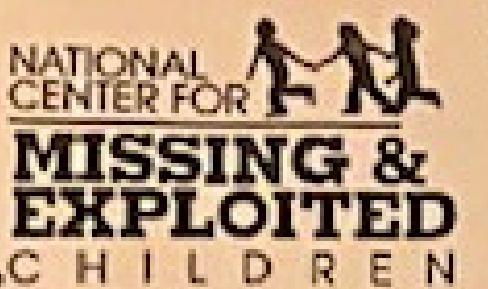
**Before that, I worked as a child abuse investigator. Before that, as a domestic violence advocate.**

**Now, decades in, here was a study that  
connected so many dots.**









NATIONAL  
CENTER FOR  
**MISSING &  
EXPLOITED**

• C H I L D R E N

2101 Wilson Boulevard • Suite 330  
Arlington, VA • 22201  
(800) 843-5678 • (703) 233-3900

# MARIANTHI CASSANDRA BASDARAS

## MEREDITH ELENI BASDARAS

Endangered missing



MARIANTHI CASSANDRA BASDARAS



MEREDITH ELENI BASDARAS

Missing: 03/15/94      Age Now: 6 Yr  
Missing From: ANCHORAGE, AK  
Birth: 07/30/87      Age Disapp: 6 Yr  
Sex: F      Race: WHITE  
Height: 4'0"      Weight: 48 lbs  
Hair: BROWN      Eyes: HAZEL

Id Info: None available.

Circum: Child is missing with her sister, Meredith Basdaras. They may be in the company of their non-custodial father.

Missing: 03/15/94      Age Now: 5 Yr  
Missing From: ANCHORAGE, AK  
Birth: 04/18/89      Age Disapp: 4 Yr  
Sex: F      Race: WHITE  
Height: 3'0"      Weight: 38 lbs  
Hair: BROWN      Eyes: BROWN

Id Info: None available.

Circum: Child is missing with her sister, Marianthi Basdaras. They may be in the company of their non-custodial father.

ANYONE HAVING INFORMATION SHOULD CONTACT  
The National Center for Missing and Exploited Children  
1-800-843-5678

OR

ANCHORAGE POLICE DEPARTMENT (ALASKA) =  
MISSING PERSONS UNIT - 1-800-396-8500

**Too many of the kids we work with are in the middle of the cycle of fight, flight, or freeze**

**Our old school messages and unyielding structure simply may not work for them.**

# When I was in graduate school....



# Examples from work

# Examples from home







# **Five Lessons Learned:**

**1.Don't give up  
expectations,  
just expect things to  
happen differently and  
make adjustments.**

**2. Take care of you,  
and don't go it alone.**

**Get a trauma-informed  
clinician to help you deal.**

**3. Extra curricular activities that focus on child's strengths are invaluable.**

## **4. Maintain boundaries.**

**Wise words from a therapist  
about my toddlers.**

**5. Remember, the ultimate goal of TIC and ACE's info is to help traumatized kids reach their developmental milestones and unpack their trauma, not to forget it.**

# **FOR MORE INFORMATION ON ACES or Trauma-informed Care**

**<https://www.health.harvard.edu/blog/trauma-informed-care-what-it-is-and-why-its-important-2018101613562>**

**<https://www.cdc.gov/violenceprevention/aces/index.htm>**

**<https://www.youtube.com/watch?v=gRTwoJsNhGE>**

"This book is a remarkably eloquent and harrowing account of a journey that would tax any parent." *Kirkus Review*

# PIECES OF ME

RESCUING MY  
KIDNAPPED DAUGHTERS  
LIZBETH MEREDITH



Now an Audiobook!

The topics  
are covered  
here, too.  
(Humble  
brag!)

# Questions and comments welcome!

