



Trauma Resource Institute

www.traumaresourceinstitute.com

www.communityresiliencymodel.com

Community Resiliency Model[®]© **Introduction**



Written by Elaine Miller-Karas of the Trauma Resource Institute
from the original work of Elaine Miller-Karas, Geneie Everett & Laurie Leitch



Goals of the Community Resiliency Model®

Accessible, Affordable, Portable, Adaptable

Individual

- ❖ To widen the “Resilient Zone” so one is better able to handle life stressors
- ❖ To reset the nervous system to bring it back into balance after stressful/traumatic events
- ❖ To intercept the hijacking of the NS by learning skills for self-care
- ❖ To integrate the CRM skills into the activities of daily living

Community

- ❖ To create a cadre of CRM-informed community members who are educated in
 - ❖ the biology of traumatic stress reactions
 - ❖ the biology of resiliency
- ❖ To widen the “Resilient Zone” in individuals, family members and the extended community

Resiliency Informed Self-Care

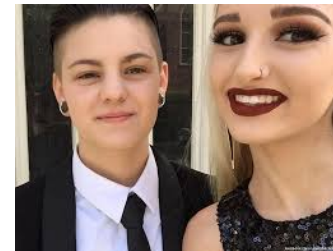
- ❖ By learning the skills, individuals can become more attuned and are able to use the CRM Skills for self-care.
- ❖ As individuals become more resilient, their families and communities become more resilient.
- ❖ When CRM skills are taught within the family, adults:
 - ❖ can model the use of the skills
 - ❖ can help children and other adults learn the skills

**Apply your
Resiliency
mask 1st!**



Who can CRM help?

- ❖ Individuals & Community
- ❖ For Self-Care



Interventions Are Easy To Learn

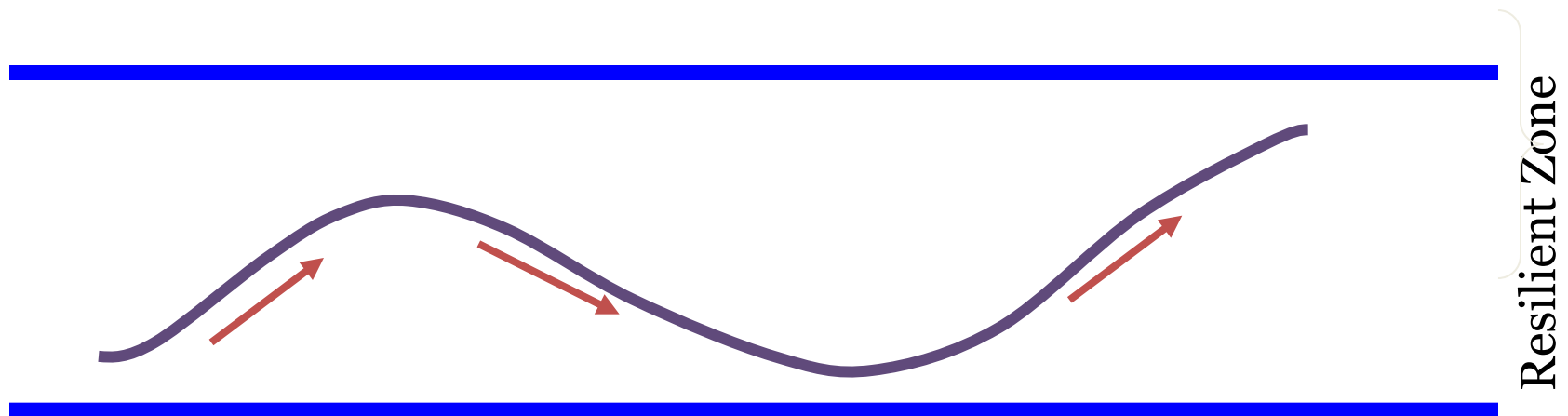
- ❖ A set of six wellness skills taught to members of the community that bring the body and mind back into balance.
 - ❖ You don't have to talk about the past
 - ❖ Even if reading and writing are difficult
 - ❖ Useful for people of different cultures and ethnic backgrounds
 - ❖ Can be used with different ages
- ❖ Educational materials have been developed (iChill App, wristbands, resiliency pens) that reinforce the wellness skills
- ❖ www.ichillapp.com on the web.



Key Concepts 1

What is the Resilient Zone?

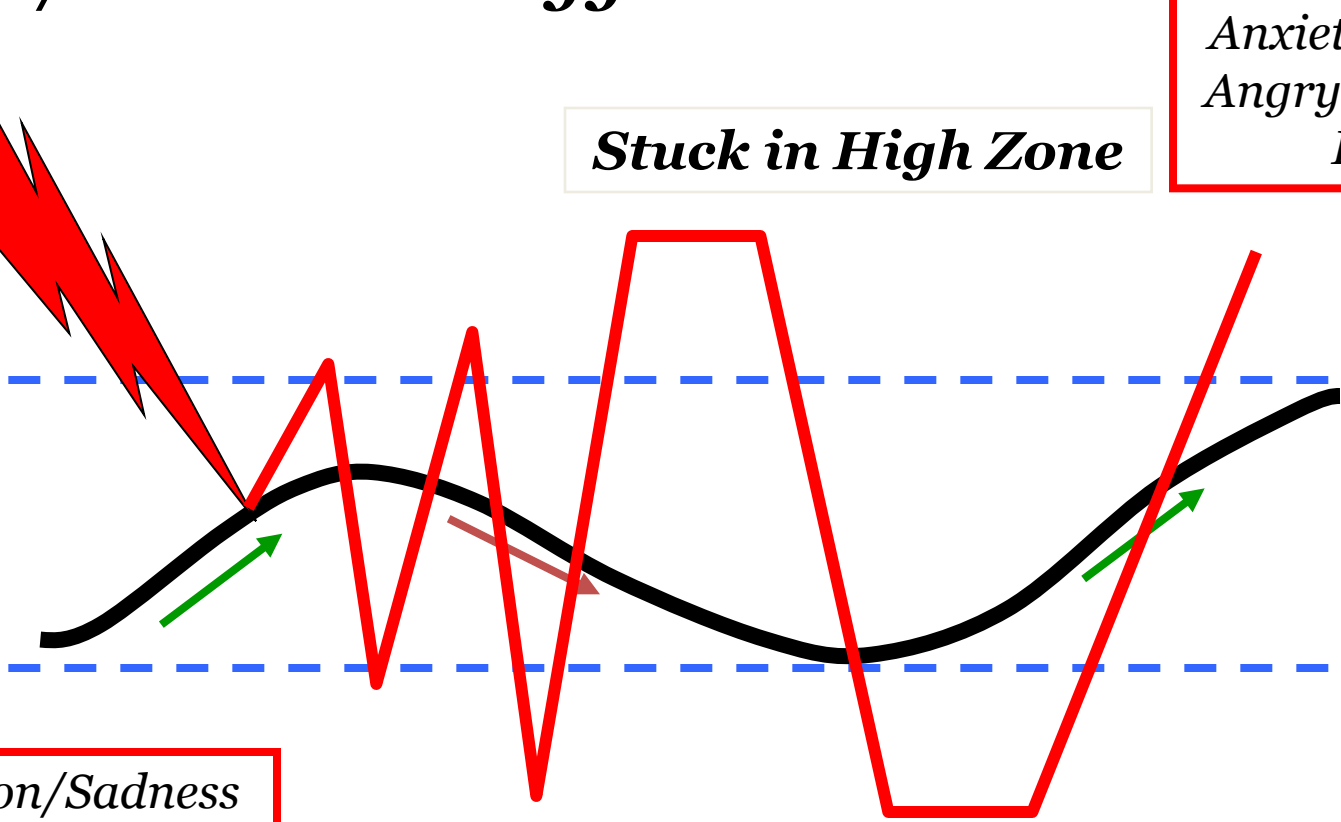
- ❖ A state of well-being in mind, body and spirit
- ❖ When in the Resilient Zone one is able to handle the stresses of life
 - ❖ You can be annoyed or even angry but do not feel like you will lose your head
 - ❖ You can be sad but not feel like you will be washed away by the river of sorrows



Traumatic/Stressful Event or Stressful/Traumatic Triggers

*Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain*

Stuck in High Zone



*Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness*

Stuck in Low Zone

Resilient Zone

What do we mean by



RESILIENCE?



Resiliency

“Is an individual’s and community’s ability to identify and use individual and collective strengths in living fully in the present moment, and to thrive while managing the activities of daily living.”

~Miller-Karas (2013)

A person’s ability to use skills throughout the day to manage all the challenges they encounter.

An Elegant Design: The Capacity to Heal

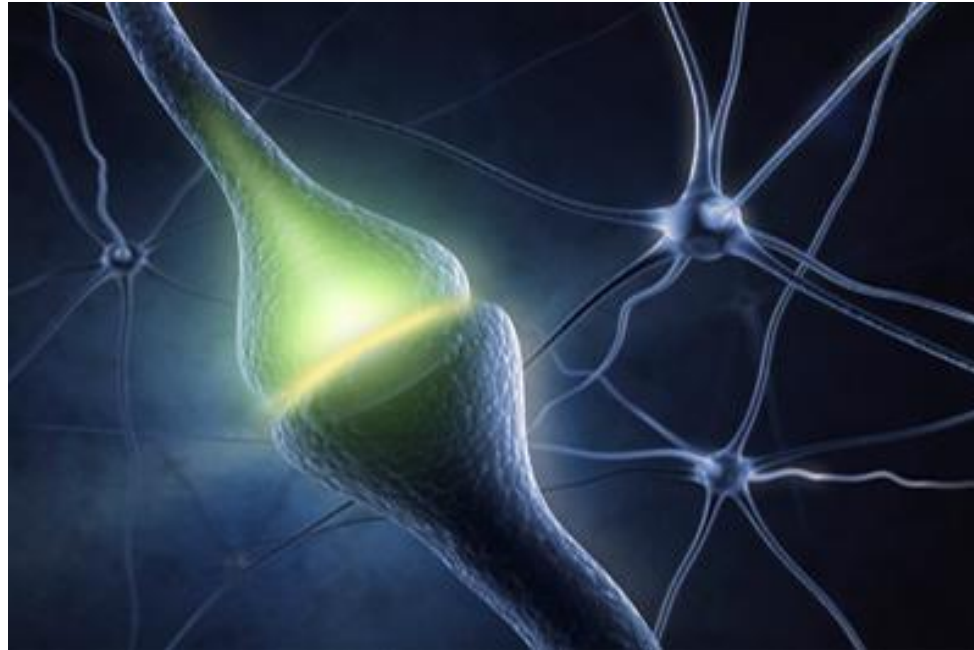


The human body has the inner capacity to heal and restore itself and has a wisdom that words cannot speak.



***We Develop Resources to
Track Our Neutral and Pleasant Sensations
BECAUSE***

**Brain cells that fire together
wire together!** Carla Schatz



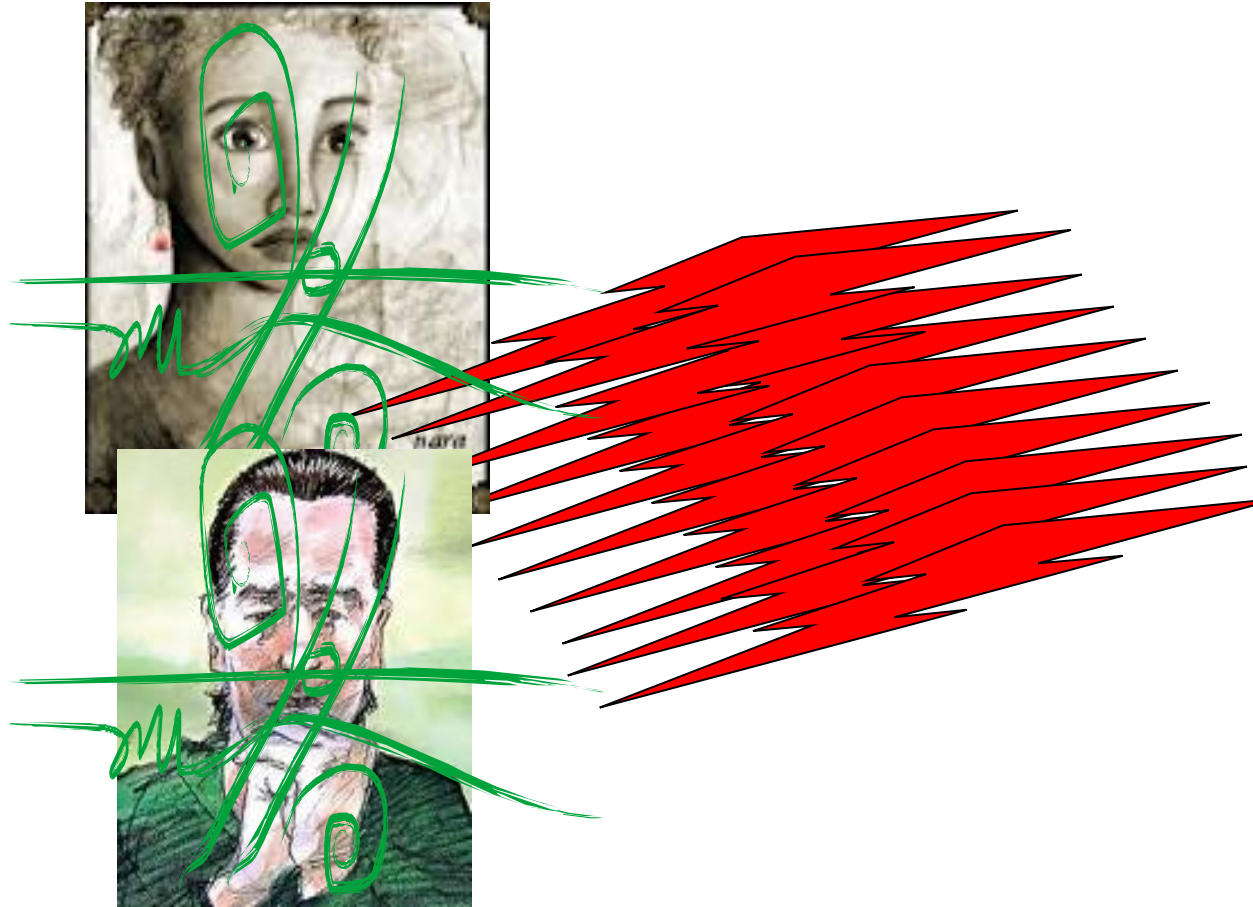
What do we mean by



TRAUMA?

Trauma/Stress

*TOO much
& TOO fast!*



Perception is key

*Trauma/Stress
Cumulative
Developmental*



**Too little or
Too much for
TOO LONG**

**The nervous system
becomes dysregulated**

Perception is key

Big “T” Trauma

Natural Disasters
Man-Made Disasters
War Zone Experiences
Acts of Terrorism
Sexual Assaults
Child Abuse
Acts of Violence
Death of Loved One(s)
Car Accidents
Catastrophic Illness
Vicarious Trauma (Witnessing)
Overdose
Restraints/Take Downs
5150
Psychosis/Psychotic break
Manic Episodes
Suicide Attempt

Little “t” Trauma

Dog Bites
Routine Surgeries
Falls
**Invasive Dental or
Medical Procedures**
Minor Car Accidents
Medication Side Effects
Multiple Med Regimens

“C” Trauma

Racism
Poverty
Homophobia
Bullying
Oversaturation in Media
Domestic Violence
Child Abuse
Multiple Deployments
Vicarious Trauma (Witnessing)
Multiple Hospitalizations
Sexism
Overdoses
Homelessness
Stigmatization
Multiple Diagnoses
Micro Aggressions
Incarceration
Gravely Disabled
Immigration Challenges
Historical Trauma

**When the nervous system becomes overwhelmed, people can lose
the capacity to stabilize and regulate themselves**

Perspective Shift

adapted by Elaine Miller Karas©

Traditional

- People are bad.
- People need to be punished.
- People just don't care.
- We need to stop making excuses for people.
- **What is wrong with you?**

Trauma-Informed

- People are suffering.
- People need an effective intervention.
- Many people care, but lack understanding and skills.
- We need to learn how trauma impacts a child's and adult's development.
- **What happened to you?**

Resiliency-Informed

- People are resilient.
- People need our compassion as they learn new skills.
- Any person can learn self-regulation skills based on science
- We need to learn how skills of well-being can reduce suffering.
- **What is right with you?**

Key Concepts 2

Elegant Design



The Model is based upon:

Laws of Nature

Autonomic Nervous System

Scientific study of the brain

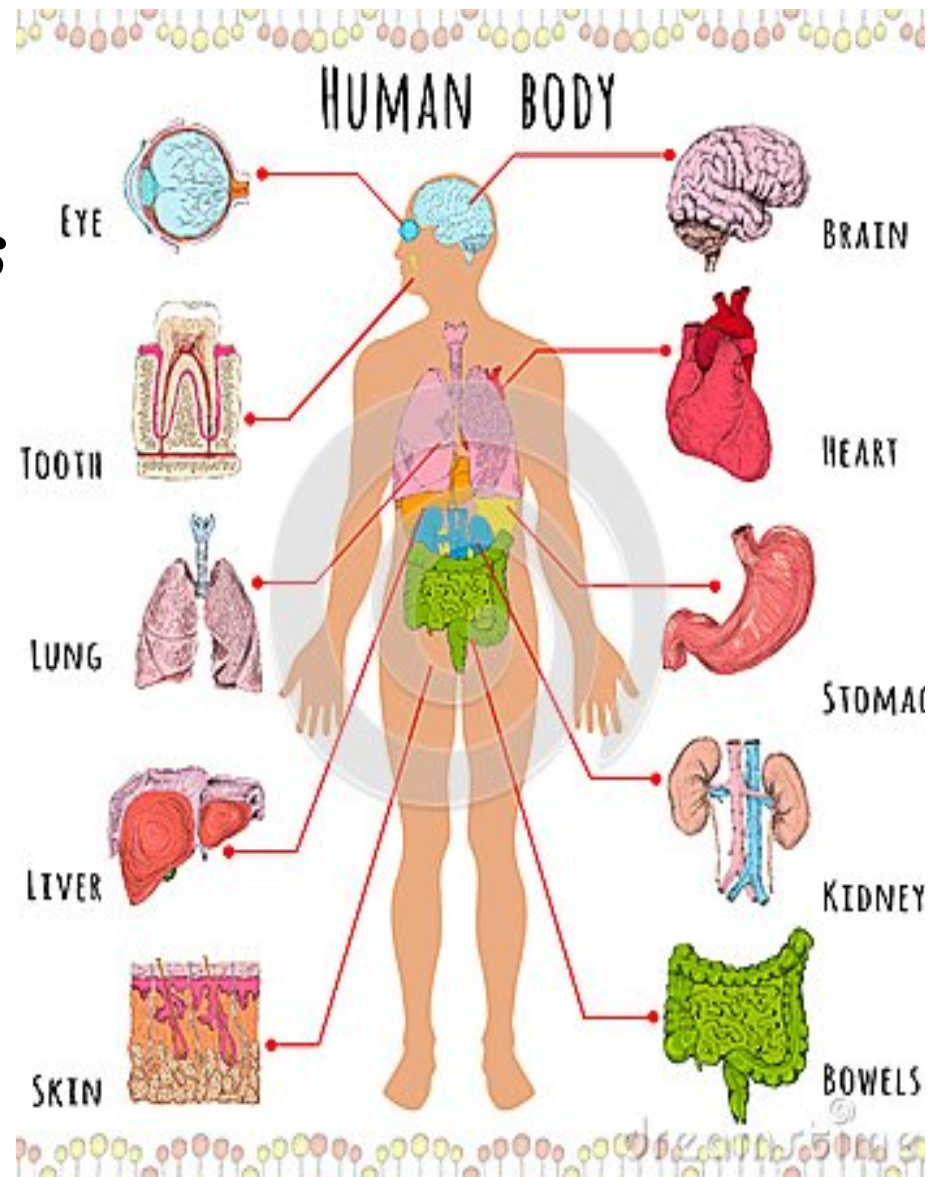
The Primary Focus is

BIOLOGY

NOT

MENTAL

WEAKNESS



Elegant Design



Neuroplasticity: The brain can change!

This is Hope!
We can build new
more resilient
pathways!



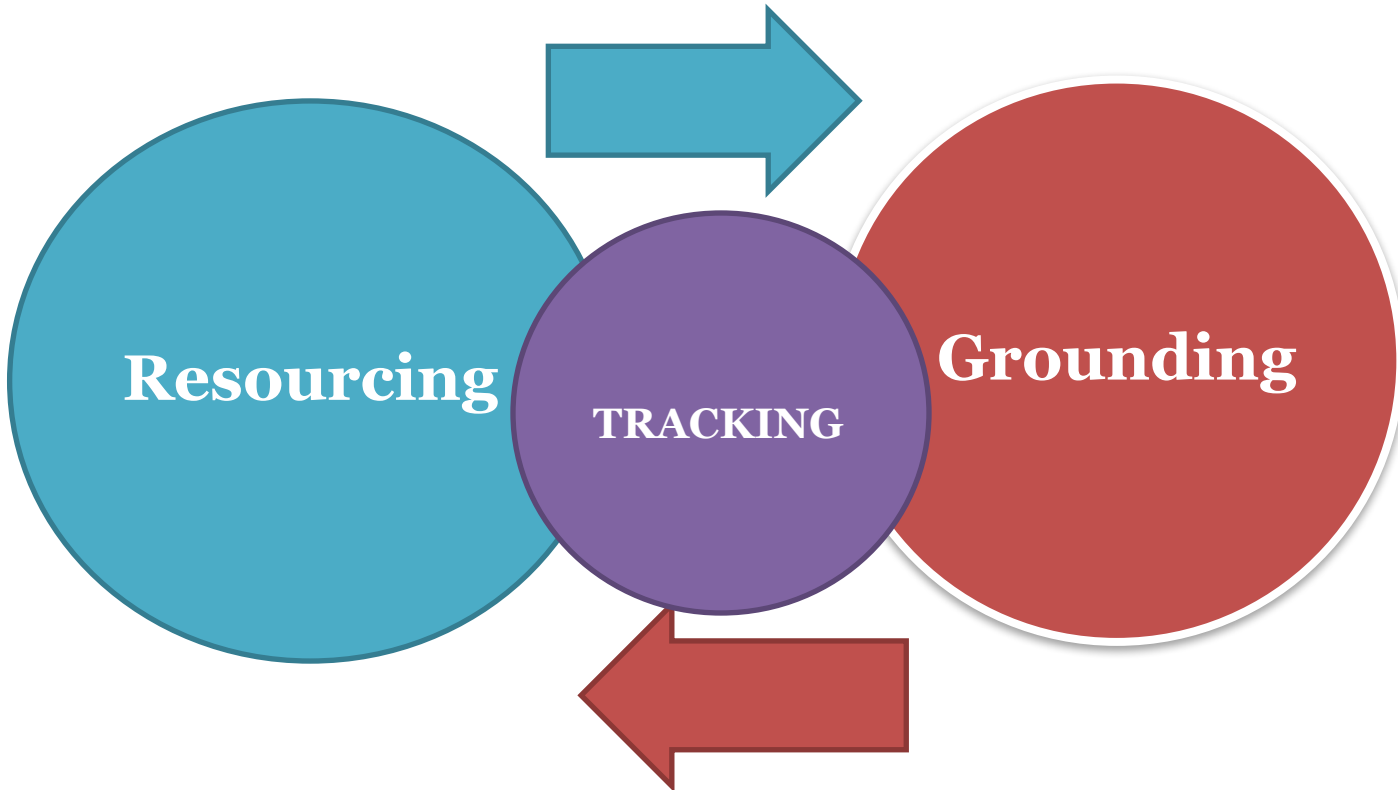
CRM Skills

The Skills of CRM



The Skills of CRM

The Basic Three



Skill 1
Tracking:
Reading the Nervous System

Skill 1: Tracking

Tracking refers to paying attention to sensations

- ❖ Tracking is the foundation for helping stabilize the nervous system.
- ❖ Tracking helps children and adults learn to tell the difference between sensations of distress and upset and sensations of balance and well-being within the nervous system.
- ❖ Exploring sensations connected to well-being is key to helping one feel better in mind, body and spirit.
- ❖ Tracking is used with all the skills.



Sensations

Stress & Trauma	Resiliency	Release
Shallow Breath	Deeper Breath	Shaking
Rapid Heart Rate	Slower heart rate	Trembling
Tense Muscles	Relaxed Muscles	Burping
Pain	Grounded	Yawning
Cold/chill	Calm	Heat/warmth
Numbness		Vibration/tingling

- ❖ For some people, even sensing pleasant or neutral sensations can trigger unpleasant, even painful sensations
- ❖ If you find yourself sensing uncomfortable sensations, you can try to bring your attention to pleasant or neutral sensations
- ❖ If this is too difficult, you can stop

Skill 1: Tracking Exercise

Raisin/Fruit/Candy Exercise

- ❖ Hold the item in your hand
- ❖ As you hold the item in your hand, is it smooth, rough, scratchy, soft?
- ❖ As you look at it, what do you notice on the inside?
- ❖ When you smell it, is it sour, sweet, smelly?
- ❖ When you take a bite, is it juicy, tasty, sweet, sour?
- ❖ As you take a bite, what happens on the inside?

Skill 2: Resourcing

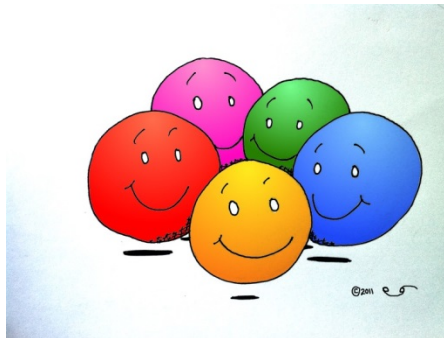
- ❖ Person
- ❖ Place
- ❖ Activity
- ❖ Faith
- ❖ Strengths



Skill 2: Resource Intensification

Ask 3 or 4 additional questions about the resource to expand the sensations connected to the resource.

Resource intensification strengthens the elements of the resource in order to override attention that automatically goes to unpleasant sensations.



Skill 2: Identifying Resources

1. Write down three resources.
2. Circle one resource.
3. Write down 3 or more details about your resource.
4. Read your resource and the three details about your resource.
5. As you read about the resource, notice what happens on the inside.
6. Share your resource with a friend.

SEE HANDOUT



Skill 3

Grounding

Skill 3: Grounding

The direct contact of the body or part of the body with something that provides support in the present moment

- ❖ Grounding is necessary to be in the present and to experience safety in mind, body and spirit. You can ground through your hands, feet and your whole body!



Grounding

Noticing sensations that are supportive and safer in the present moment

We can ground while

- ❖ Sitting on a chair or couch or the ground
- ❖ Standing against a wall or hard surface
- ❖ Lying on the floor, bed, or the ground
- ❖ Walking and paying attention to your feet making contact with the ground



**G
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Research



Research Underway

- ❖ Claremont Graduate University, Paul Zak's Laboratory, California
- ❖ University of Hamburg, Germany
- ❖ Loma Linda University, California
- ❖ Emory University, School of Nursing
- ❖ University of Kigali, Rwanda
- ❖ Cal State, Dominguez Hills, California

The Trauma Resource Institute



iChill Info

www.ichillapp.com



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www.traumaresourceinstitute.com

“I think this is what Nelson Mandela meant by the “Rainbow Nation.” Learning about how to stabilize the nervous system is equality and is beyond nations, culture, religion and ethnicity.”
~CRM Trainer, South Africa