



# *Trauma Resource Institute*

[www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com)

[www.communityresiliencymodel.com](http://www.communityresiliencymodel.com)

## **Community Resiliency Model<sup>®</sup>©**

### **INTRODUCTION**

Presented by:

Townley Saye



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



## ***Our Vision***

To create resiliency  
informed and trauma informed  
individuals and communities.

## ***Our Mission***

A commitment to bring wellness  
skills, based on cutting edge  
neuroscience, to our world  
community, one person at a  
time, one community at a time.

***CRM*** is a training in *choice*, a wellness  
model that helps you monitor your nervous  
system.

*Countries CRM is practiced*





**“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.”**

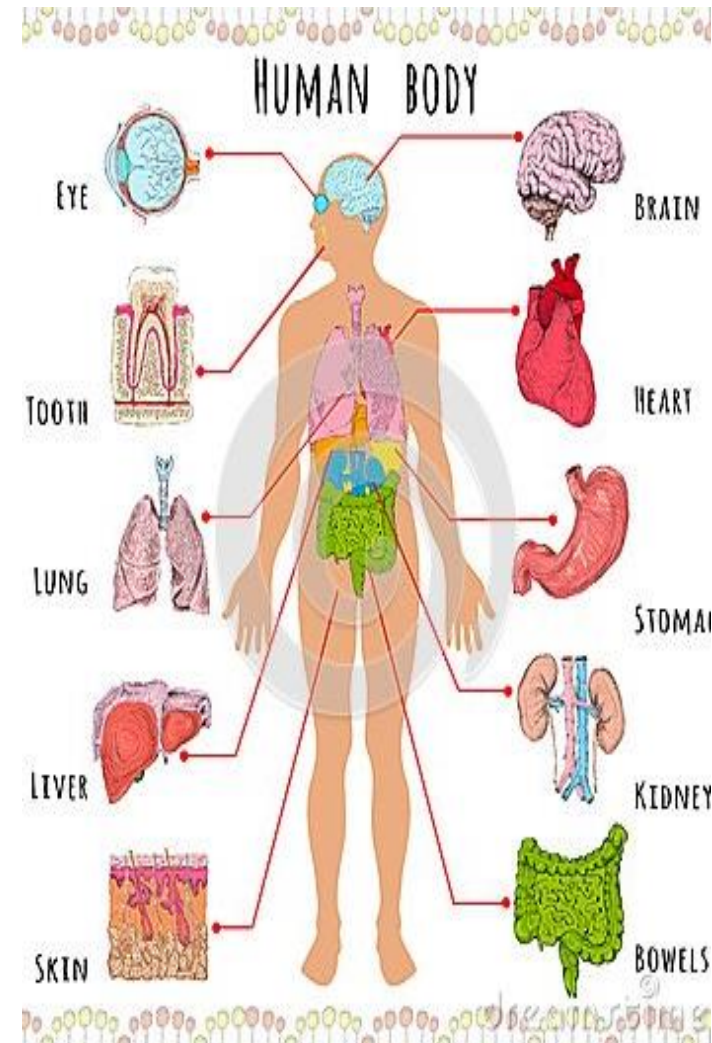
*~Miller-Karas (2013)*

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

# *Primary Focus of CRM*

## *Biology vs. Mental Weakness*

- ❖ CRM's focus is on the biology of the human nervous system.
- ❖ There are common human reactions to stressful/traumatic events that effect the mind, body and spirit.
- ❖ CRM helps individuals and communities shift perspectives from human weakness or pathology to biology
- ❖ This vista makes interventions more accessible to those who are not “psychologically-oriented”.



# Perspective Shift

*adapted by Elaine Miller Karas from a slide by Jane Stevens (ACES Connection)*

## **Conventional**

- 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? What are your strengths?



# ***THE KEY CONCEPT***

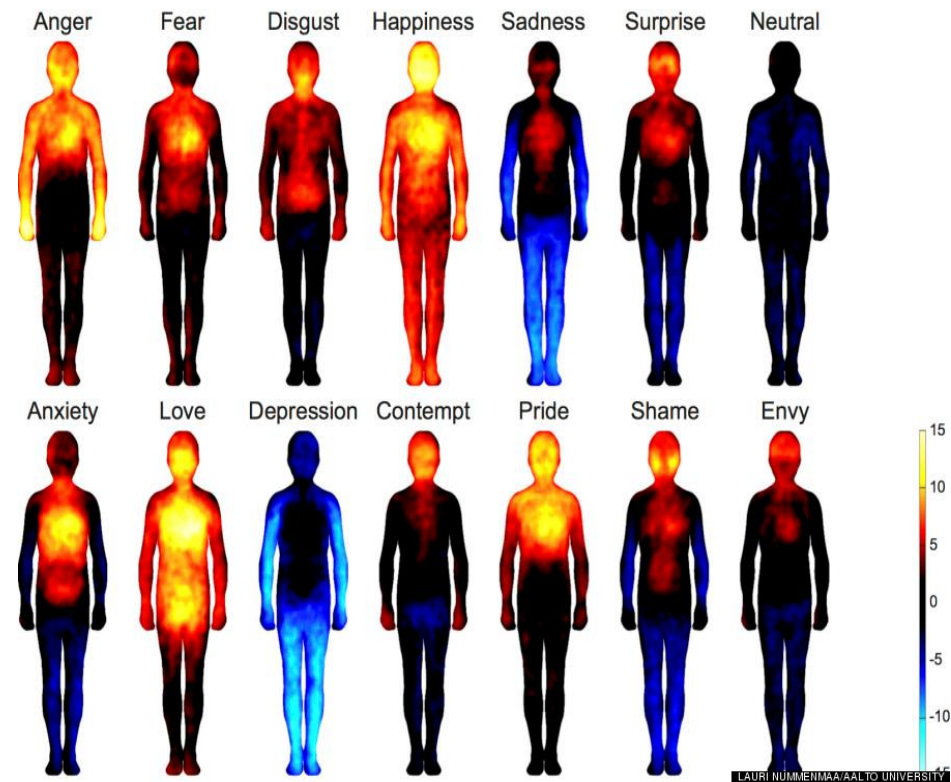
- To read the nervous system so a person can tell the difference between sensations of distress and sensations of well being
- When a person is able to read the NS, there is then a choice of what to pay attention to: sensations of distress or sensations of well being



# CRM Doorway

## Developing the Language of Sensation

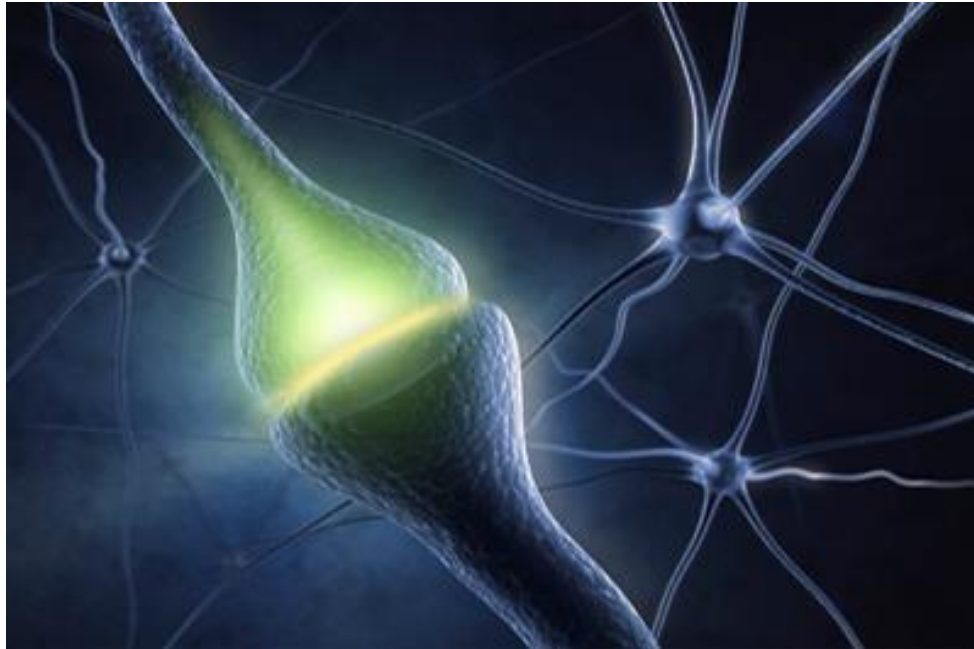
- ❖ A sensation is a *physical experience* in the body.
- ❖ Sensations originate in billions of receptors distributed in every part of the body.
- ❖ Life experiences, including our thoughts and feelings, have a corresponding sensation within the body.



Yellow shows regions of increased sensation while blue areas represent decreased feeling in these composite images. Image created by Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari Hietanen.

***We Pay Attention to Sensations  
of Well Being because  
What we pay Attention to Grows***

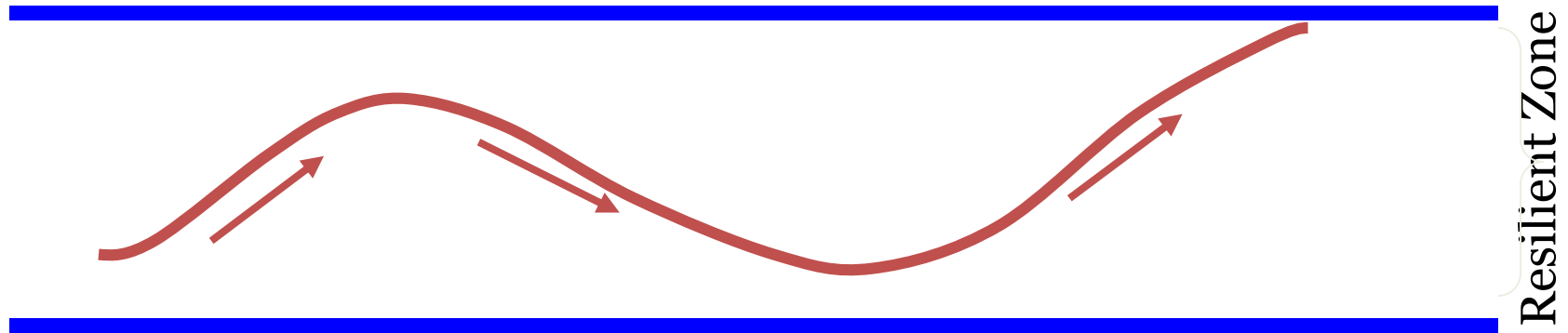
**Brain cells that fire together  
wire together!** Carla Schatz





# *What is the Resilient Zone?*

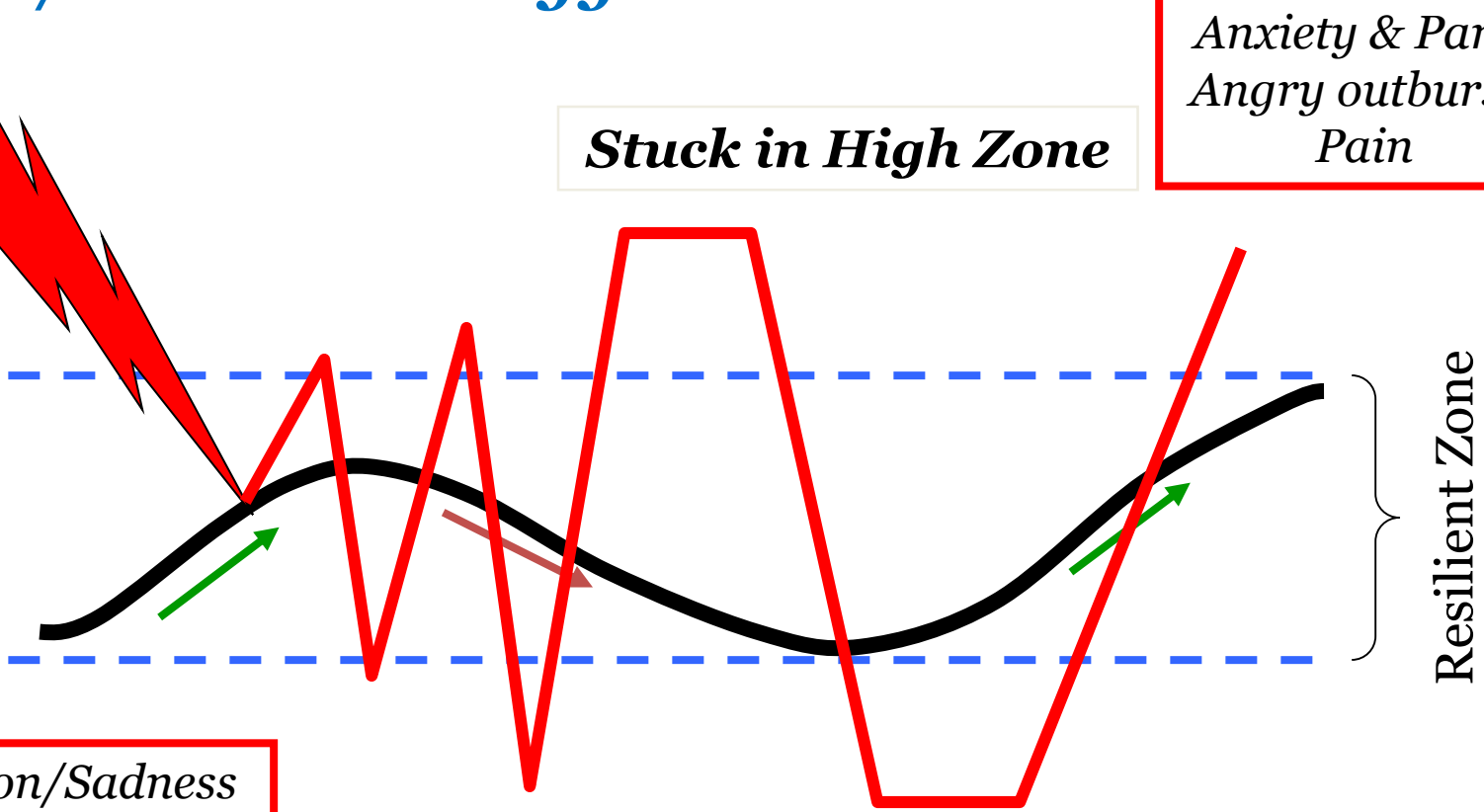
- ❖ A state of well-being in mind, body and spirit
- ❖ When in the Resilient Zone one is able to handle the stresses of life
  - ❖ You can be annoyed or even angry but do not feel like you will lose your head
  - ❖ You can be sad but not feel like you will be washed away by the river of sorrows



# Traumatic/Stressful Event or Stressful/Traumatic Triggers

Edgy  
Irritable  
Mania  
Anxiety & Panic  
Angry outbursts  
Pain

**Stuck in High Zone**

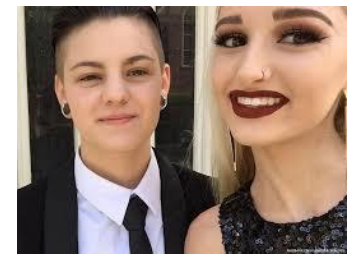


Depression/Sadness  
Isolated  
Exhaustion/Fatigue  
Numbness

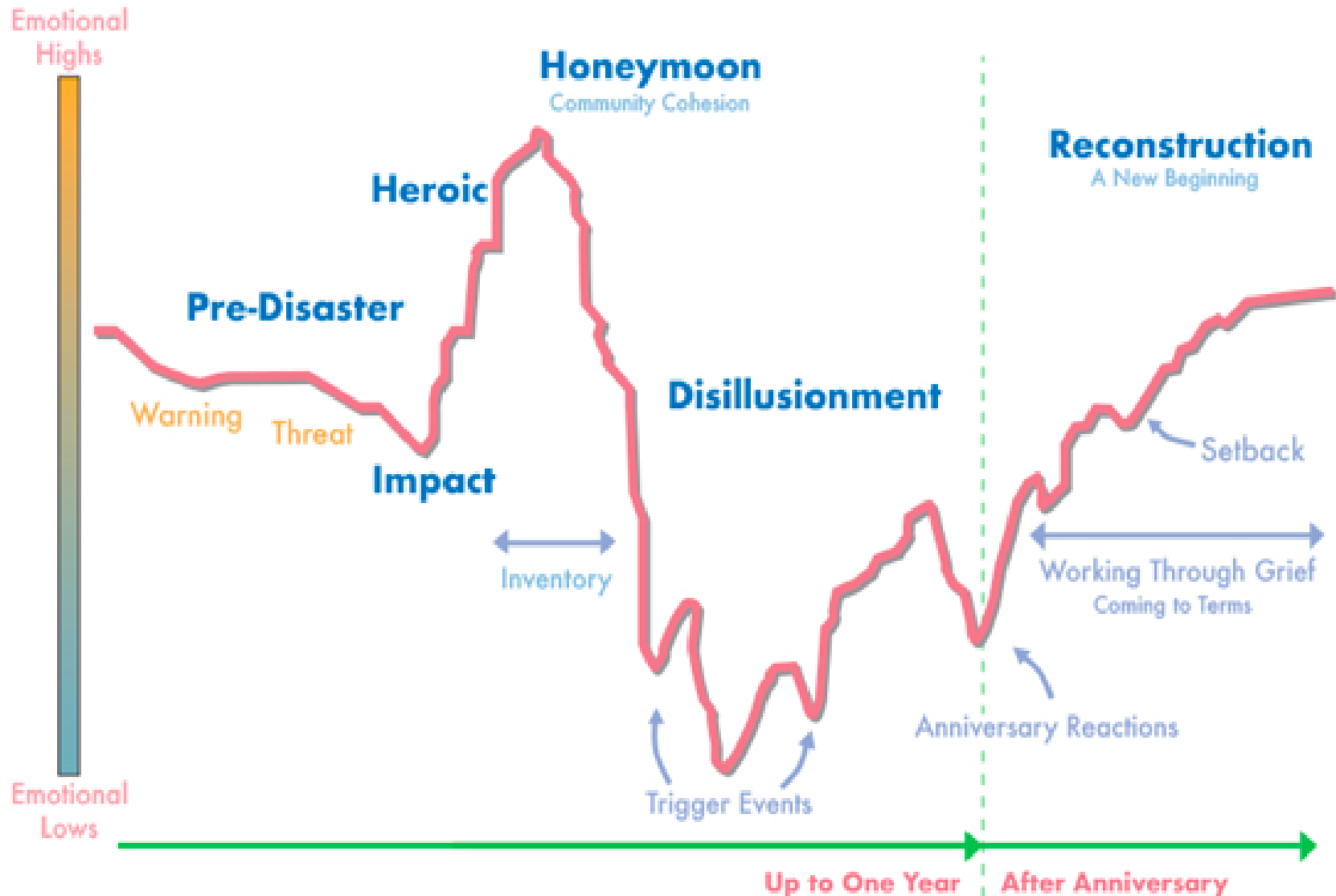
**Stuck in Low Zone**

# Who can CRM help?

- ❖ Individuals & Community
- ❖ For Self-Care



# Phases of Disaster



# *Interventions Are Easy To Learn*

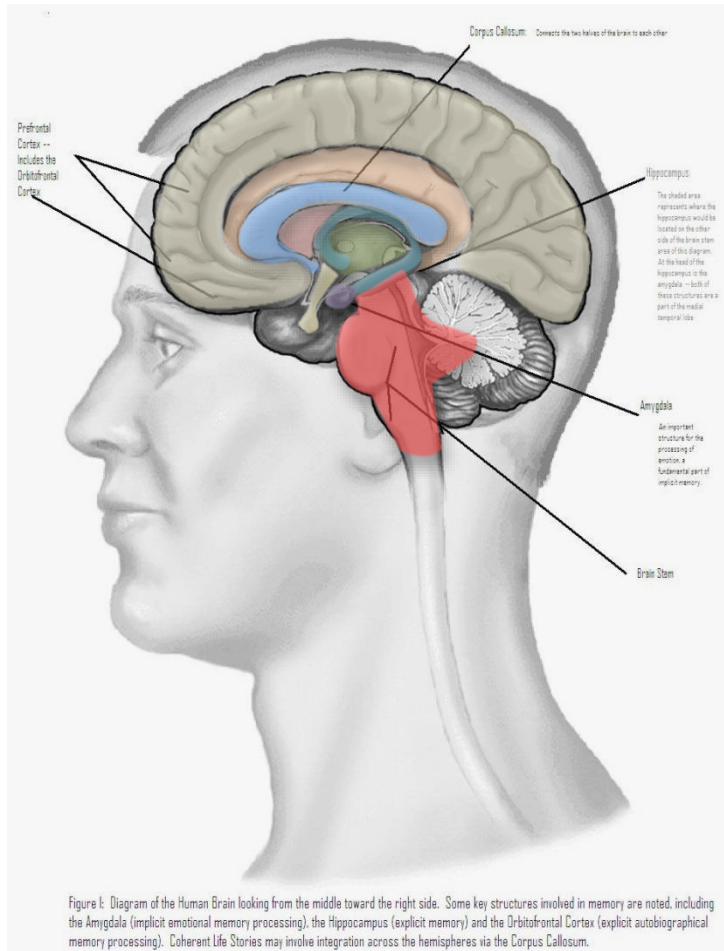
- ❖ A set of six wellness skills taught to members of the community that bring the body and mind back into balance.
  - ❖ You don't have to talk about the past
  - ❖ Even if reading and writing are difficult
  - ❖ Useful for people of different cultures and ethnic backgrounds
  - ❖ Can be used with different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





# Organizing Principle: Three Parts of The Brain

## Education about how the body and brain work



### Cortex: Thinking

Integrates input from all 3 parts.  
Cognition, beliefs, language, thought, speech.

### Limbic Area: Emotional

Assesses risk.

Expression and mediation of emotions and feelings, including emotions linked to attachment.

### Survival Brain: Instinctual

Carries out "fight, flight, & freeze."  
Unconscious.

Digestion, reproduction, circulation, breathing - responds to sensation.

# ***THE BRAIN CAN CHANGE***



Neuroplasticity: The brain can change!

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



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# *CRM Skills*

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# *The Skills of CRM*



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***Skill 1***  
***Tracking:***  
***Reading the Nervous System***

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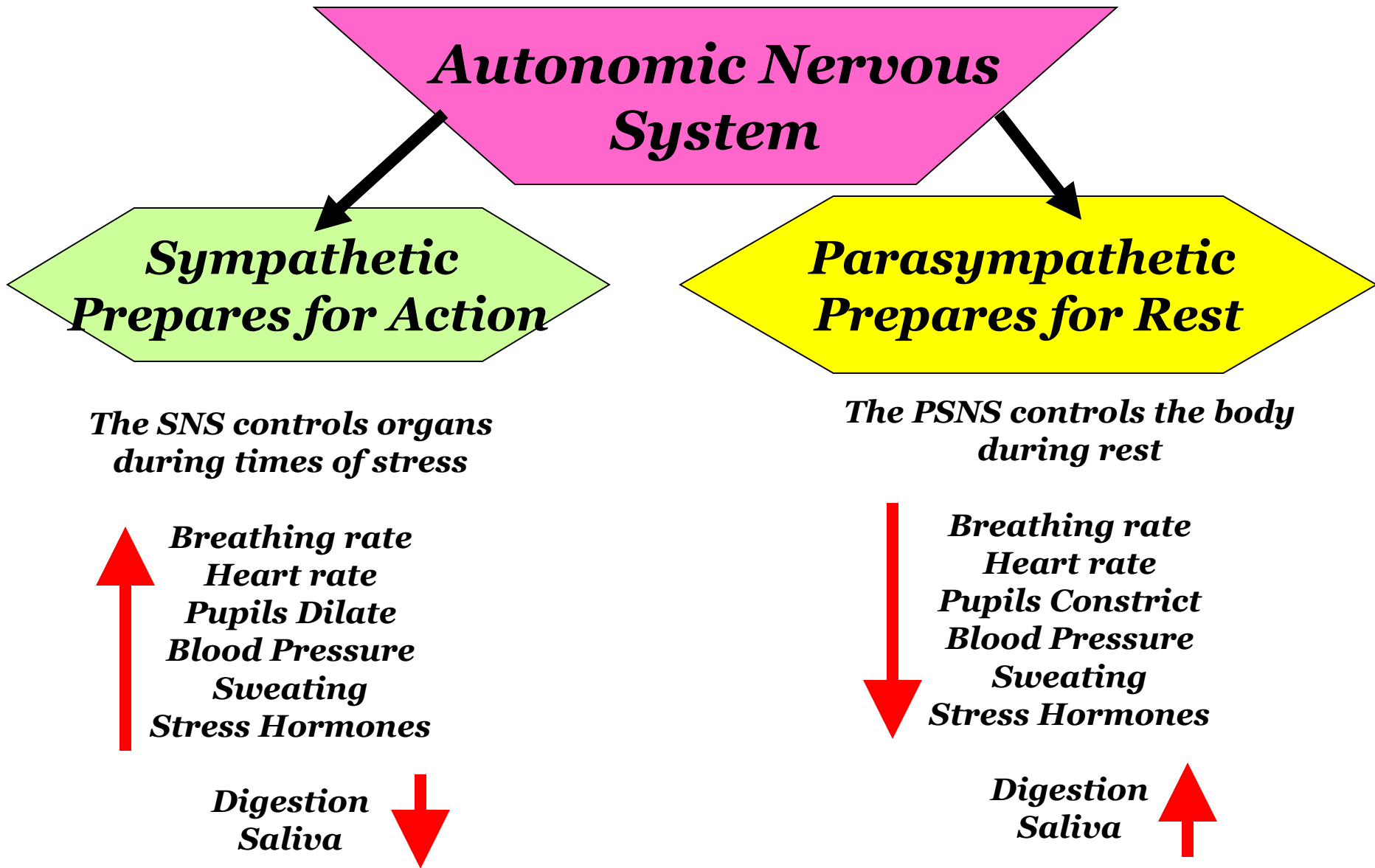
# *Skill 1: Tracking*

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.



# Tracking the Autonomic Nervous System



# 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 2: Resourcing*

*What uplifts you, gives you strength, joy or peace?*

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



## *Skill 2: Resourcing*

Con conversationally, we ask about the resiliency story by integrating survival and coping questions in our intervention. We call this Resourcing.



**“Do you remember when help arrived?” or “Do you remember the moment you knew you had survived?” or “Do you remember the moment that your friend/family member survived?”**

**“When you have had hard times in the past, what or who helped you get through?”**

**“Who or what is helping you the most now?”**



# *CRM Nugget*



# *Conversational Resourcing and Tracking*

CRM Guides may interweave skills in a conversational way when talking to someone who may be in a state of distress, we call this CONVERSATIONAL CRMMING

The CRM Guide may ask:

- ❖ What or who helps you get through hard or stressful times?
- OR
- ❖ What or who helps calm you or uplifts you during difficult situations?

## ***Skills 1 & 2: Tracking and Resourcing Exercise***

**Paying attention to sensations of well being while thinking about a personal resource.**

- Step 1: Can you bring to mind something or someone that gives you hope, peace or helps you get through tough times.
- Step 2: While thinking of this resource, fill in the details about this resource. For a few seconds think about all the reasons why this gives you hope, peace or helps you through tough times.
- Step 3: If you can bring an image of this resource to your mind. Bring in the details.
- Step 4: As you think about this resource, bring your awareness to sensations connected to this resource that are pleasant or neutral.

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# *Skill 3*

# *Grounding*

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# ***Skill 3: Grounding***

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



# *You can ground through your hands, feet, and whole body!*



Sitting on a chair or couch or the ground



Standing against a wall or hard surface



Sensing our feet making contact with the ground



Lying on  
○ the floor,  
○ bed,  
○ ground



Being supported by a surface



# *Grounding Exercise*

- **Find a comfortable position, take your time...**
- **Bring your attention to how your body is making contact with the chair, sofa, floor, wall, bed, etc...**
- **Bring your attention to sensations that are pleasant or neutral...**
- **Notice which part of your body is most supported. As you do so, notice your breathing...heart rate...muscle tone...notice your back making contact with the chair, sofa, floor, wall bed, slowly bring your awareness to your feet and notice how your feet are making contact with the ground...notice what happens on the inside...**
- **If you become aware of uncomfortable sensations, bring attention to places that feel neutral or better. Notice the change...**
- **Slowly scan your body and bring your attention to all sensations that are pleasant or neutral as we get ready to end...**
- **When you are ready bring your attention back to the room.**



## ***Skill 5: Help Now!***

**Sometimes people are so overwhelmed or disconnected, they can't or do not want to talk. When all of our choices have been taken away, it is important to give choices.**

**So inviting people to bring their awareness to the present moment by trying one of the Help Now! Strategies can help.**



## ***Skill 5: Help Now! Strategies***

1. Drink a glass of water or juice or cup of tea.
2. If you are outside, touch the surface of something in nature..grass...whatever is in the environment.
3. Look around the room or wherever you are, paying attention to anything that catches your attention.
4. Name six colors you see in the room (or outside).
5. Count backwards from 20 as you walk around the room.
6. If you' re inside, notice the furniture, and touch the surface, noticing if it is hard, soft, rough, etc...
7. Notice the temperature in the room. Is it cold, warm, hot or just right?
8. Notice the sounds within the room and outside.
9. If you' re outside or inside, walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground.
10. Push your hands against the wall or door slowly and notice your muscles pushing or stand against a wall and push your body against the wall facing forward.

## ***Skill 5: Help Now!***

- Would it be helpful to go for a walk together?
- Sometimes it helps to get the energy of anxiousness out by pushing against the wall with our hands or pushing our back against the wall. Do you want to do it with me?
- Can I get you a drink of water?
- Sometimes it can help to look around the room, and see what catches your attention? Is there a color you like for example?
- When I am not feeling like my best self, I have found it helpful to remember a time in my life that was better than this moment.
- If I am really anxious, sometimes it helps me to count down from 20, would you like to try it with me?
- I found this app called iChill and I listen to it when I am down or too anxious. You might want to think about using it when you are stressed or down.



# iChill



[www.ichillapp.com](http://www.ichillapp.com)

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# The Trauma Resource Institute

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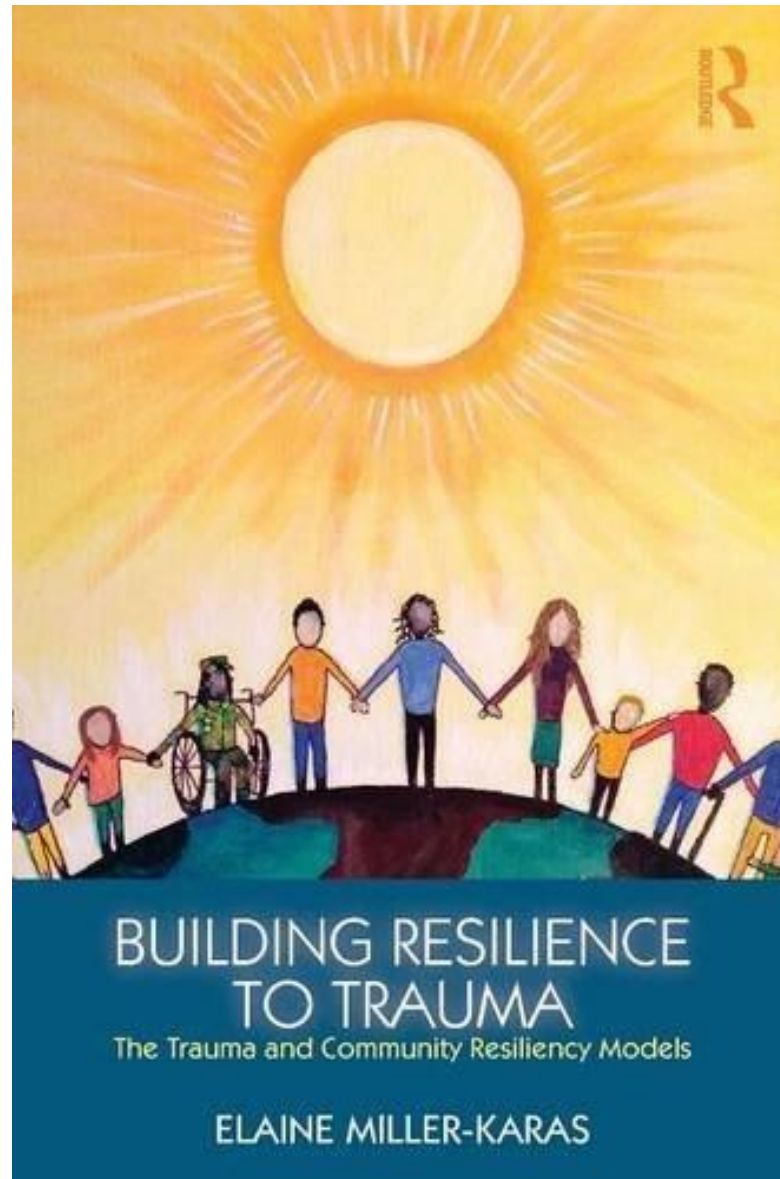


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# *Building Resilience to Trauma*



Available on  
Amazon



# *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.*

- Elaine Miller-Karas

*“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.”*

~Oceana, CRM Teacher, South Africa