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THE COMMUNITY RESILIENCY MODEL (CRM)®

ELAINE MILLER-KARAS, LCSW

www.traumaresourceinstitute.com

Presented by Certified CRM Teachers:

Ingrid Duva, PhD, RN

Shelby Collins, DNP, APRN, ANP-C



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www.crmgeorgia.com

Objectives

1. *Describe how stress and trauma affect mental and physical health.*
2. *Explore how current challenges fit into CRM's framework for understanding stress and trauma.*
3. *Describe how CRM can protect and heal via sensory-motor awareness.*
4. *Explain how you can share CRM skills with others as a “CRM Guide”*

Presenters have no conflicts of interest to disclose.

**What or who uplifts you? Gives you strength?
What or who helps you get through hard times?**





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The Community Resiliency Model (CRM)



“ichill” app



Common Reactions During & After a Stressful/Traumatic Event

Emotional

What are common emotional reactions?

Physical

What are the common physical reactions?

Spiritual

What are the common spiritual reactions?

Behavioral

What are the common behavioral reactions?

Relational

What are the common relationship reactions?

Thinking

What are the common thinking reactions?

Resilience
Strength and Courage
Renewed Relationships
Gratitude
Advocate
Appreciation of loved ones
Forgiveness
Hope & Faith
Wisdom
Compassion for self and
others
New Meanings

***What is a post-traumatic
resiliency-focused
response after a
stressful/traumatic event?***

CRM is Trauma Responsive

- CRM skills were initially used during environmental disasters
- CRM skills are appropriate amongst diverse cultural groups
- CRM content is appropriate across the lifespan and amongst unique groups





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**What is your definition of resiliency?
What is your definition of community resiliency?**



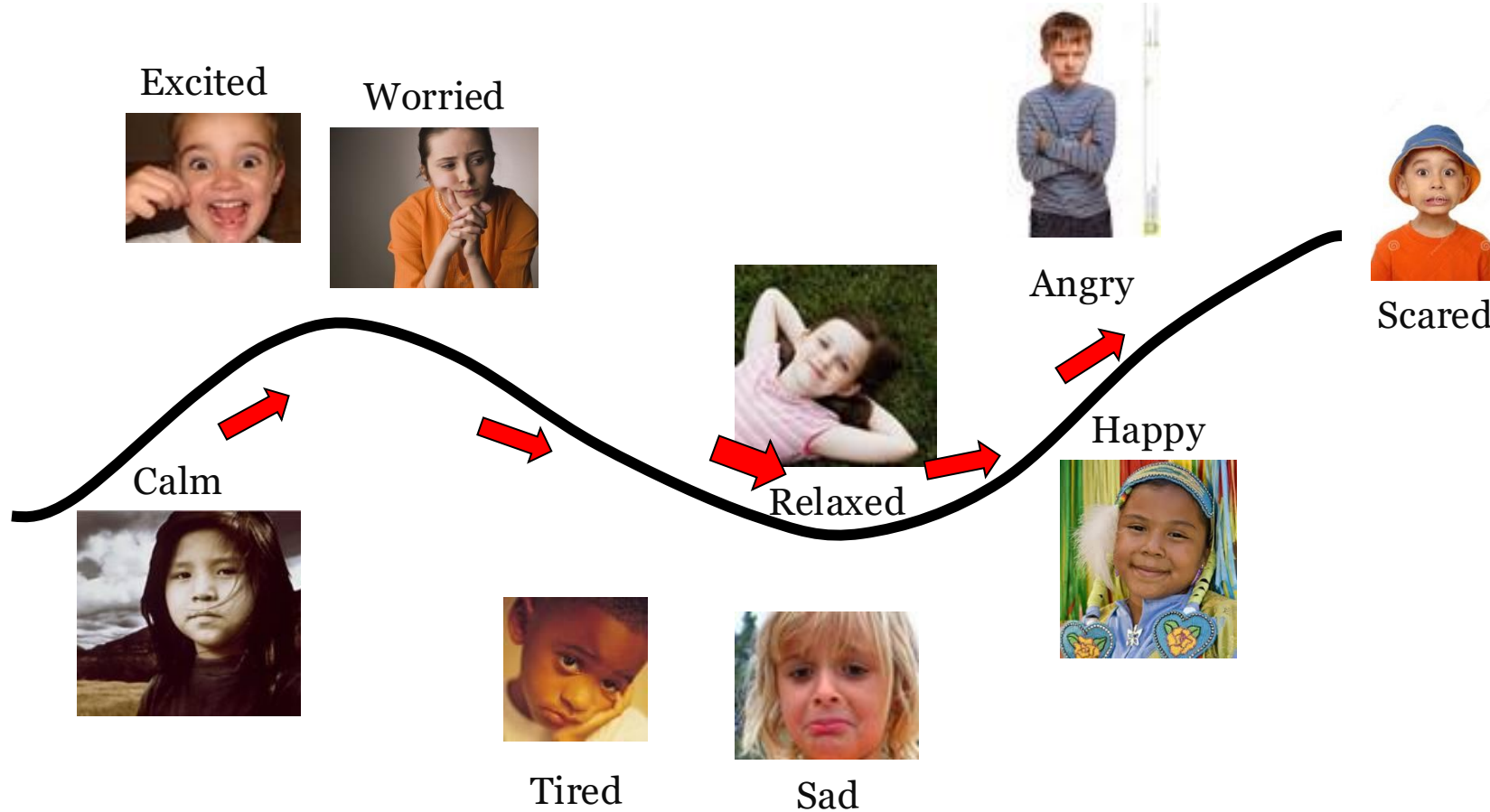
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KEY CONCEPT:
THE RESILIENT ZONE

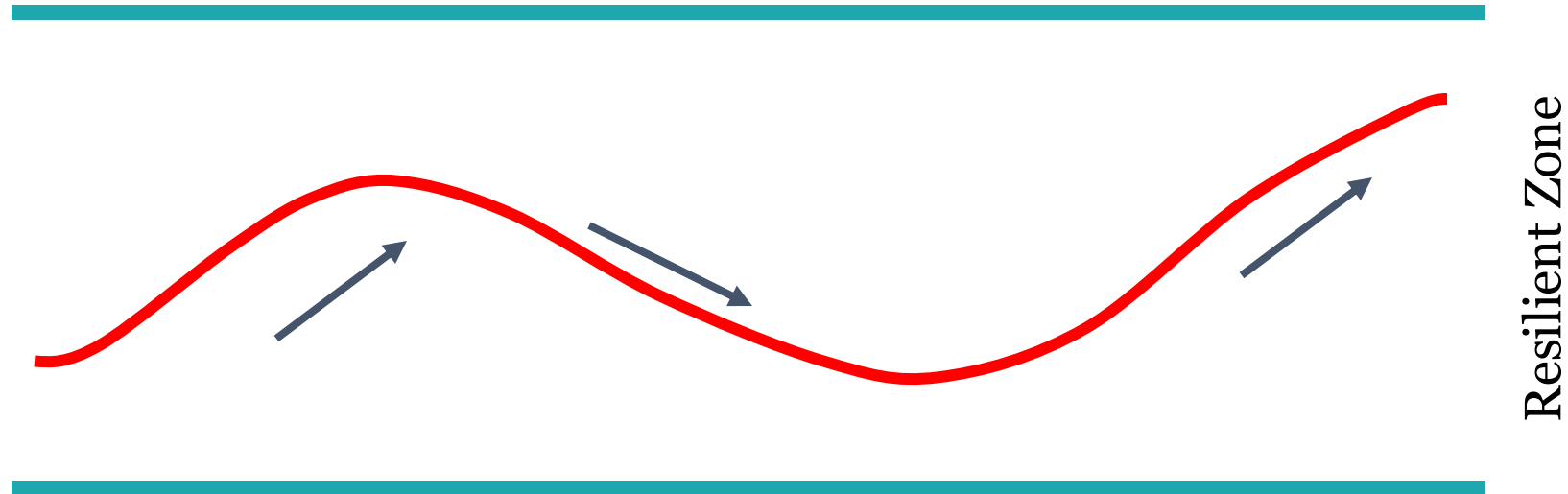


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Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE

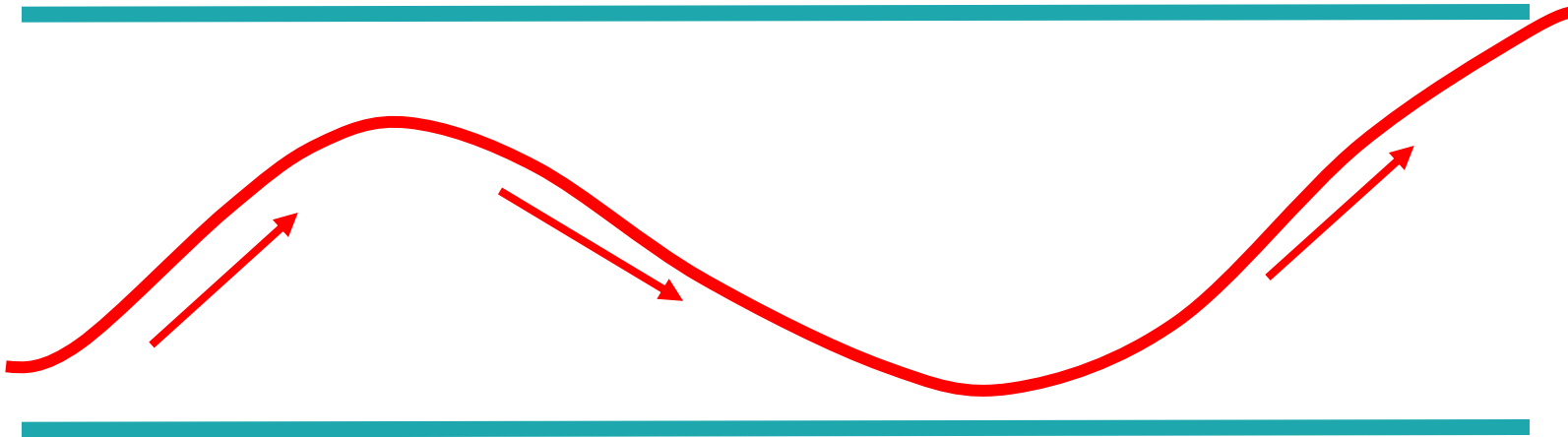
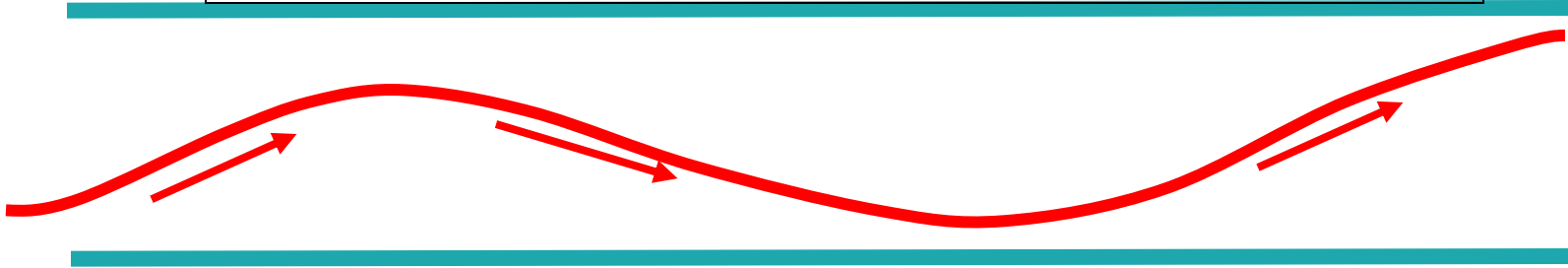


The Resilient Zone - “OK” Zone



GOAL: TO WIDEN YOUR RESILIENT ZONE

**Narrow Resilient Zone: small stressors can bump
a person into the Low/High Zone**



**Wide Resilient Zone: greater capacity to stay within your
Resilient Zone even when faced with life stressors**

***Traumatic/Stressful Event
or
Stressful/Traumatic Reminders***

Stuck in High Zone

*Irritable
Anxiety & Panic
Angry outbursts
Pain
Night terrors
Day/night accidents
Temper tantrums*

*Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness
Withdrawn
Clingy*

Stuck in Low Zone

**Resilient
Zone**

*Stuck in
High Zone*



Common Reactions to Stress and Trauma



*Stuck in the
Low Zone*

Thinking

Paranoid
Nightmares
Dissociation
Forgetfulness
Poor Decisions
Distorted Thoughts
Suicidal/Homicidal

Physical

Numb/Fatigue
Physical Pain
Rapid heart rate
Rapid breathing
Tight Muscles
Sleep Problems
Stomach Upset
Hypervigilance
Trembling

Spiritual

Hopelessness
Loss of Faith
Increase in Faith
Deconstruction of Self
Guilt
Doubt

Emotional

Rage/Fear
Nightmares/Night Terrors
Avoidance
Depression
Grief
Guilt
Shame
Anxiety

Relationships

Angry at others
Isolation
Missing work
Overly Dependent
Irritability
Clinging
Regressive

Behavior

Isolation
Tantrums
Self-Injury
Violent behaviors
Addictions
Eating Disorders
Abusive Behaviors

KEY CONCEPT:
A BIOLOGICAL MODEL

Tracking the Autonomic Nervous System

*Sympathetic
Prepares for Action*

*The SNS controls organs
during times of stress*

*Breathing rate
Heart rate
Pupils Dilate
Blood Pressure
Sweating
Stress Hormones*

*Digestion
Saliva*

*Parasympathetic
Prepares for Rest*

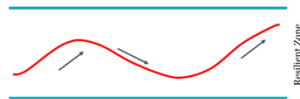
*The PNS controls the body
during rest*

*Breathing rate
Heart rate
Pupils Constrict
Blood Pressure
Sweating
Stress Hormones*

*Digestion
Saliva*



The Resilient Zone - "OK" Zone



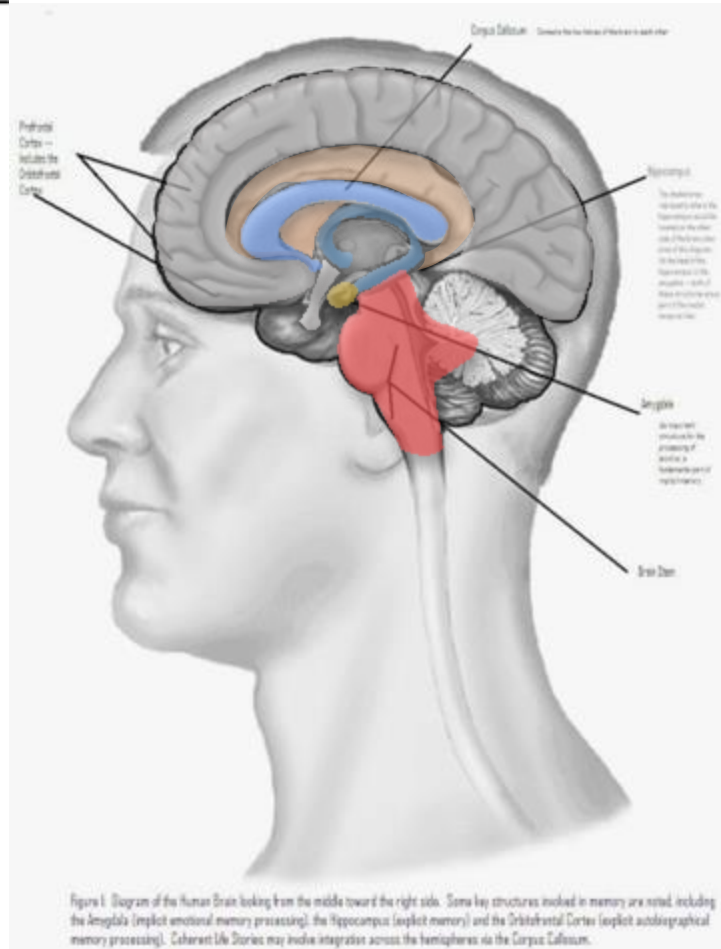
GOAL: TO WIDEN YOUR RESILIENT ZONE

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Organizing Principle: Three Parts of The Brain



Cortex: Thinking

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

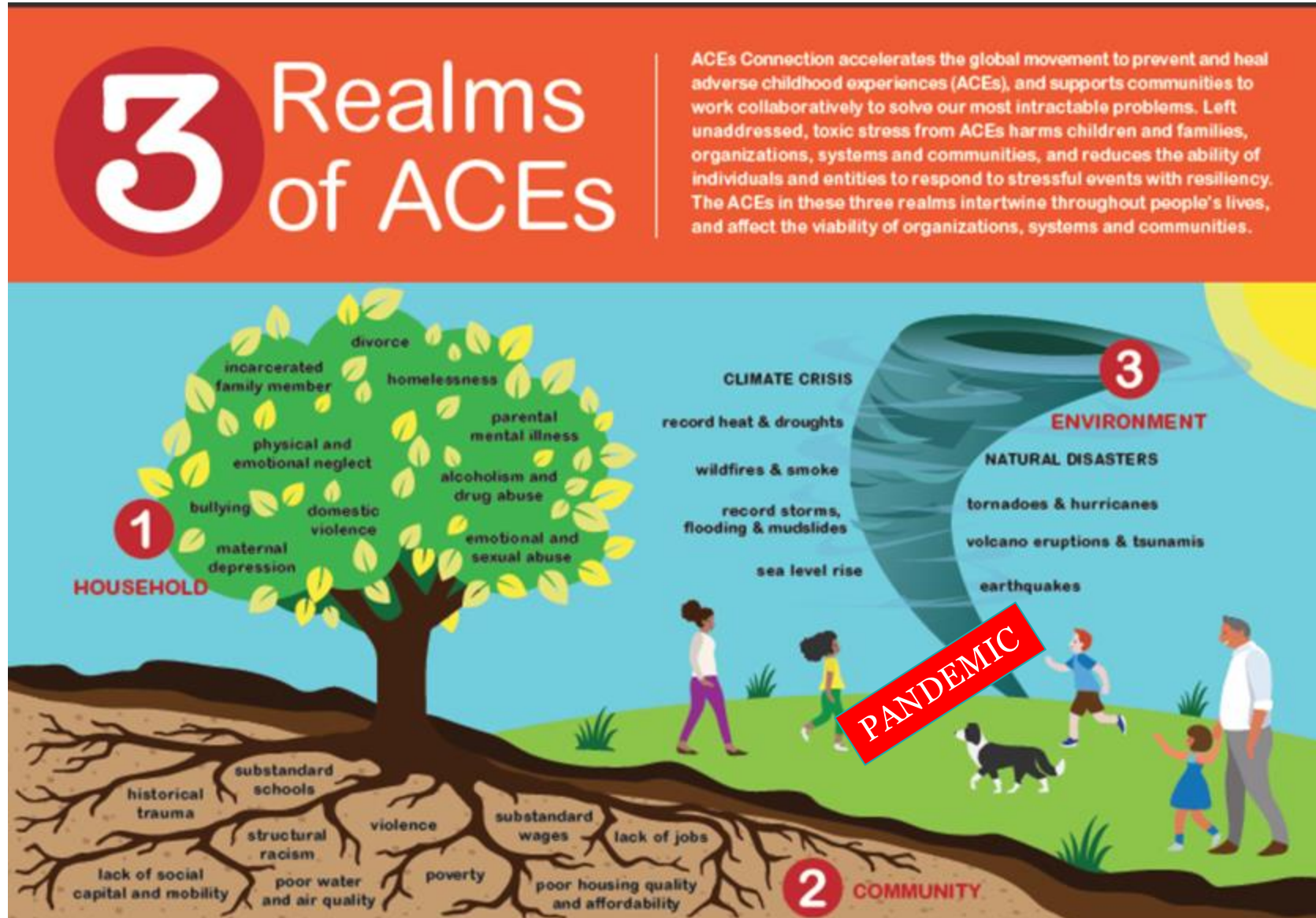
Limbic Area: Emotional

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.

3 Types of ACEs (Adverse Childhood Experiences)





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*ADVERSITY
IS NOT
DESTINY*

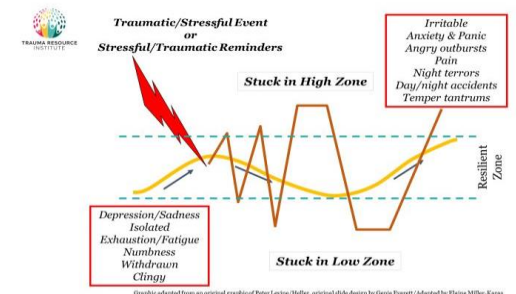
Four Brain Circuits



1. **THE RESILIENCE CIRCUIT:** Resilience is the rapidity with which you recover from adversity.
2. **THE POSITIVE OUTLOOK CIRCUIT:** One has a healthy and robust positive-outlook circuitry when they can see and recognize the positive in others, as well as the ability to savor positive experiences.
3. **THE ATTENTION CIRCUIT:** Emotional well-being is linked to the ability to pay attention.
4. **THE GENEROSITY CIRCUIT:** Engaging in generosity reliably activates brain circuits that support well-being.

Learning the wellness skills helps people realize:

- Many reactions to stress and trauma **cannot** be “talked away” but they **can** be “sensed away.”
- People learn their symptoms are about **biology not** mental weakness
- This concept can result in a sense of RELIEF and greater feeling of well-being.



THE 6 SKILLS



Tracking

is noticing or paying attention to what is happening inside your body at the present moment.

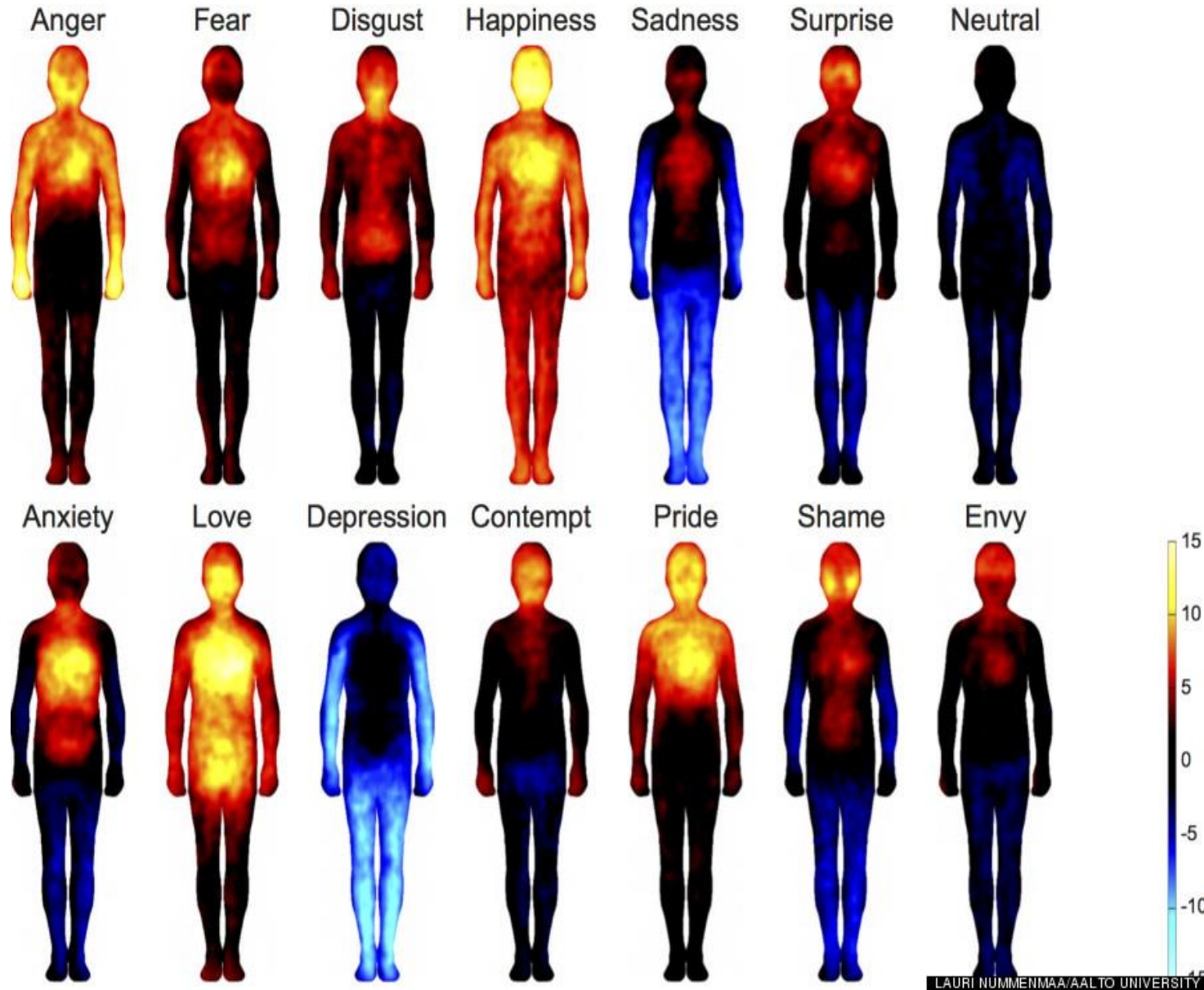


Determining if the sensation is **pleasant**, **unpleasant** or neutral

Sitting or staying with sensations that are pleasant or neutral

Curiosity questions:
What do you notice on the inside?
Are the sensations pleasant, unpleasant or neutral?

The "Felt Sense"



A sensation is a physical experience in the body

Yellow and red = increased sensation, activation, or energy

Black = neutral

Blue = no energy or sensation

700 participants colored bodily regions whose activity they felt increasing or decreasing when exposed to emotional words, stories, movies, or facial expressions.

Learning Sensation Words

VIBRATION

SHAKING
TWITCHING
TREMBLING
FAST/SLOW

SIZE/POSITION

SMALL
MEDIUM
LARGE
UP/DOWN
CENTER

TEMPERATURE

COLD
HOT
WARM
NEUTRAL

PAIN

INTENSE
MEDIUM
MILD
THROBBING
STABBING

MUSCLES

TIGHT
LOOSE
CALM
RIGID

BREATHING

RAPID
DEEP
SHALLOW
LIGHT

HEART

FAST
SLOW
RHYTHMIC
FLUTTERS
JITTERY

TASTE

SPICY
SWEET
SOUR
JUICY
BLAND

DENSITY

ROUGH
SMOOTH
THICK
THIN

WEIGHT

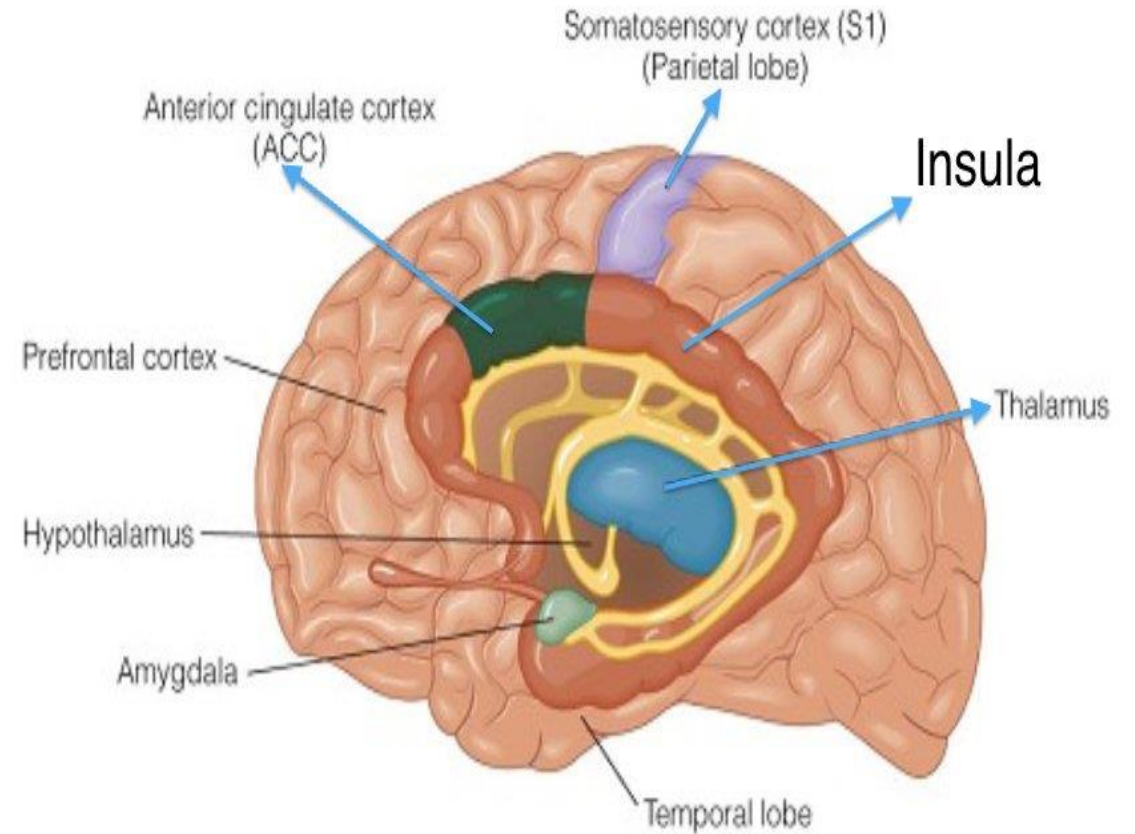
HEAVY
LIGHT
FIRM
GENTLE

Interoception & the Insula

***Our ability to observe body sensations
in response to how we think, feel and move***

- The insula is a part of the brain that helps body and mind communicate to one another.
- It reads physical states of the body (sensations) like pain, an itch, temperature
- It communicates to the Medial Prefrontal cortex (thinking brain) to take action to keep the body in a state of internal balance

Paulus, et al (2010)





For some people, even sensing pleasant or neutral sensations can spark unpleasant, even painful sensations.

Learning and working with the CRM skills is a CHOICE.

SENSORY EXERCISE



Doorways of expanding Well-Being



THINKING



SENSING



FEELING





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Develop Your Sensory Vocabulary



What might be pleasant for the people in this photo?

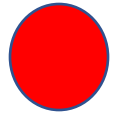


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Resourcing



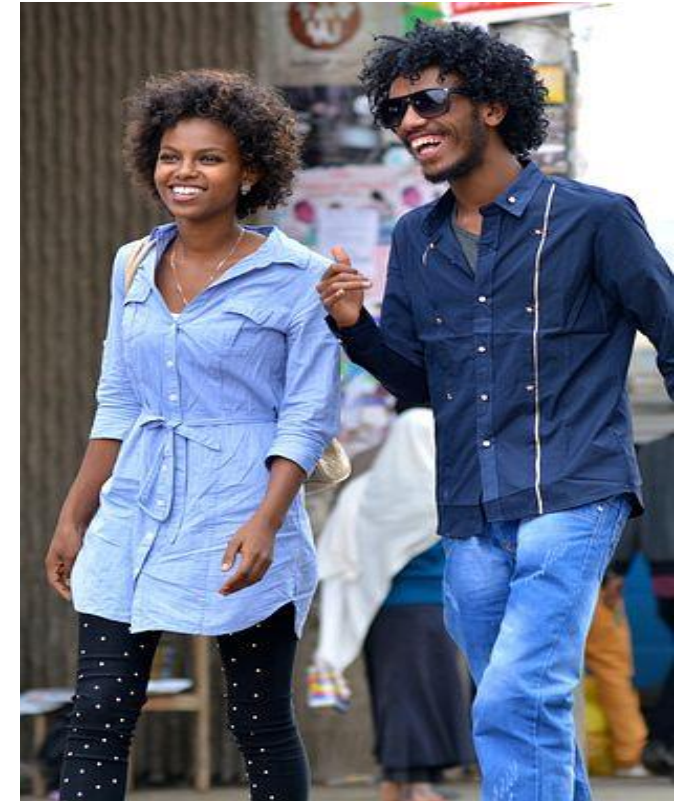
A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.



A Resource can be real or imagined



A Resource can be internal or external





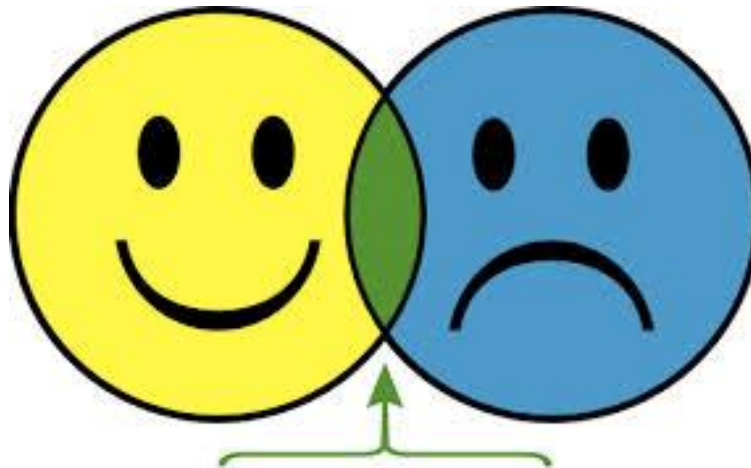
Skill 2: Resourcing

How To Do It

1. Think of 1 thing that gives you a feeling of calm, peace, or comfort. It can be a memory, a person, a place, an animal, an activity, or something about yourself that gives you strength.
2. Think of 3 details about it, especially any sensory parts? Details of what you hear, see, feel, smell, taste?
3. As you think about it, notice what is happening on the inside of your body. Track if the sensations are pleasant or neutral and stay with them for at least 15 seconds.

Resources Can Have Many Natures

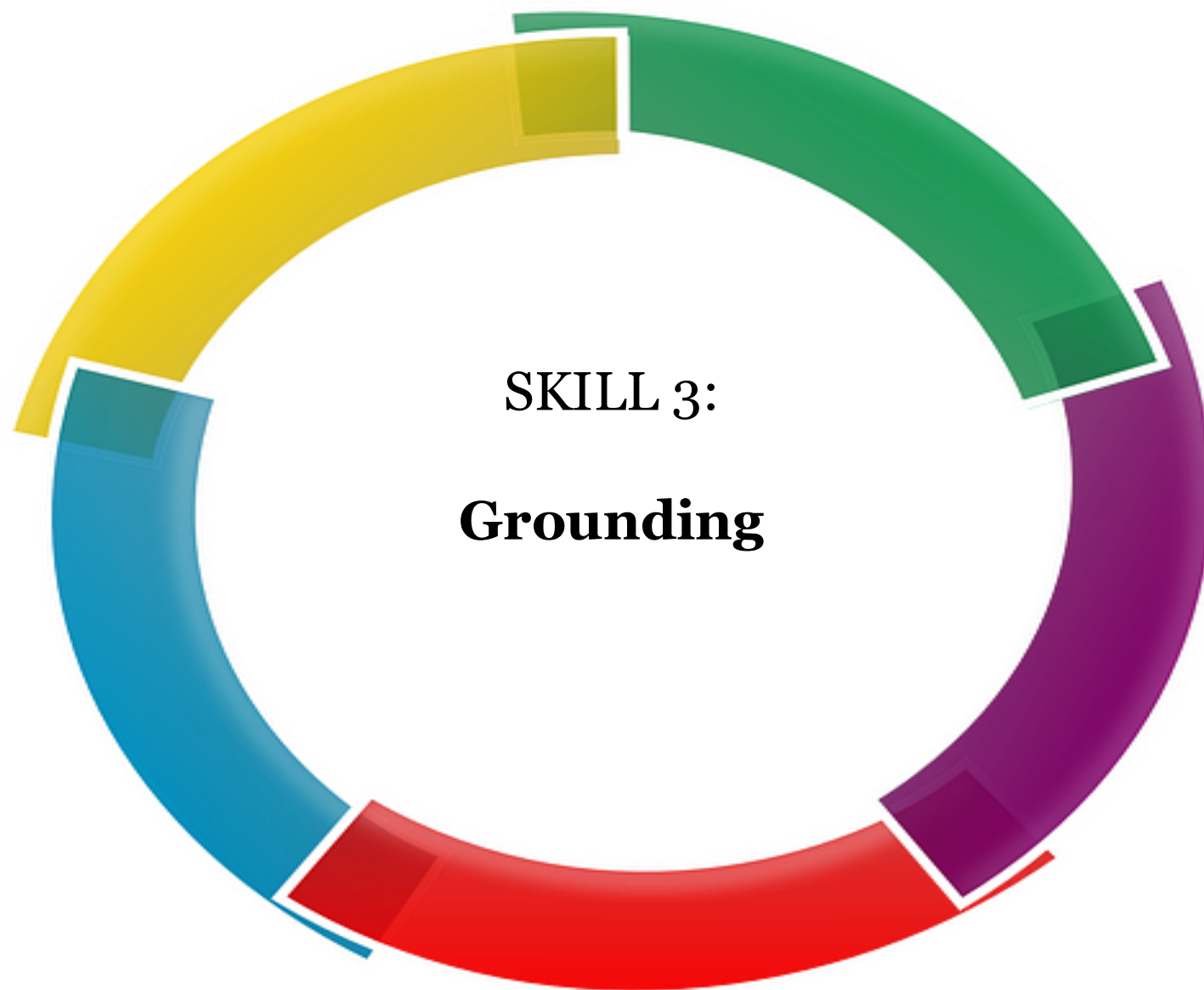
Discussion of a Resource can sometimes shift out of pleasant sensations and into difficult memories and/or uncomfortable body sensations.



A Community Resiliency Model Guide

- Does not interpret or assume meaning.
- Asks open-ended questions.
- Gives the person time for sensations to develop.
- Is non-judgmental.
- Observes and stays one step behind and does not direct.





Skill 3: Grounding

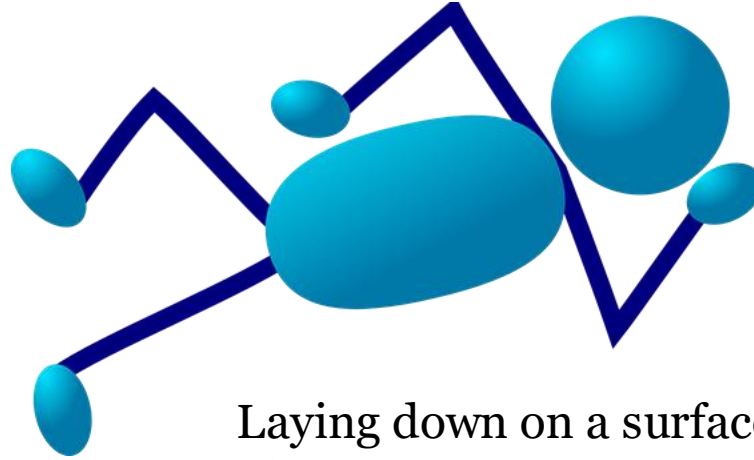
The direct contact of the body or part of the body with something that provides support in the present moment

- Gravitational security is the foundation upon which we build our interpersonal relationships.
- If our relationship to the earth is not safe, then all other relationships do not develop optimally.
- When we are grounded, we have a sense of self in relationship to present time and space. We are not worried about the past or the future.

YOU CAN GROUND IN MANY POSITIONS



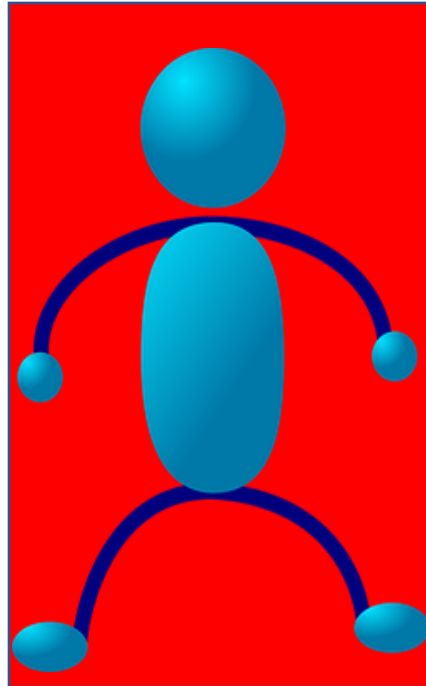
Walking and paying
Attention to steps



Laying down on a surface or
Floating in water



Through a part of your body
like your hands or feet



Standing against a wall



Sitting on a chair, sofa or ground

GROUNDING EXERCISE

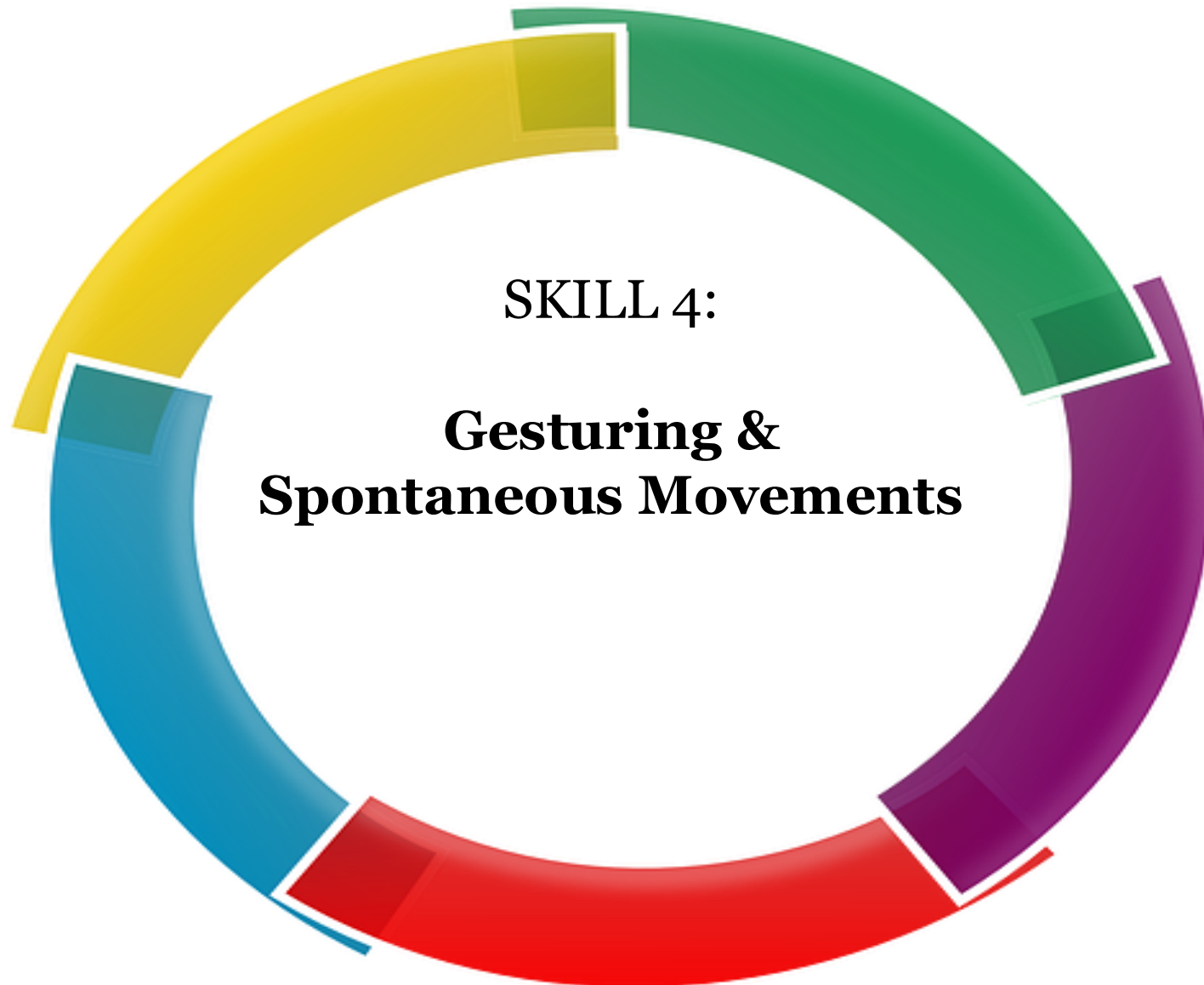




Skill 3: Grounding Exercise

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

- Find a comfortable position
- Become aware of pleasant and/or neutral sensations within your body
- If you become aware of uncomfortable sensations, bring your attention to places that feel neutral or more comfortable
- Spend some moments noticing sensations that are pleasant and/or neutral





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Protective



Joyful



Self-Calming

Gesturing and Spontaneous Movements

- Identify a “self-soothing” gesture.
- Call to mind with intention to help get back to the Resilient Zone if bumped out.
- You are reinforcing your own inherent resiliency.





Help Now!



Drink a glass
of water



Count
backwards
from 20



Go for a
walk



Listen to the sounds



Name six
colors you
see



Push against a
wall



Notice your
surroundings



Notice the
temperature



Touch the
furniture



Touch
something
in nature



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Quick sensory actions for a “Resiliency Pause”

When we are emotionally out-of-balance this puts us into a recovery state

Example:

If you see someone who is upset or sad,
offer them help—

**”I know something that might help you
feel better.....would you like to try it?”**

“Shift and Stay”

Shifting your attention from sensations that are unpleasant to sensations that are neutral or pleasant and staying there.



Stay with sensations of strength or well-being for about 10-15 seconds

A SELF-CARE PLAN

1. What are you doing to widen your Resilient Zone?
2. If you found the CRM skills helpful, how could you weave the skills into your daily routine? Which skills would be the most helpful?
3. Write a statement of encouragement to yourself, strengthening your resolve to improve your self-care.



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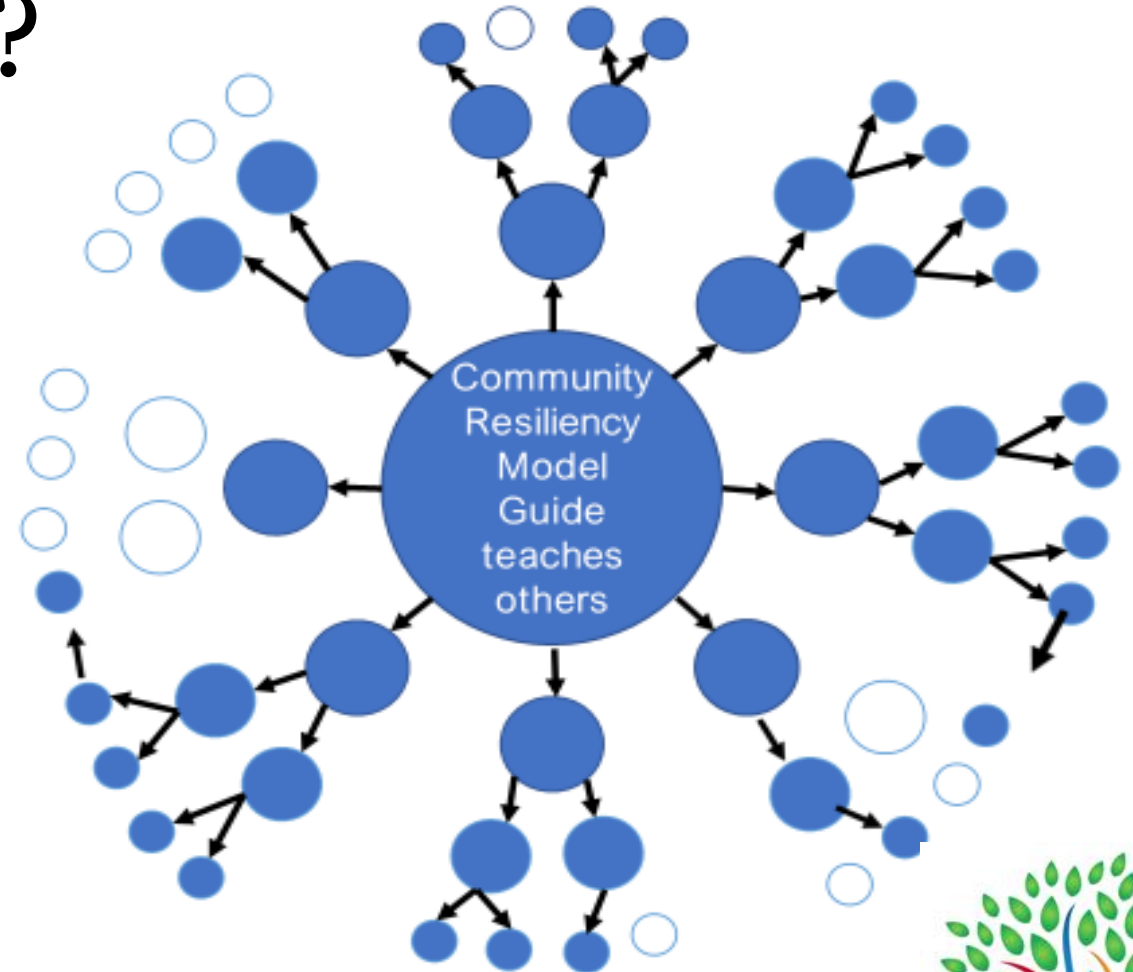
COMMUNITY PLANNING

1. How could you use CRM Skills in your community?
2. What strengths does your community have that would support bringing CRM Skills to more people?
3. What challenges would you expect?

How can you use CRM?

- Use the body awareness skills yourself
- Communicate often with compassion
- ***Act as a CRM “CRM Guide”***
- Use and share the app “ichill”
- Become a CRM (or TRM) teacher!

<https://www.traumaresourceinstitute.com>





Available in:

English

Arabic

Spanish

Hebrew

Ukrainian



iChill



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

~Miller-Karas (2020)



www.crmgeorgia.org

Thank you!

Questions?

ihopkin@emory.edu

CRM Research Findings (Grabbe et al. 2019-2021; Duva et al., 2022)



Subjects	Design	Well-being WHO	Secondary Traumatic Stress	Physical symptoms SSS-8	Other
77 nurses (3 months and 1 year out)	RCT 3 hours (<i>Nursing Outlook</i>)	Improved	Reduced	Reduced	Improved resiliency; reduced burnout
104 health and social service workers (3 months and 1 year out)	Pre/post tests 3 hours (<i>Medical Care</i>)	Improved	Reduced	Reduced	Improved resiliency
20 women with drug addiction treatment (5 weeks out)	Pre/post tests (<i>Int. J of Mental Health and Addiction</i>)	Improved		Reduced	Reduced anger, anxiety
252 hospital workers (3 months out)	RCT during Covid 1 hour virtual* (BMJ--Quality)	Improved	Reduced	Reduced	Improved collaboration/ teamwork

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Most changes:
moderate-large
effect size

*Analysis Post-randomization
(CRM=48; Control=108):
Intervention group
significant ($p \leq 0.001$)
group by time effects for

- well-being ($D=0.66$),
- teamwork ($D=0.41$),
- secondary traumatic stress ($D=-0.46$)

BMJ Quality publication