



Trauma Resource Institute

www.traumaresourceinstitute.com

www.communityresiliencymodel.com

Community Resiliency Model® CRM Basic Concepts and Skills

Lindy Grabbe, PhD, FNP, PMHNP
Jordan Murphy, BSN, RN

Certified CRM Trainers

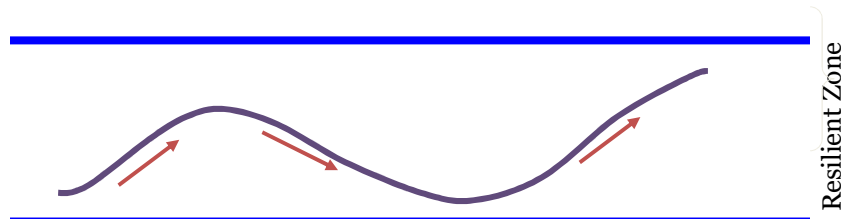


Written by Elaine Miller-Karas of the Trauma Resource Institute
from the original work of Elaine Miller-Karas, Geneie Everett & Laurie Leitch



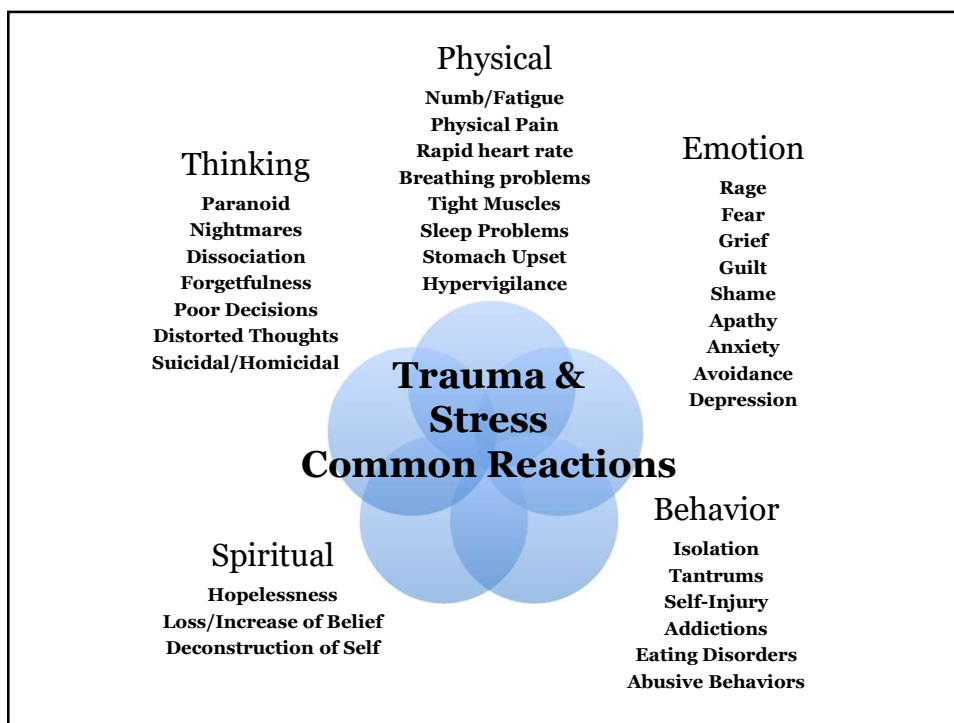
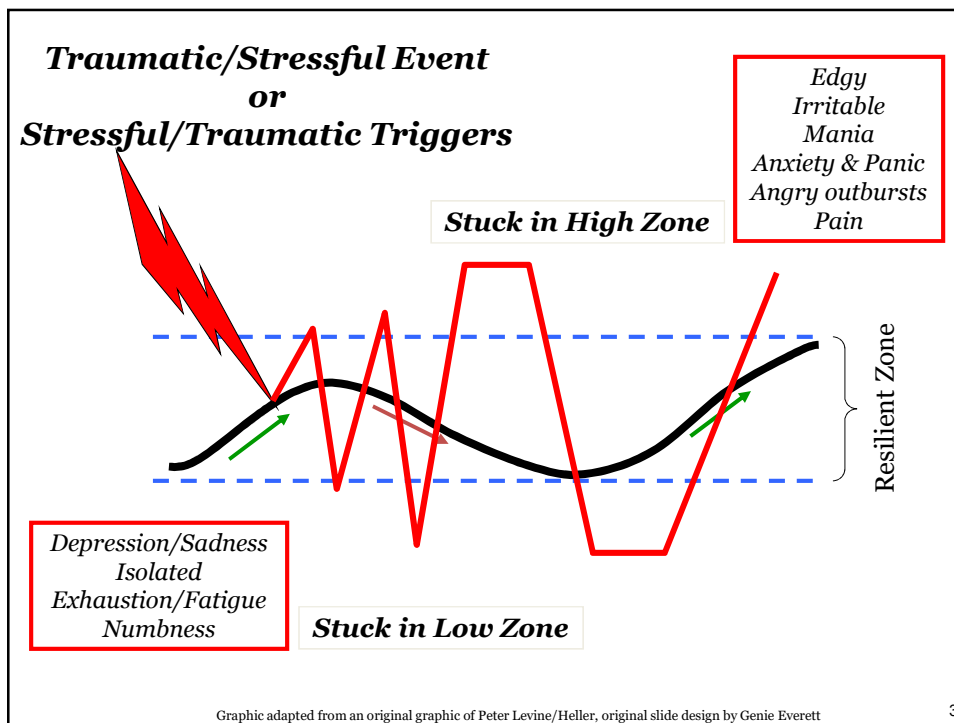
What is the Resilient Zone?

- ❖ 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



Resilient Zone

(c) Trauma Resource Institute



<p>Big “T” Trauma</p> <ul style="list-style-type: none"> 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 	<p>Little “t” Trauma</p> <ul style="list-style-type: none"> Dog Bites Routine Surgeries Falls Invasive Dental or Medical Procedures Minor Car Accidents Medication Side Effects Multiple Med Regimens 	<p>“C” Trauma</p> <ul style="list-style-type: none"> 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

Organizing Principle: Three Parts of The Brain

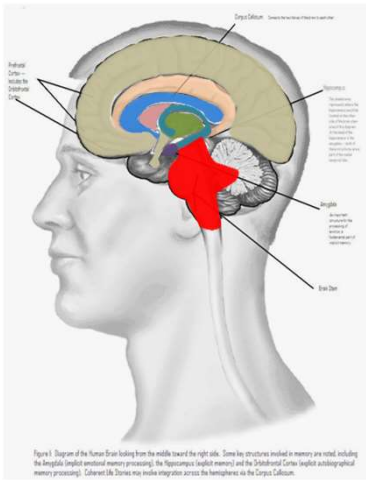


Figure 1. Diagram of the Human Brain looking from the middle toward the right side. Some key structures involved in memory are noted, including the Amygdala (emotional memory processing), the Hippocampus (spatial memory) and the Striatum (Cortex-linked subcortical memory processing). Colored like Storms may involve integration across the hemisphere via the Corpus Callosum.

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.

6

CRM SKILL 1

TRACKING

The Foundational Skill of CRM

- Tracking means paying attention to sensations.
- Tracking is the foundational skill of CRM and is coupled with every other CRM skill.
- The invitation is always, always, always to:

“Notice what’s happening on the inside...”



Skill 2: Resourcing

❖ *External Resources* include positive experiences and memories and can include the people, places, activities, skills, hobbies, spiritual guides and animals that give you joy, peace or calm.

❖ *Internal Resources* include an individual's:

- ❖ Personal characteristics such as kindness, compassion and humor.
- ❖ Body resources such as strong legs, body's ability to heal from illness, etc...



❖ *Imagined Resources* - i.e. super heroes, characters from books, ideal caring figure, etc..

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

Noticing sensations that are supportive and safe 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
R
O
U
N
D
I
N
G**

Notice temperature, texture, moisture...

Skill 5: Help Now! Strategies

1. Drink a glass of water or juice or cup of tea.
2. Look around the room or wherever you are, paying attention to anything that catches your attention.
3. Name six colors you see in the room (or outside).
4. Open your eyes if they have a tendency to shut.
5. Count backwards from 10 (or from 100 if an adult). This can also be done while walking.
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.
8. Notice the sounds within the room and outside.
9. Walk and pay attention to the movement in your arms and legs and/or how your feet are making contact with the ground.
10. Push your hands against the wall or door slowly and notice your muscles in your arms and/or your legs. Stand with your back against a wall and push your body against the wall. Notice any changes.

CRM Resources

- Atlanta: igrabbe@emory.edu
- Training: Trauma Resource Institute (TRM and CRM)
<http://traumaresourceinstitute.com/>
- Free CRM app: ichill or www.ichillapp.com
- Miller-Karas, E. (2015). *Building resilience to trauma: The trauma and community resiliency models*. New York: Routledge Press.
- Van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Penguin.
- Brain-hand model: Dan Siegel
<https://www.youtube.com/watch?v=gm9CIJ74Oxw>
- ACE study: www.cdc.gov/violenceprevention/acestudy
- Watch Nadine Burke Harris Ted Med on ACEs