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INSTITUTE



THE COMMUNITY RESILIENCY MODEL (CRM)[®]

1 Hour CRM WORKSHOP – for

Sarah Marcus, LCSW

Rev. 7.7.22

www.traumaresourceinstitute.com

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Land Acknowledgment



The Presenters acknowledge and recognizes that the land we stand upon is and remains the traditional homelands of the Agai'dika Shoshone-Bannock people and from which they were forcibly removed in 1907. The Agai'dika Shoshone-Bannock, the people of Sacajawea and whom without the aid of, the Lewis and Clark Expedition would have never succeeded. The Center hopes to continue to honor the many contributions the Agai'dika Shoshone-Bannock people have made and continue to make and the important role they have in human history. Karlee and Sarah

We honor the sacred, historic and unique relationship indigenous peoples have with their ancestral lands. We also recognize the intergenerational strength and inherent resiliency of the indigenous communities of this land and how this also continues to be passed to each generation today.

We pay respects to the members and elders of these communities, past and present, who remain stewards, caretakers, and advocates of these lands, river systems, and waters.

--Adapted from Claremont Heritage 2021 and TRI Equity, Diversity, and Inclusion Committee



Resiliency and Trauma Informed



**Core Values
of TRI:**
Service
Social Justice
Dignity
Respect

Worth of every person,
family and community

GOALS

SELF-CARE

To learn the six wellness skills.

To use the skills during your tasks of daily living at home, at work and at play.

CRM GUIDE

To become a CRM Guide.

A CRM Guide is a person who learns the six wellness skills and shares them with others.

THE MIND AND BODY CAN HEAL

To learn basic concepts about neuroscience to become resiliency and trauma informed.

**Resiliency and
Trauma Informed**



The Community Resiliency Model

Community Resiliency Model is a set of six wellness Skills which can be used:

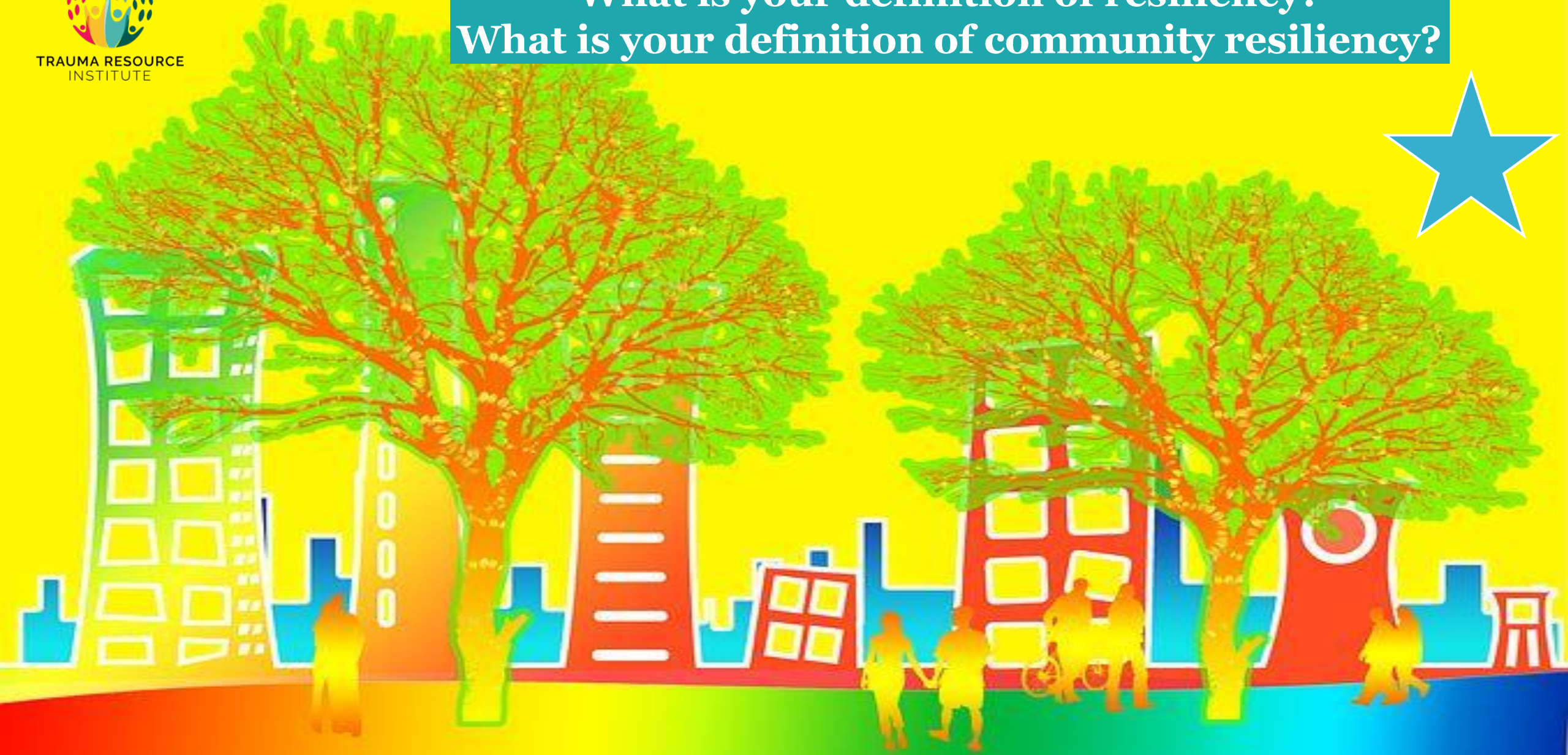
- across the lifespan
- across cultures
- with different abilities
- with the activities of daily living



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



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



ACTIVITIES OF DAILY LIVING



PERSPECTIVE SHIFT

CONVENTIONAL *Assumption*

People are bad.

People need to be punished.

What is wrong with you?

TRAUMA-INFORMED *Awareness*

People are suffering.

People need to learn how
trauma impacts a child's and
adult's development.

What happened to you?

RESILIENCY INFORMED *Action*

People are resilient.

People need to learn how
skills of well-being can be
cultivated and how they can
reduce suffering.

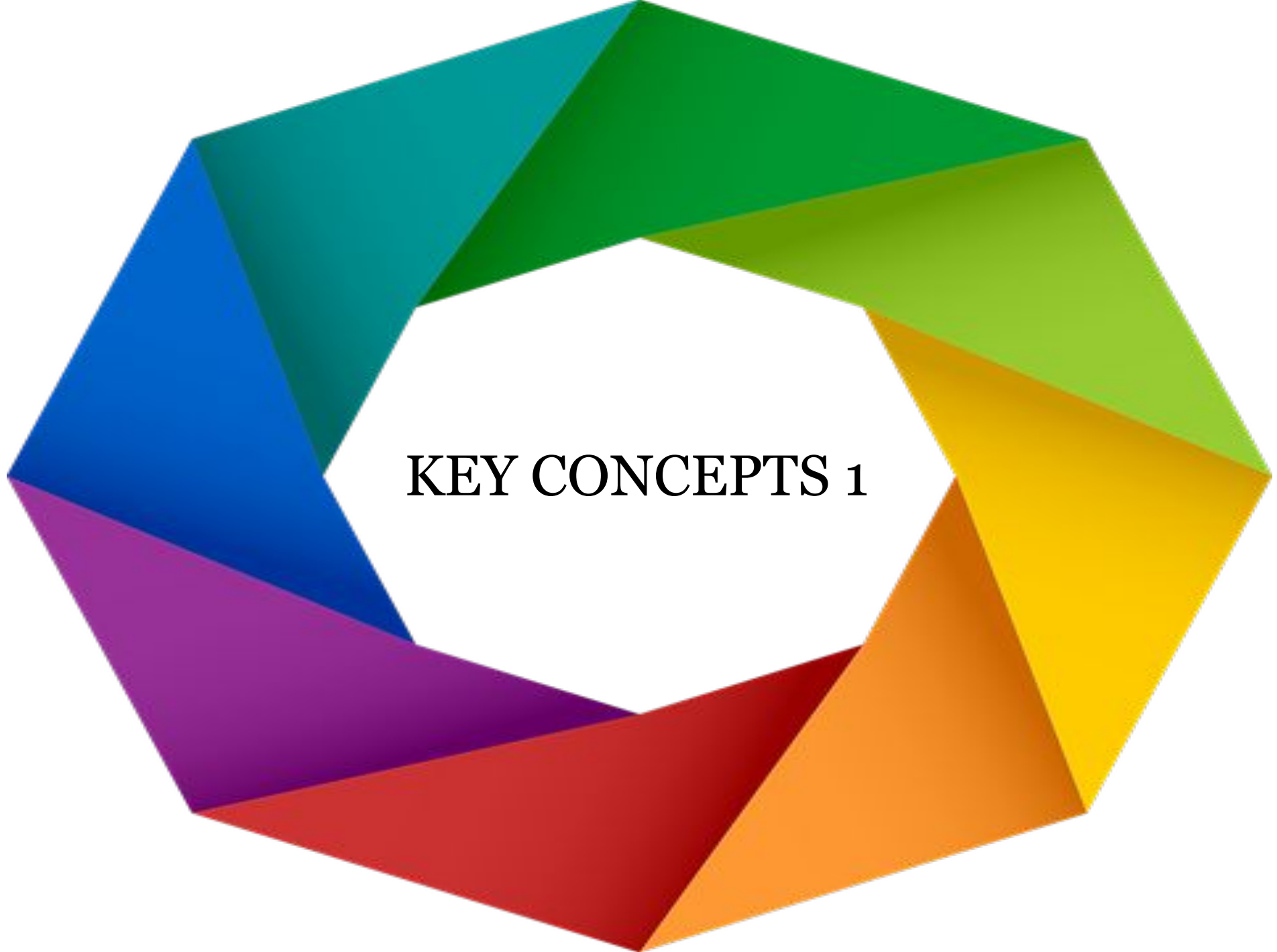
*What is right about you?
What are your strengths?*

Resiliency and
Trauma Informed



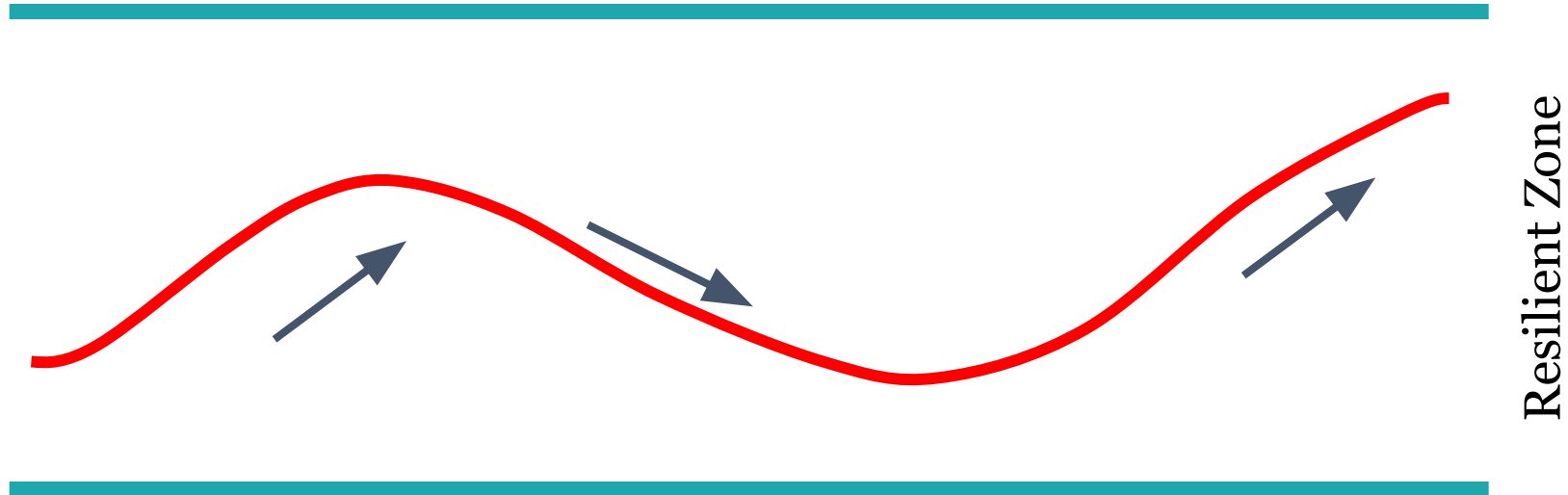


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KEY CONCEPTS 1

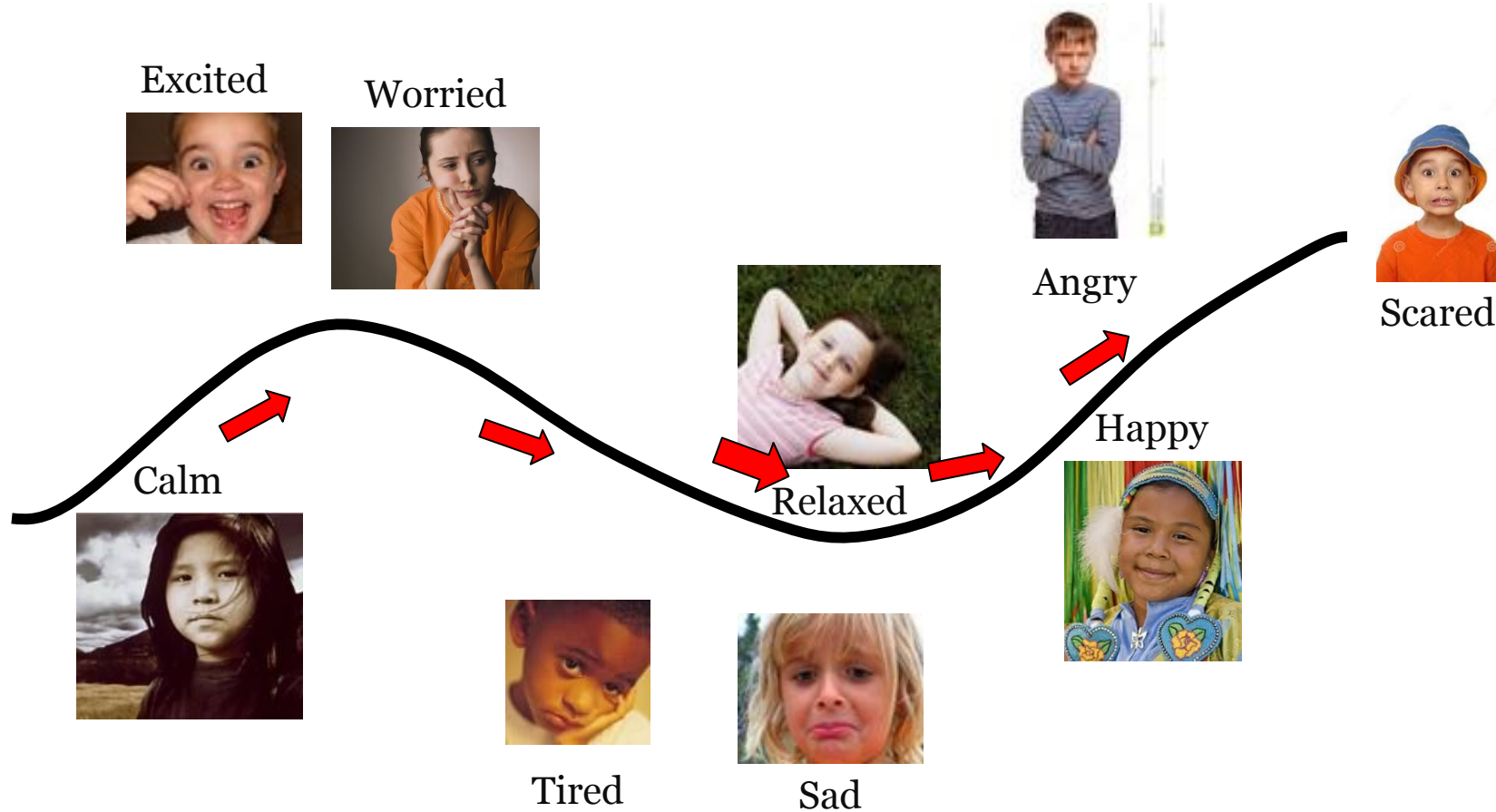
The Resilient Zone - “OK” Zone



Resilient Zone

GOAL: TO WIDEN YOUR RESILIENT ZONE

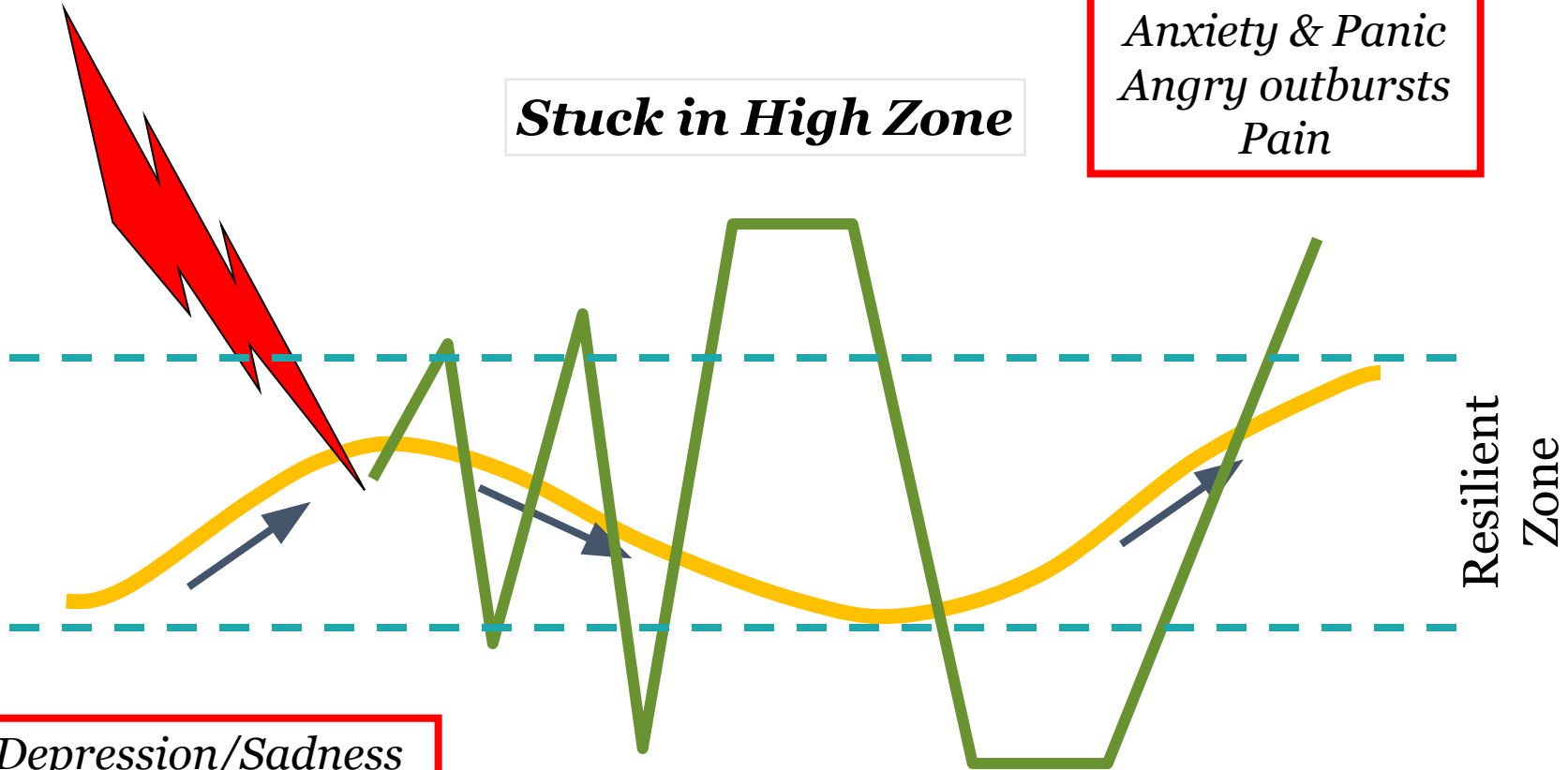
Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE



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

Stuck in High Zone

*Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain*

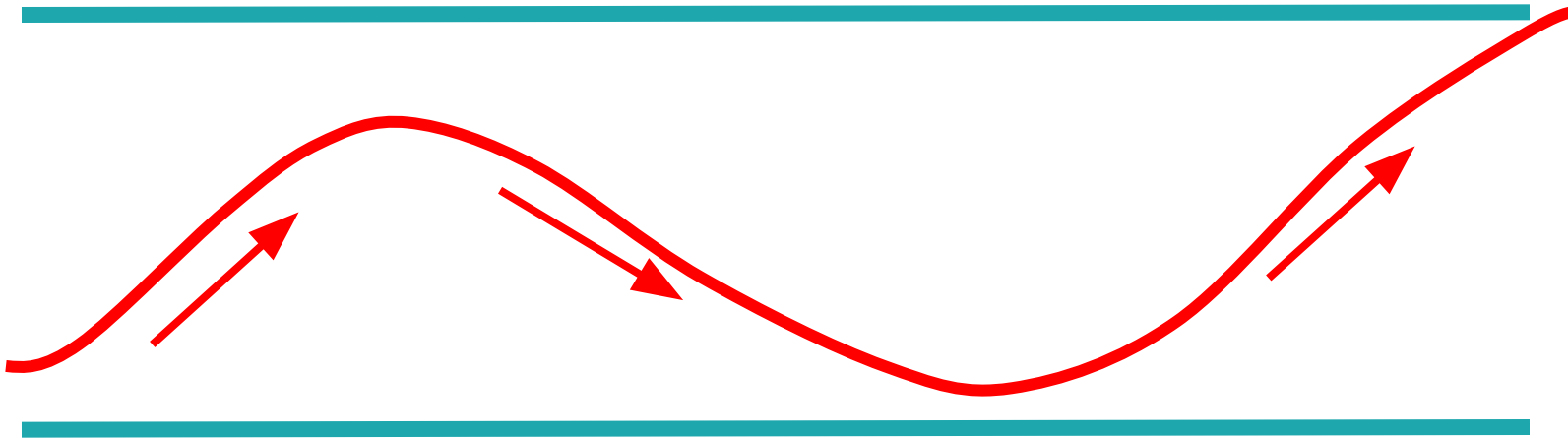
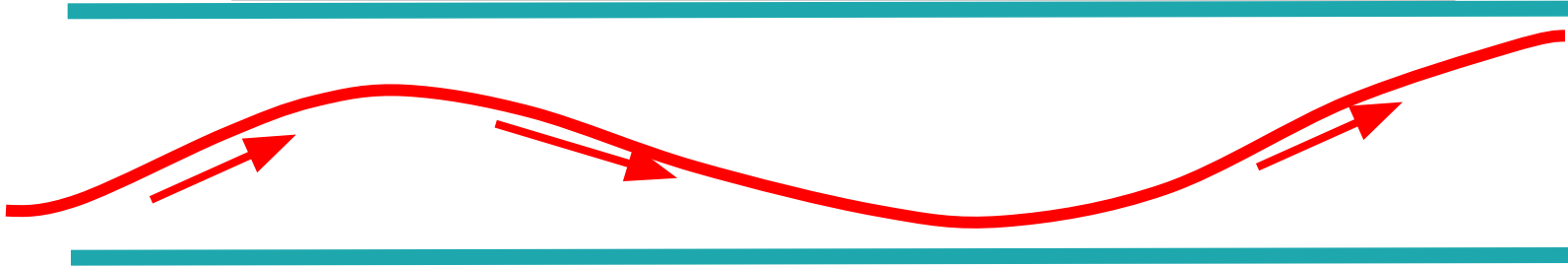


*Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness*

Stuck in Low 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**


CRM Activity

Identifying Your Zone





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Common Complaints
Reactions during
Unprecedented times
Resiliency Reactions

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?

Thinking
Paranoid
Nightmares
Dissociation
Forgetfulness
Poor Decisions
Distorted Thoughts
Suicidal/Homicidal

Emotional
Rage/Fear
Avoidance
Depression
Grief
Guilt
Shame
Apathy
Anxiety

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

COMMON REACTIONS

Spiritual
Hopelessness
Loss of Faith
Hyper-religiosity
Deconstruction of Self
Guilt
Doubt

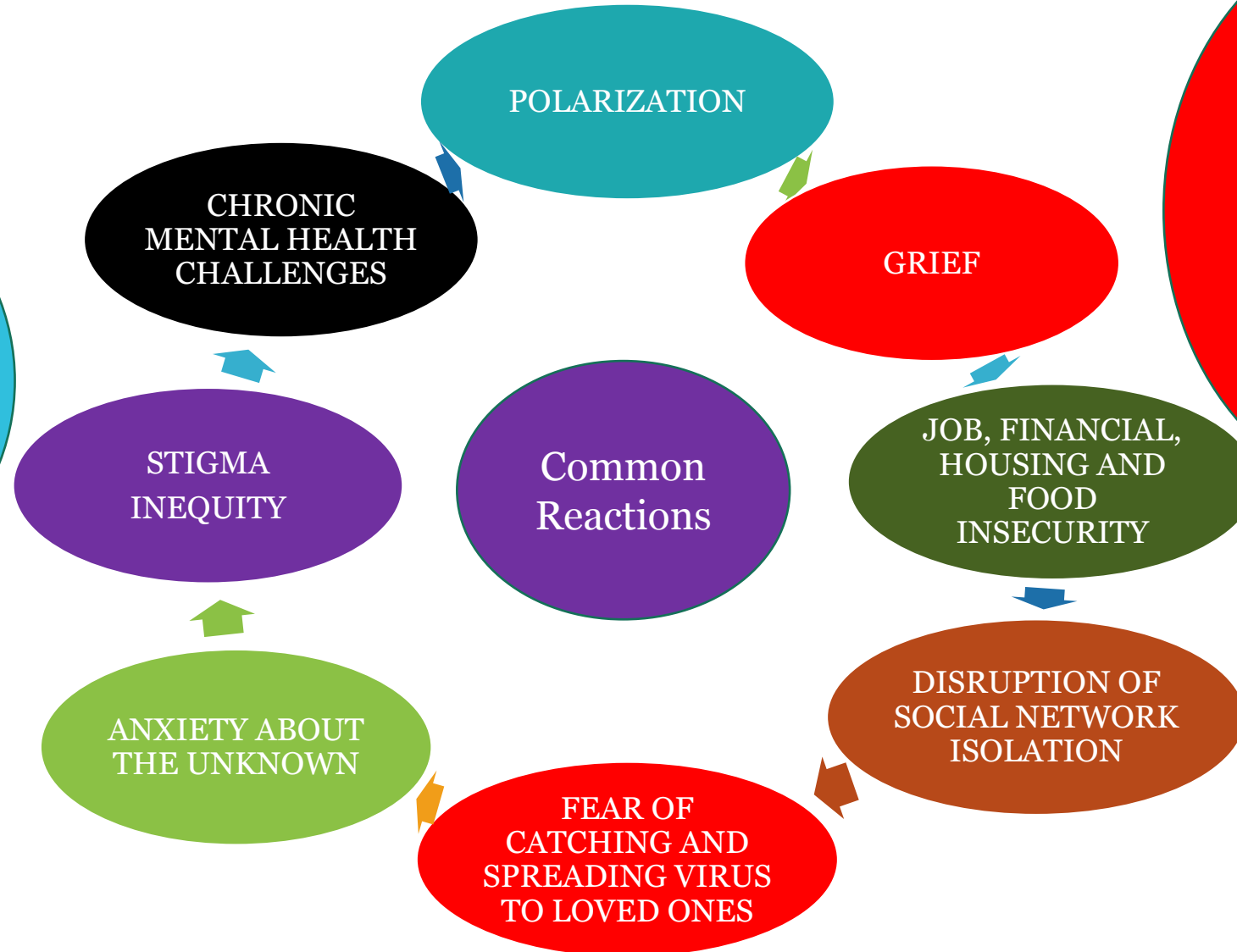
Behavior
Isolation
Tantrums
Self-Injury
Violent behaviors
Addictions
Eating Disorders
Abusive Behaviors

Relationships
Angry at others
Isolation
Missing work
Overly Dependent
Irritability



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COVID-19/
Societal
Unrest
Climate
Change



The
Wellness
Skills
can be easily
learned by
children and
adults



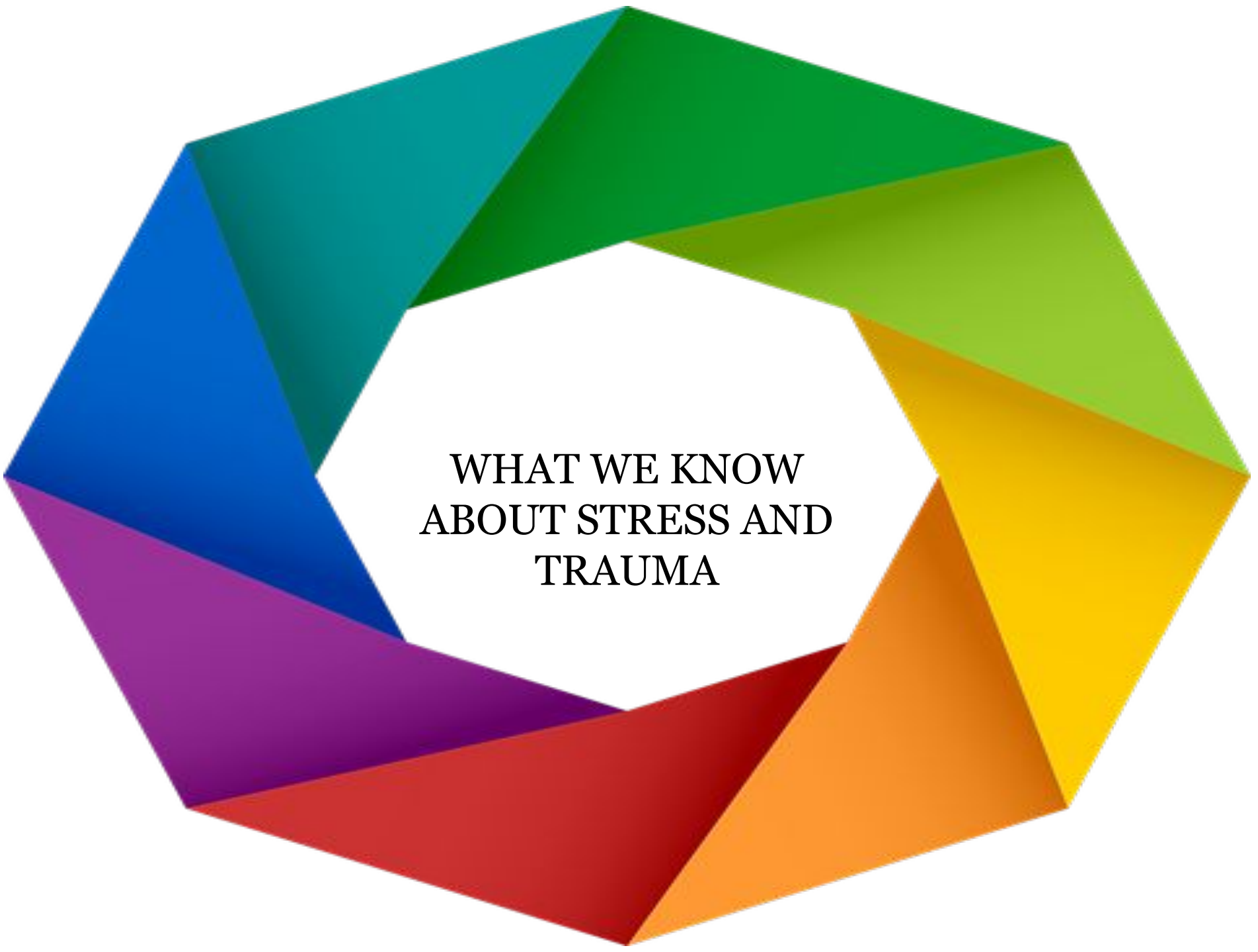
COMMON REACTIONS CONNECTED TO OUR WELL BEING

- *Strength and Courage*
- *Coming together with a joint purpose*
- *Gratitude*
- *Advocate*
- *Appreciation of loved ones*
- *Hope*
- *Increased Faith*
- *Wisdom*
- *Compassion for self and others*
- *Forgiveness*
- *Transformation*





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WHAT WE KNOW
ABOUT STRESS AND
TRAUMA

POSITIVE

TOLERABLE

TOXIC STRESS

THREE LEVELS OF STRESS

Body responses to a
mild/moderate
stressor

Brief stress response
increases heart rate,
blood pressure &
hormone levels

Balance returns
quickly

Time-limited stress
response results in
short-acting changes

Balance returns with
help from support
system and other
interventions

Ongoing
and relentless body
responses to Intense
Stressors

Prolonged activation of
stress response systems in
the absence of protective
relationships.

STRESSFUL OR TRAUMATIC EXPERIENCES ARE EXPERIENCED BASED
UPON A CHILD'S OR ADULT'S PERCEPTION



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*ADVERSITY
IS NOT
DESTINY*

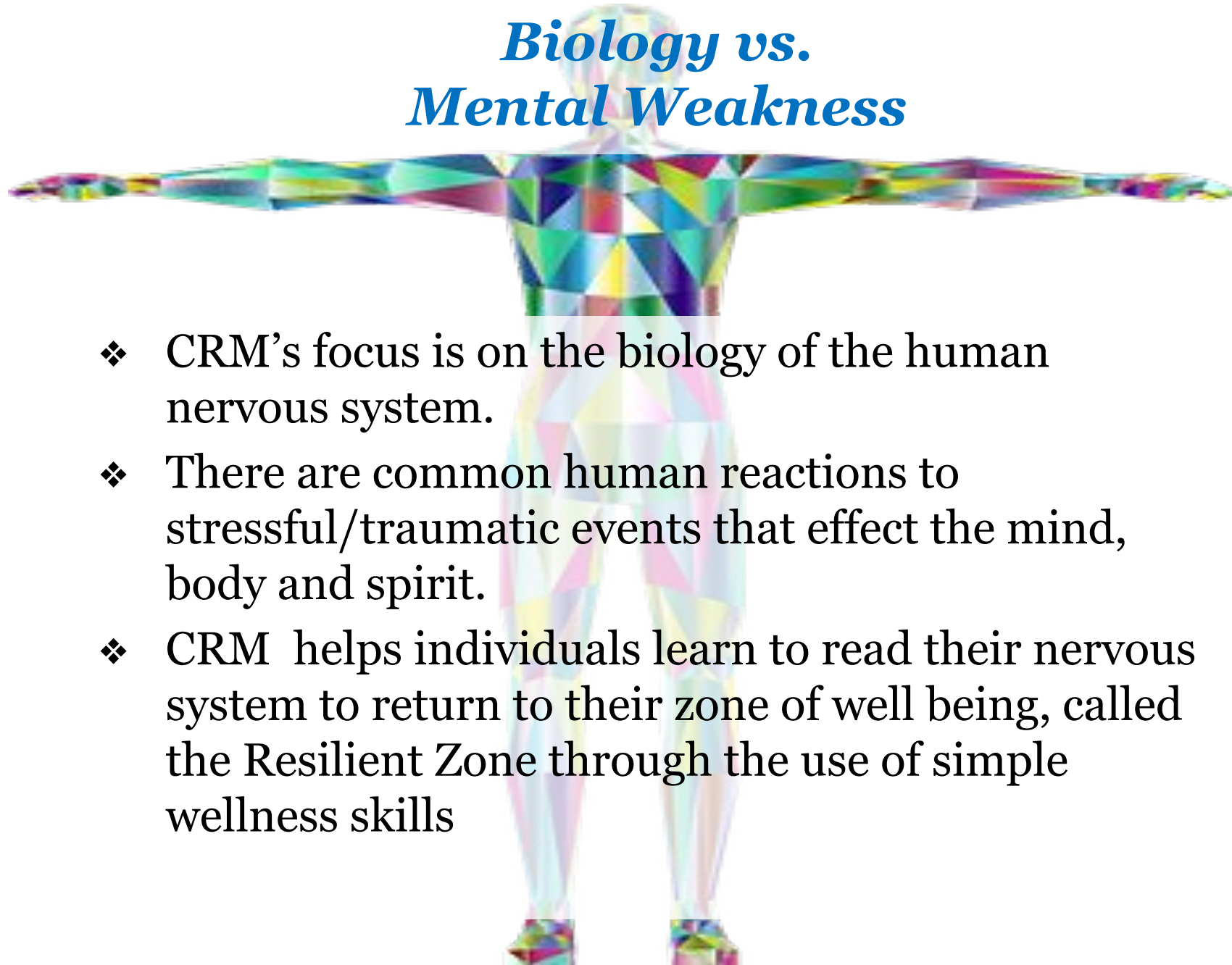


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KEY CONCEPTS 2

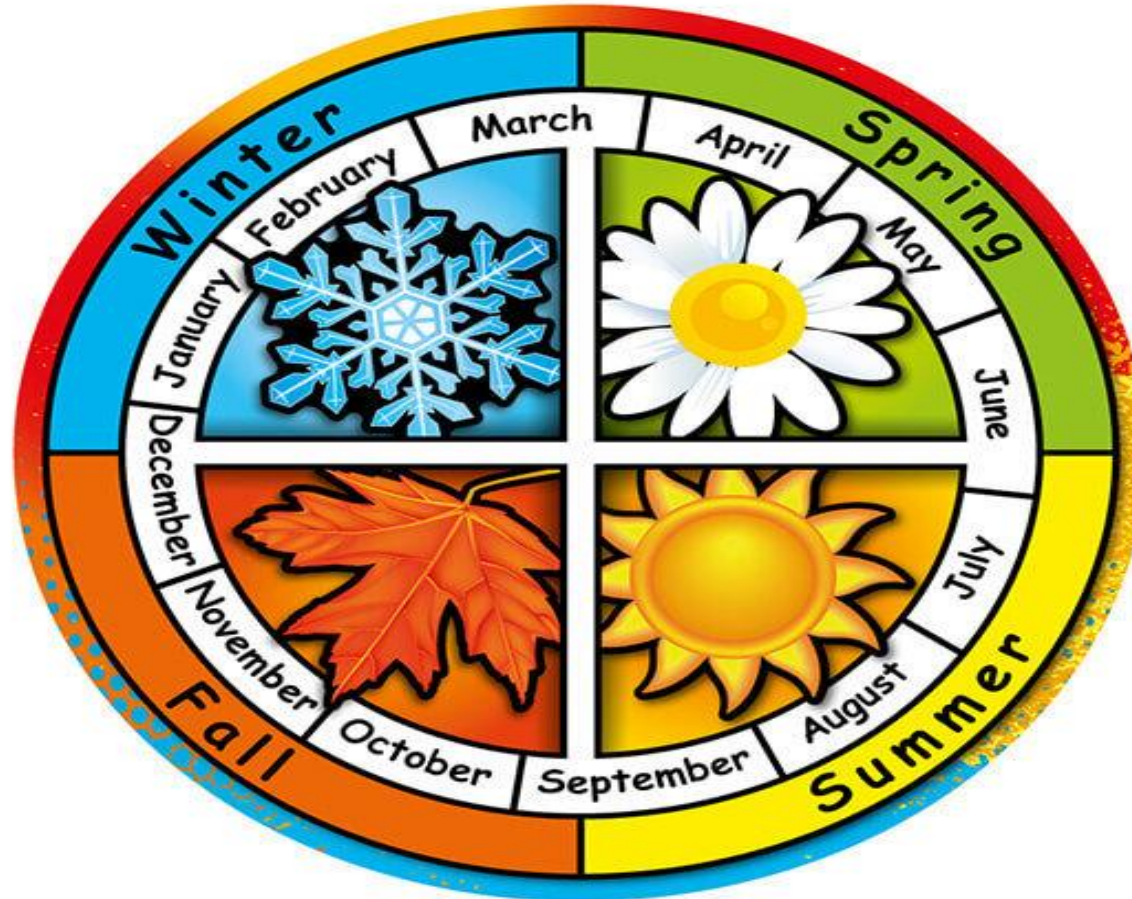
Biology vs. Mental Weakness



- ❖ 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 learn to read their nervous system to return to their zone of well being, called the Resilient Zone through the use of simple wellness skills

Laws of Nature

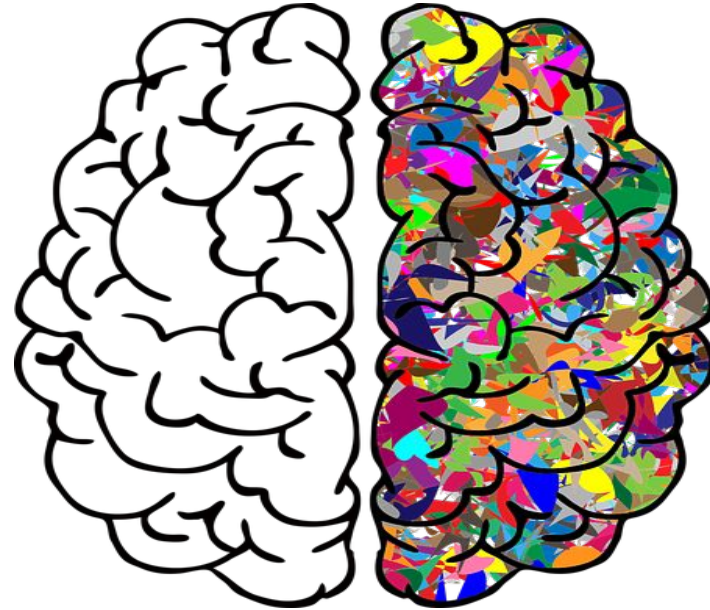
The natural rhythms in nature also exist within the human nervous system.



We do not have to be trapped by the storms of our body: sensations of discomfort and pain.
We can draw our attention to sensations of well-being and transform our experience.

Scientific Research About the Brain

“**Neuroplasticity**” - the lifelong capacity of the brain to change and rewire itself in response to the stimulation of learning and experience...Hope!



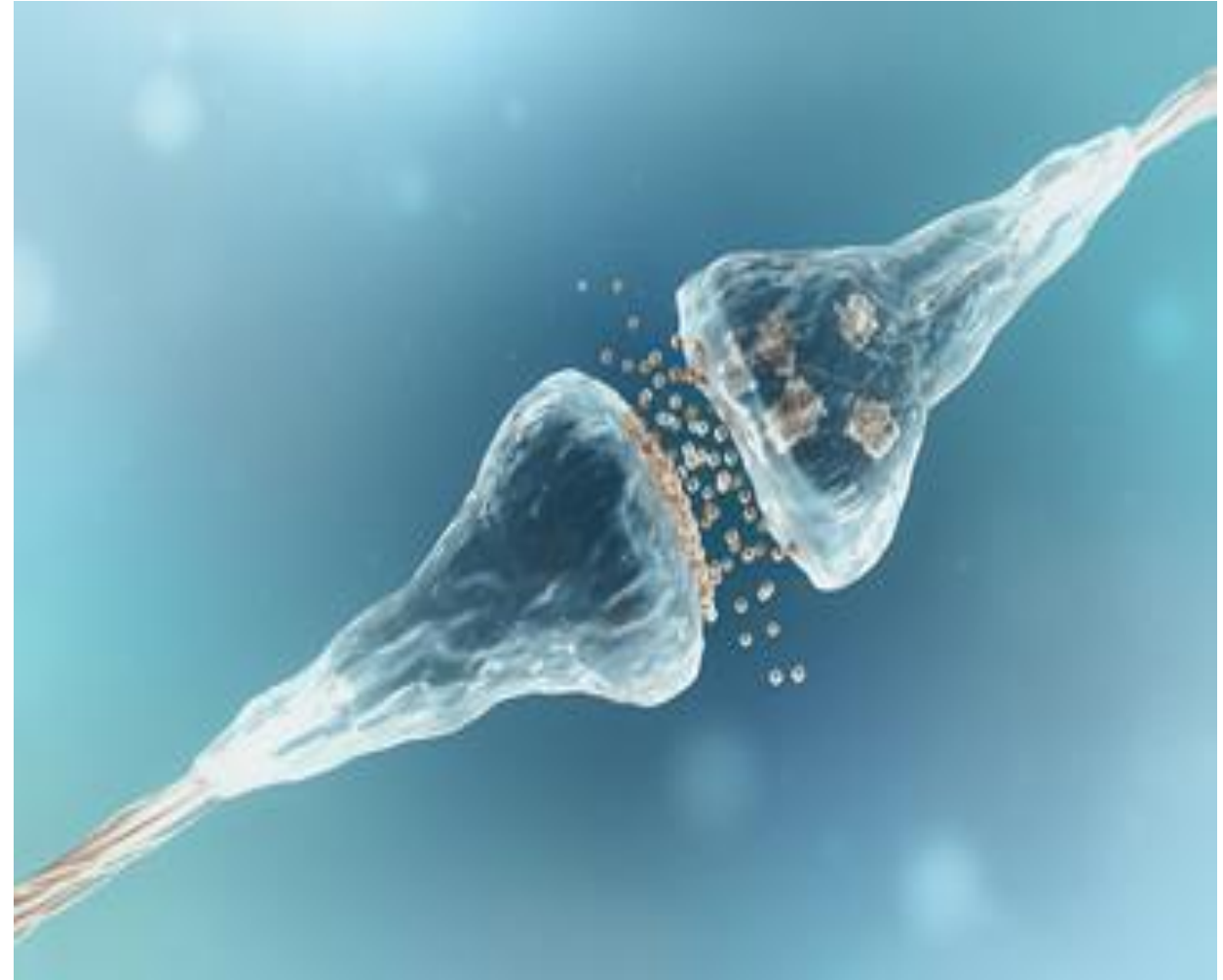
Neurogenesis is the ability to create new neurons and connections between neurons throughout a lifetime.” (Goldberg, 2013)



Scientific Research About Building Resiliency

Brain cells that fire together
wire together!

Carla Schatz





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Tuning and Pruning

- **Tuning:** Positive experiences can change the actual structure of the brain by increasing the number of connections between neurons.
- **Pruning:** Neural connections that aren't used weaken and often disappear—the “use it or lose it” principle.



Anatomy -- the study of the structures of body parts and their relationships to one another

Physiology -- the study of the functions of the body

CRM uses observation and knowledge of patterns of the nervous system to help people learn to distinguish between sensations of distress and well being.

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*

*Parasympathetic
Prepares for Rest*

*The PNS controls the body
during rest*

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





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KEY CONCEPTS 3 THE SKILLS

*Apply your Resiliency Mask First:
Learning Skills to Stay in Your Zone
To Help Others*



A COMMUNITY RESILIENCY MODEL GUIDE is a person who shares the wellness skills of the Community Resiliency Model with others

- 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.



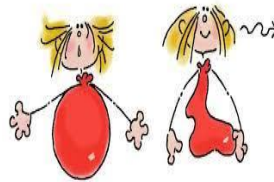
INVITATIONAL LANGUAGE



NON-DIRECTIVE &
NON-JUDGMENTAL



I invite you to open or close your eyes which
ever is most comfortable.



Notice spontaneous parasympathetic breaths
DO NOT direct breath.



I invite you to find a comfortable position,
you can sit or stand or lay on the floor



Which skill would like to use? I invite you to
use the skill you like the best.

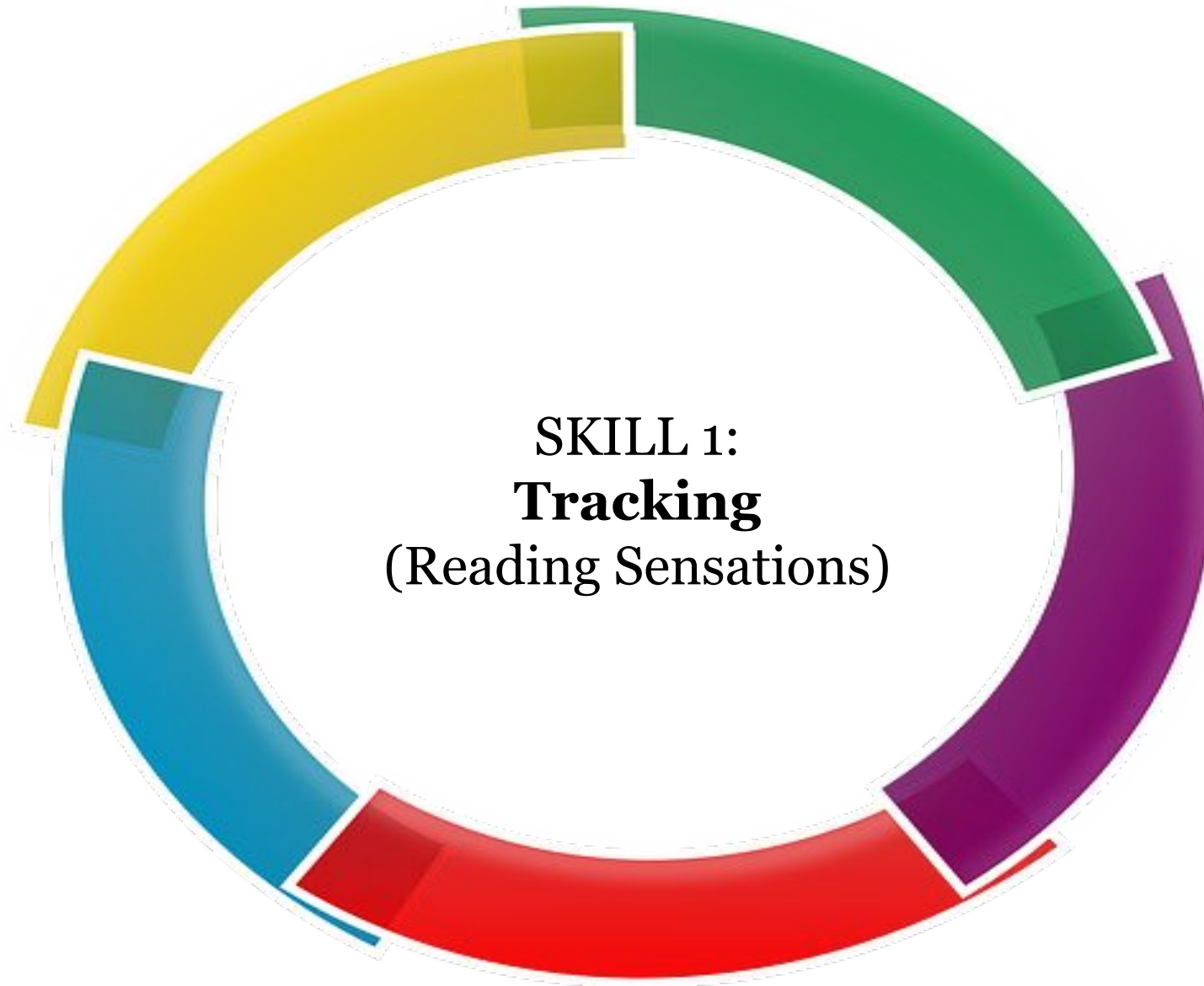
The Six Skills

The Community Resiliency Model



The Community Resiliency Model - The Basic Three



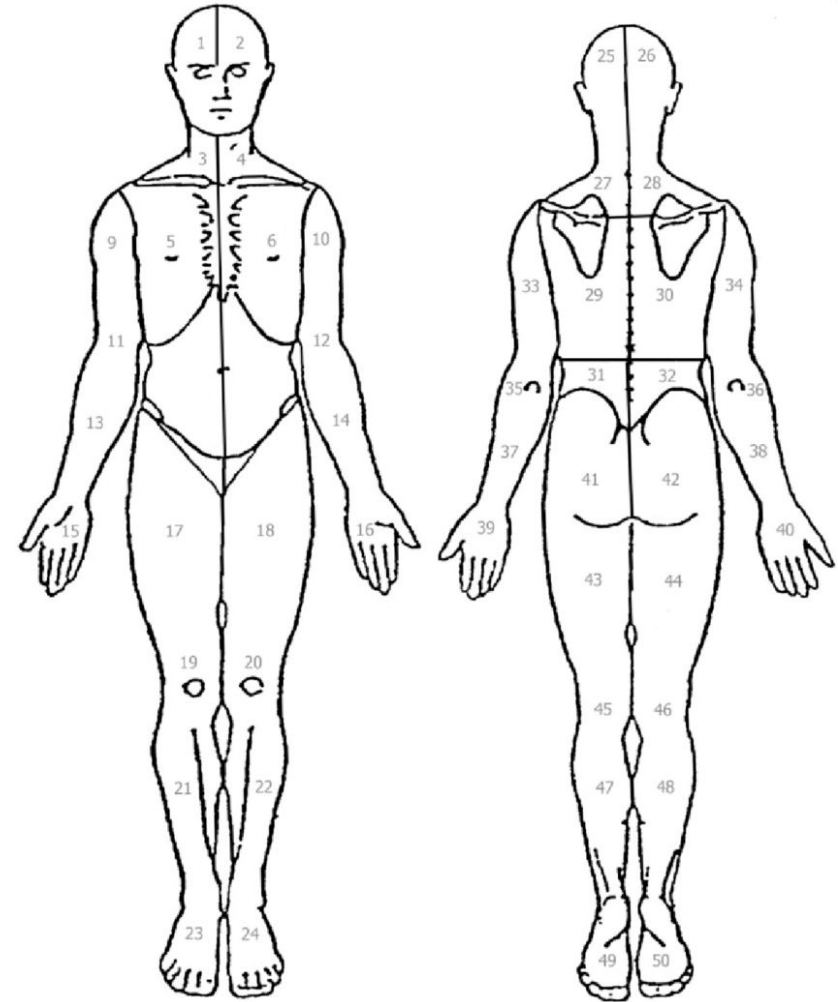




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Tracking is the foundation for helping stabilize the nervous system.

Tracking is noticing or paying attention to sensations – to what is happening inside the body in the present moment

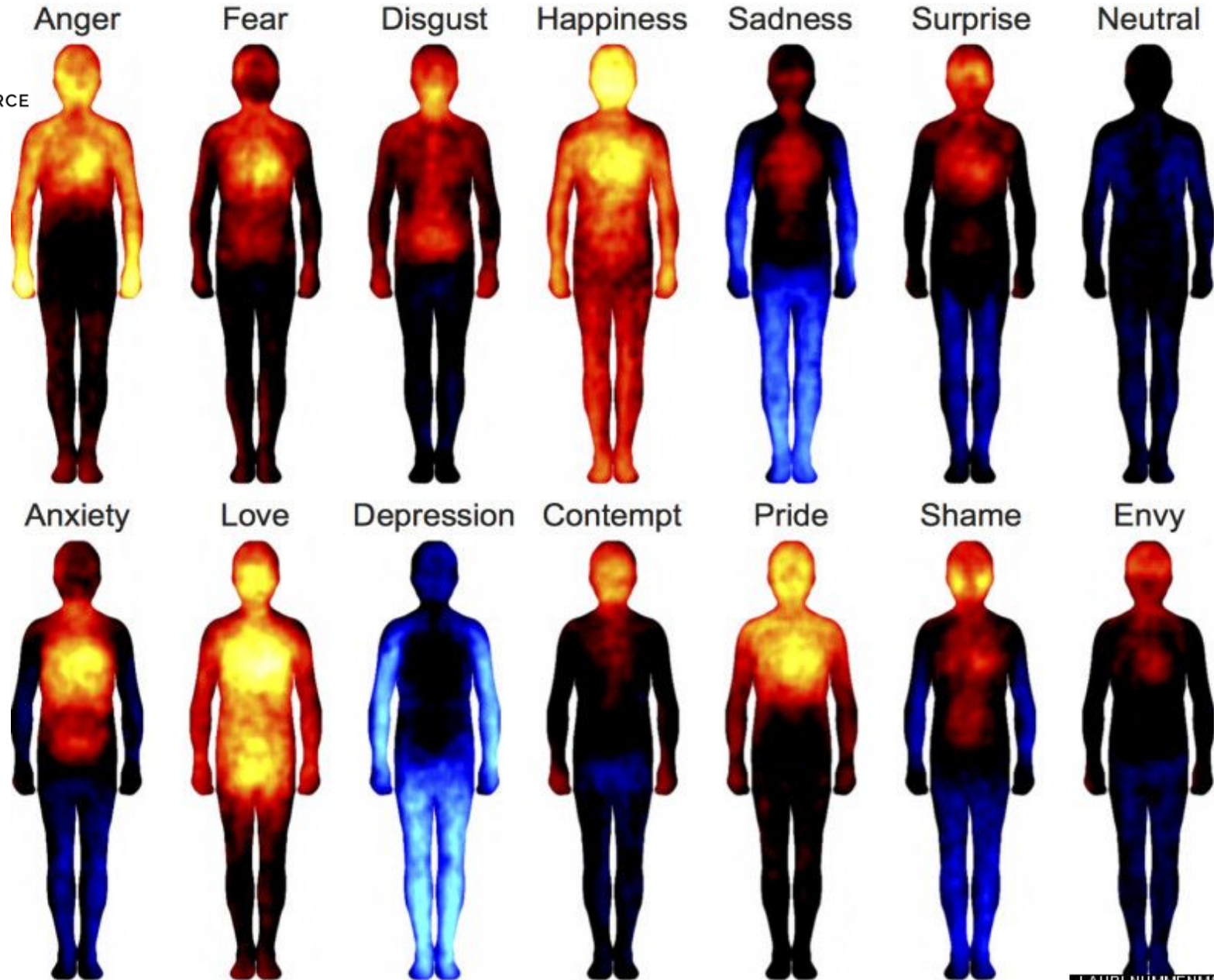




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*What we pay
attention to
grows*



A sensation is a *physical experience* in the body.

Sensation originates 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.

DOORWAYS OF EXPANDING WELL BEING



THINKING



SENSING



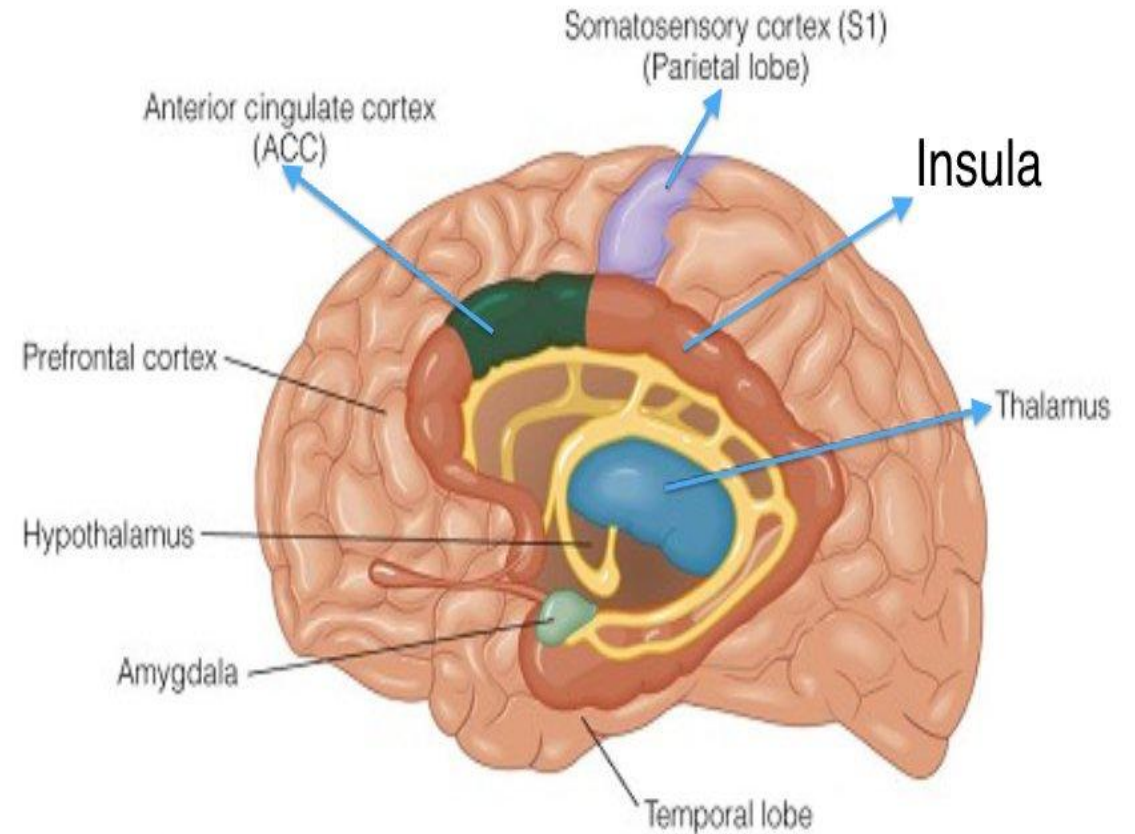
FEELING

Interoception & the Insula

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

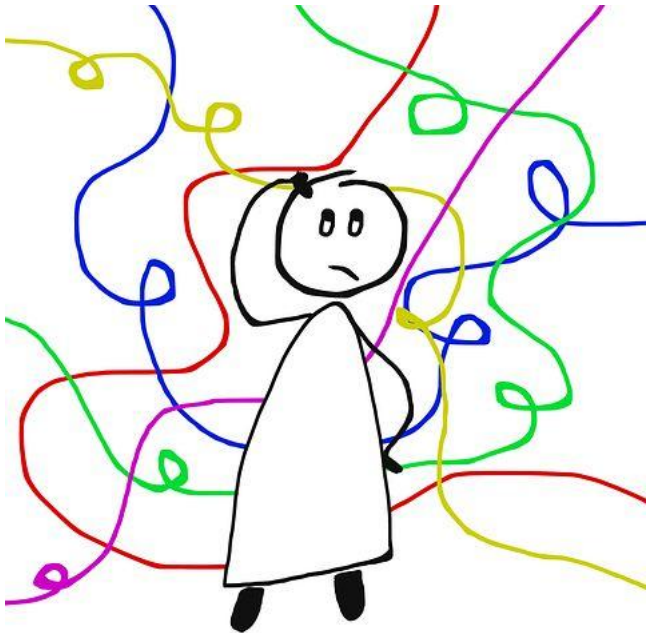
- The insula is a part of the brain that helps body and mind communicate to one another.
- It reads physical states of the body (sensations) like pain, an itch, temperature
- It communicates to the Medial Prefrontal cortex (thinking brain) to take action to keep the body in a state of internal balance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

Paulus, et al (2010)



When we learn to discern the differences between sensations of distress and well being.

We begin to have CHOICE of what to pay attention to on the inside.



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

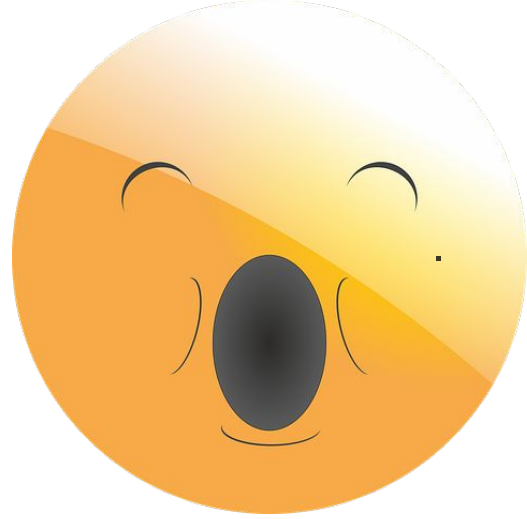


Determining if the sensation is **pleasant**, **unpleasant** or neutral

Sitting or staying with sensations that are pleasant or neutral

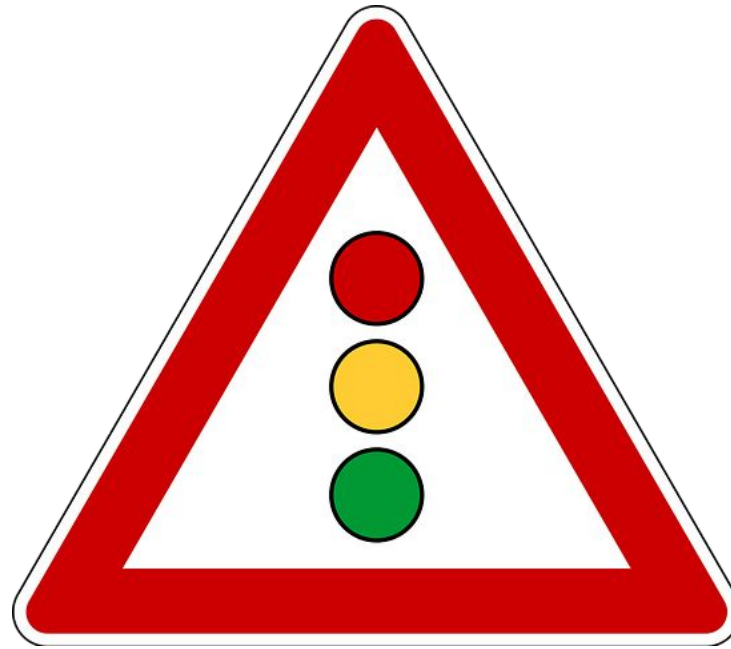


Curiosity questions:
What do you notice on the inside?
Are the sensations pleasant, unpleasant or neutral?



Tracking Nervous System Release

- A biological process that happens automatically when the body releases stress energy and comes back into balance.
- Sensations can include trembling, tingling, yawning, stomach gurgling, burping, warmth, cooling down.
- Paying attention to release sensations can help the body return to the Resilient Zone.



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. So if learning sensory language is too distressing, always give a person the choice to stop learning the skills.

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

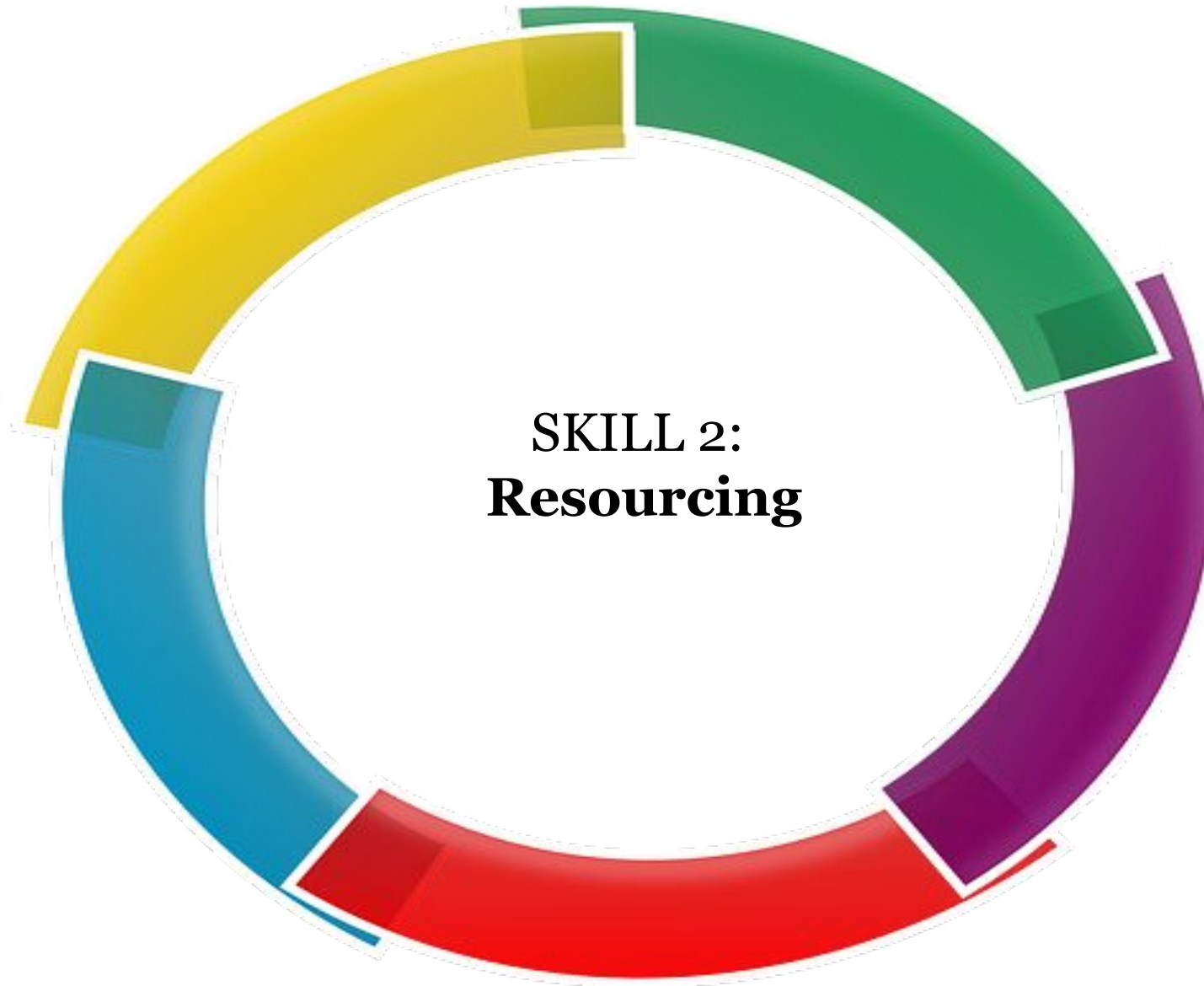
WEIGHT

HEAVY
LIGHT
FIRM
GENTLE

CRM Activity Booklet

Tracking Exercise





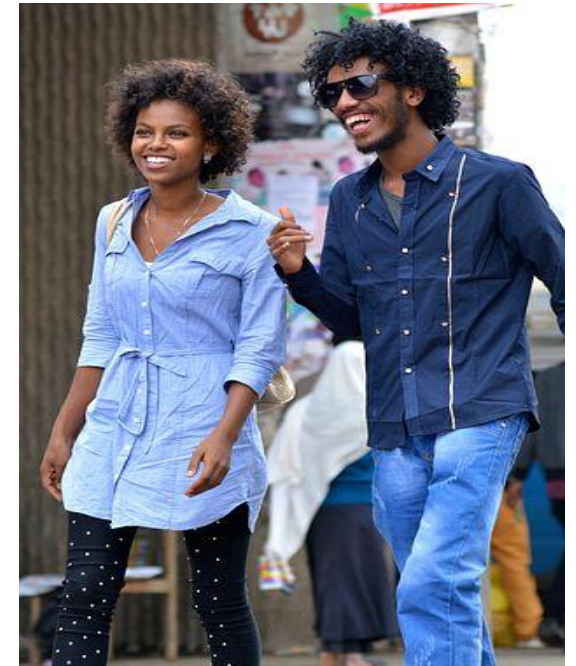
One of the best ways to learn how to develop your sensory vocabulary is through identifying a personal resource and then noticing sensations on the inside



What might be pleasant for the people in this photo?

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



CRM Activity Booklet

Resourcing Exercise



Developing Resources –Acts of Kindness and Gratitude

Happy habits can be nurtured, acquired, or directly taught

[Sheldon & Lyubomirsky, 2019](#)



- 9- to 11-year-old children who practiced acts of kindness became happier ([Layous et al., 2012](#))

- 14- and 15-year-old youth who practiced gratitude not only got happier but reported healthier eating habits and intentions to become a better person over the course of a semester. ([Fritz et al., 2019](#))

- An experiment showed that doing acts of kindness for others leads to changes in immune cell gene expression associated with disease resistance ([Nelson-Coffey et al., 2017](#));

Resource Intensification



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

Resource intensification strengthens the “felt sense” of the resource and overrides attention that automatically goes to unpleasant sensations

Conversational CRM: Resiliency Questions

Crisis

- Can you tell me the moment you knew you had survived?
- Can you tell me the moment helped arrived?
- Who or what is helping you the most now?



Loss

- Can you tell me some of your meaningful memories of them?
- What did you like to do together?
- What kind of words of encouragement would they say to you during difficult times?



Questionable

- Consider what is helpful about a questionable resource?



Skill 2: 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. This can be a common occurrence.



- Acknowledge the shift (i.e. notice tears)
- Gently invite awareness to more pleasant memories of the resource
- Invite awareness to part of the body that feels more comfortable or neutral

If this is too hard, ask if it would be helpful to think of a different resource.

Why do we notice *TEARS*?

To embody the tears.

Tears activate the parasympathetic nervous system regulating blood pressure, heart rate, and breathing.



Notice the warmth of the tears.

Notice the wetness of the tears

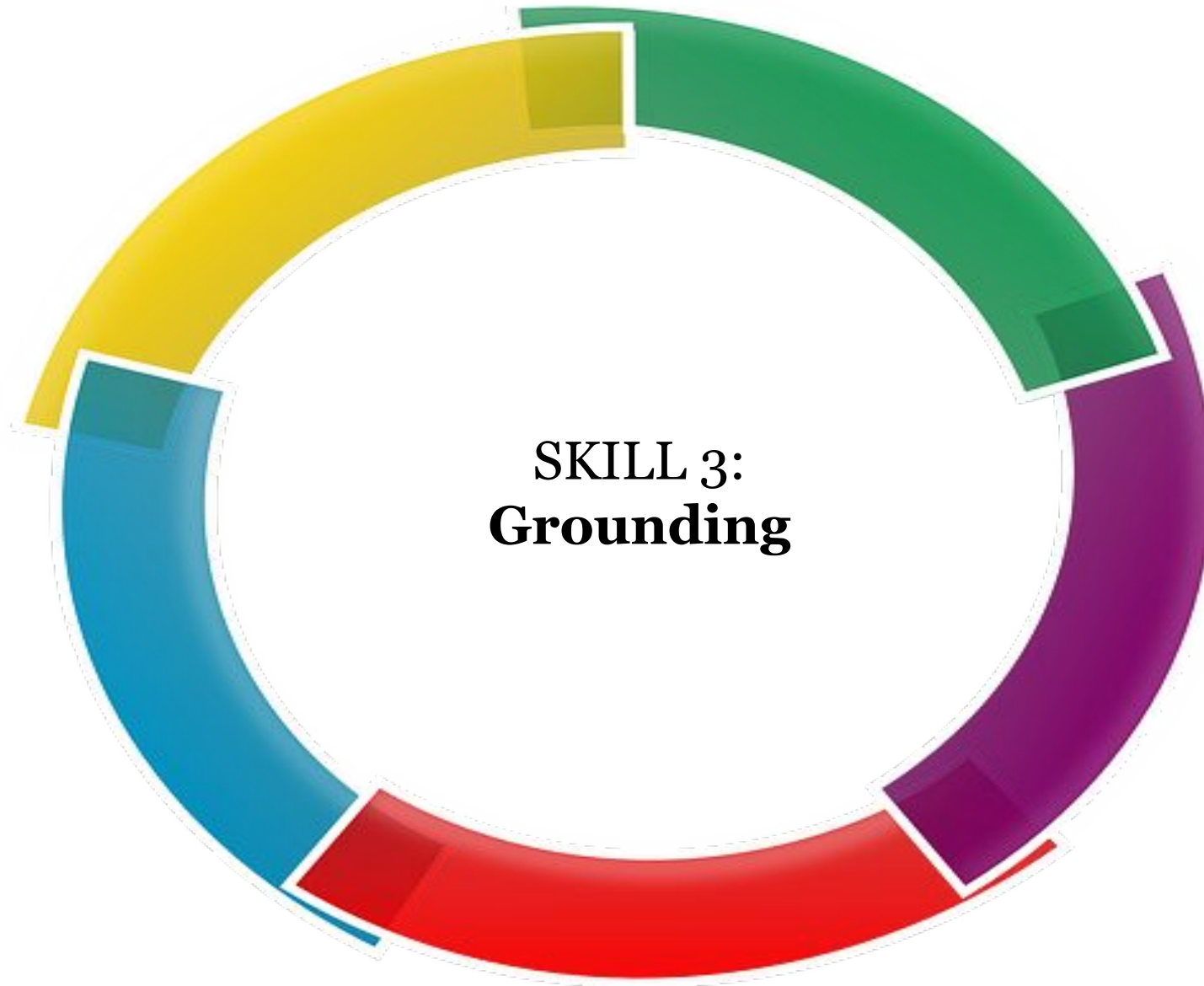


Research has found that in addition to being self-soothing, **shedding emotional tears releases oxytocin and endorphins.**



These chemicals make people feel good and may also ease both physical and emotional pain. **Crying may help reduce pain and promote a sense of well-being.**

SENSORY AWARENESS



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.

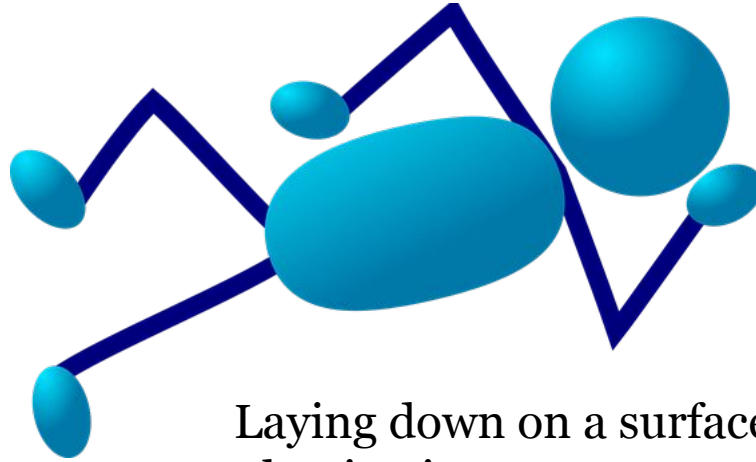


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YOU CAN GROUND IN MANY POSITIONS



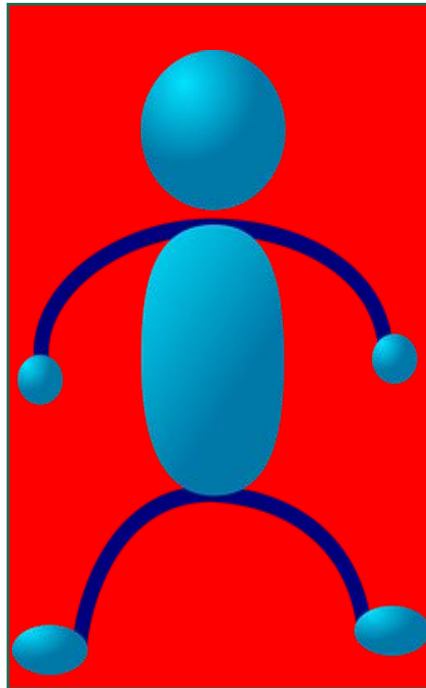
Walking and paying
Attention to steps



Laying down on a surface or
Floating in water



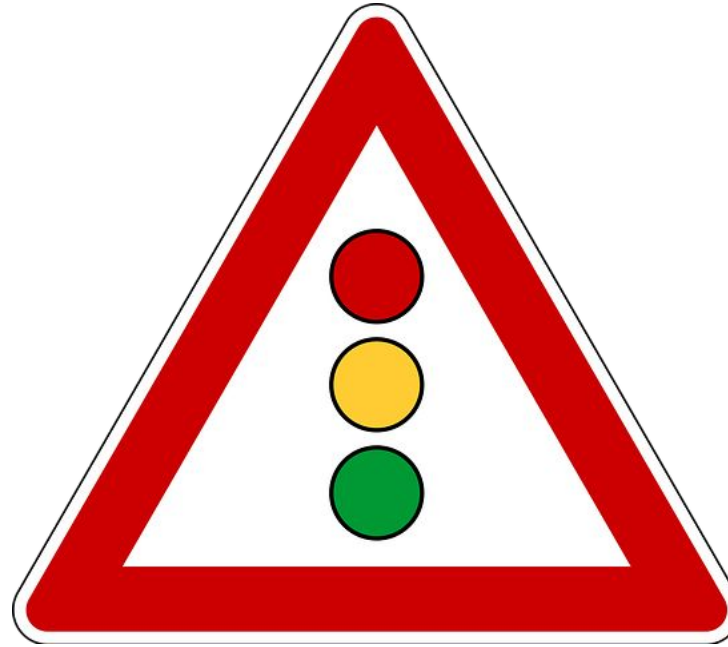
Through a part of your body
like your hands or feet



Standing against a wall



Sitting on a chair, sofa or ground

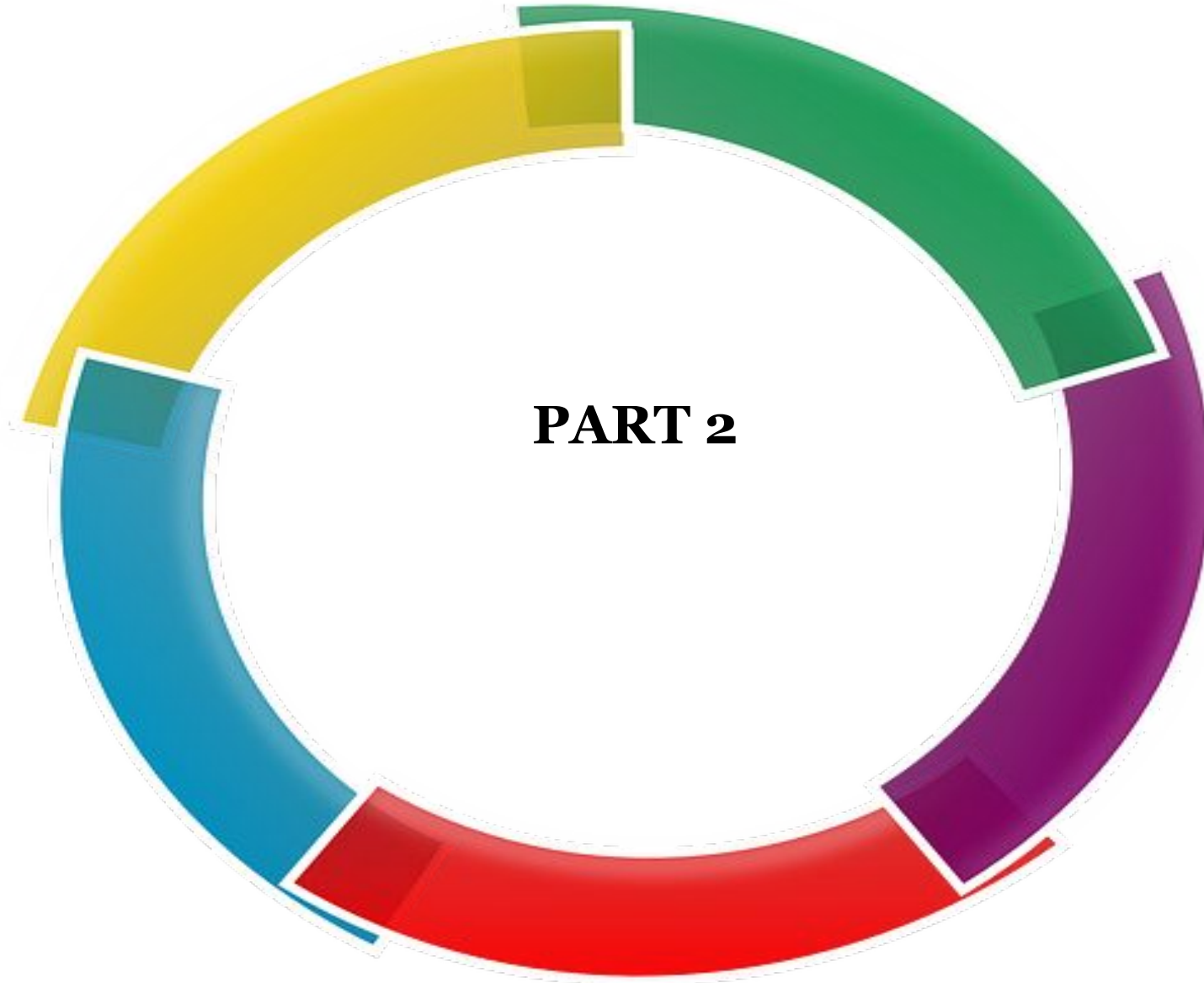


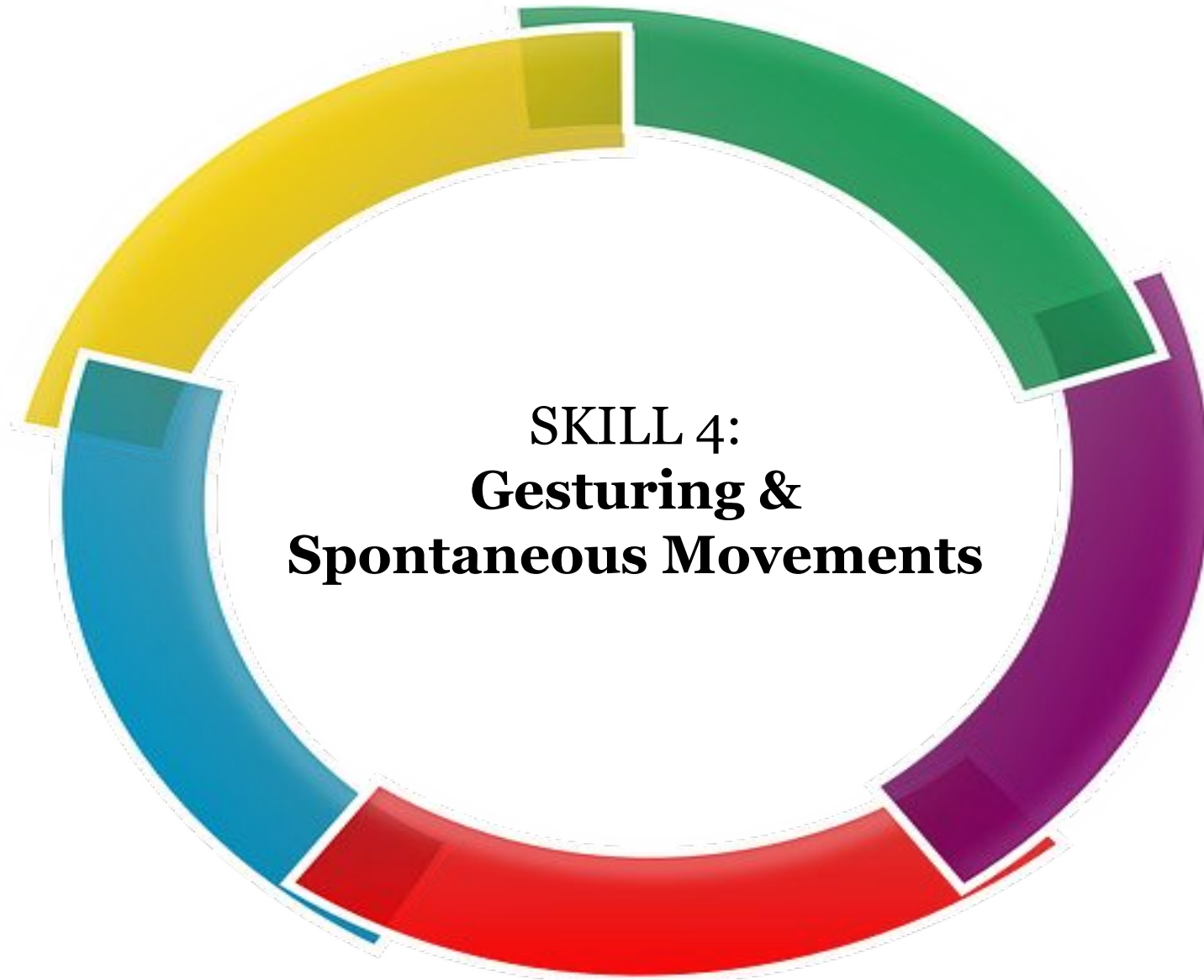
- Some children and adults who have experienced physical and emotional trauma may have difficulty with the skill of “Grounding.”
- For some children and adults, “Grounding” can increase sensations connected to traumatic memory.

CRM Activity Booklet

Grounding Exercise









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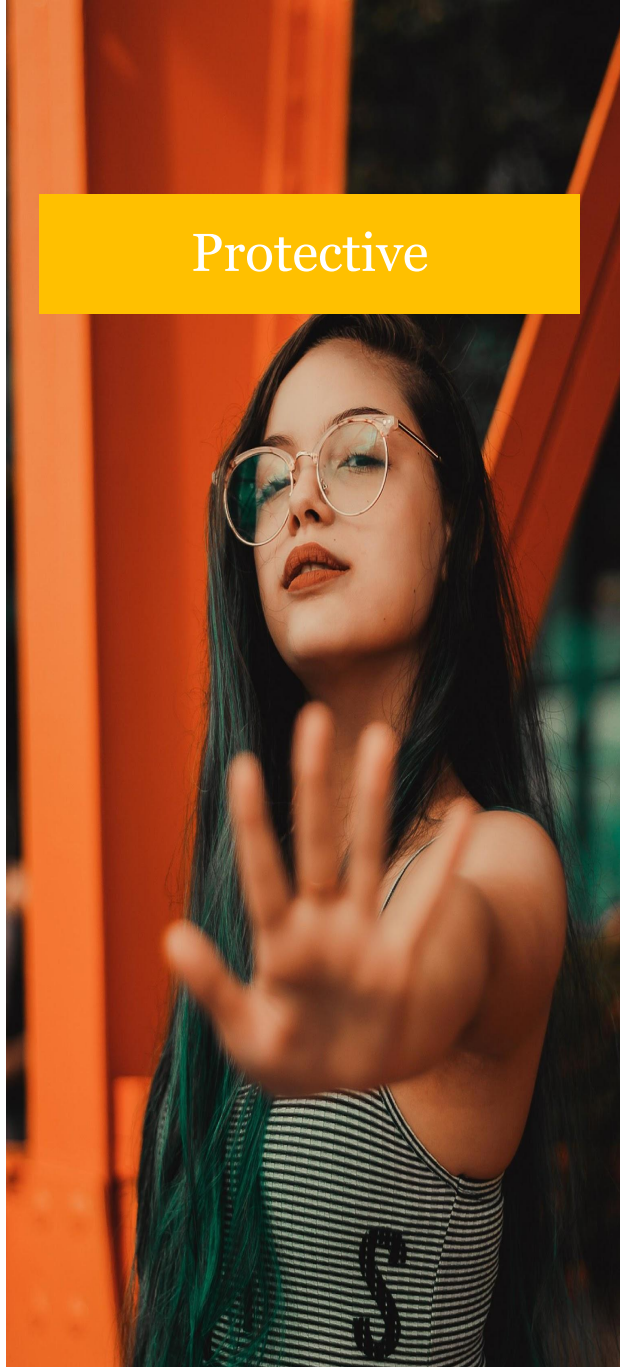
- A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.
- Movements & gestures made below conscious awareness
- The use of motions of the limbs or body as a means of expression. (Merriam Webster Dictionary)
- Movements and/or gestures that do not cause self-injury or self-harm.





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Protective



Joyful



Powerful



Movements and Gestures



Self-Calming



Release

Universal Spiritual Gestures





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- A person can be encouraged to identify their self-soothing gesture.
- The soothing gesture can be called to mind by intention to help get back to the Resilient Zone if bumped out.
- Encouraging the person's curiosity about self-comforting gestures is another way the guide reinforces the person's inherent resiliency.

CRM Activity Booklet

Gesturing Exercise





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A large, colorful geometric graphic consisting of several overlapping, semi-transparent polygons in shades of teal, green, blue, purple, red, orange, and yellow, arranged in a circular pattern around the central text.

KEY CONCEPTS 4



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Organizing Principle Brain Networks



Cortex: Thinking Network

Associated with consciousness, thoughts, speech, emotion, reasoning, language, and memory.

Limbic Area: Emotional Network

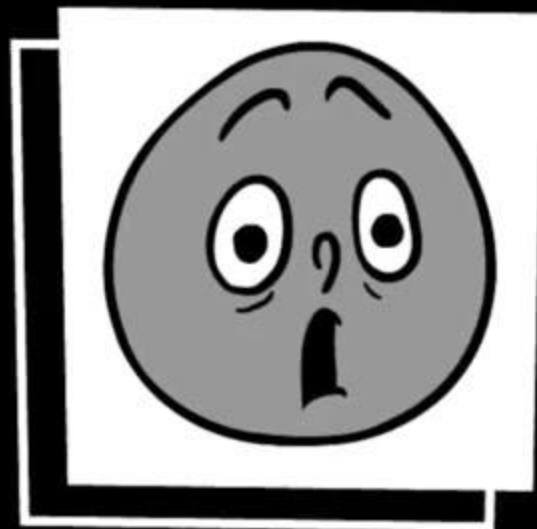
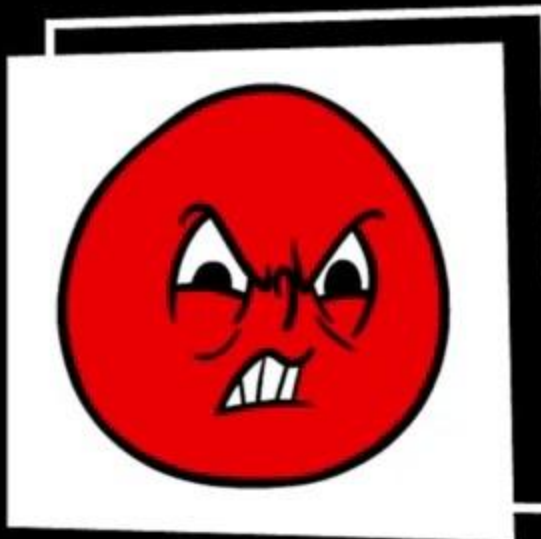
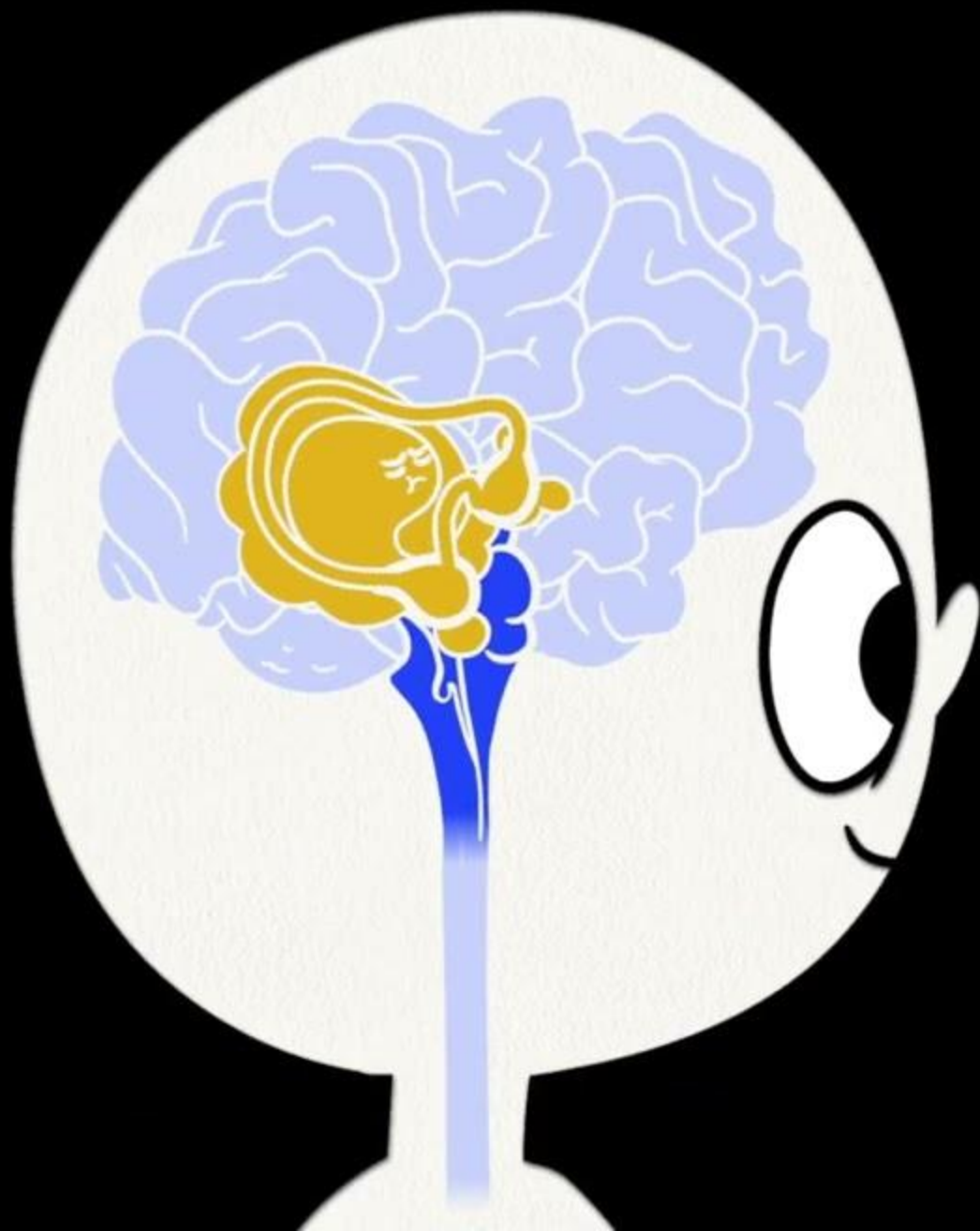
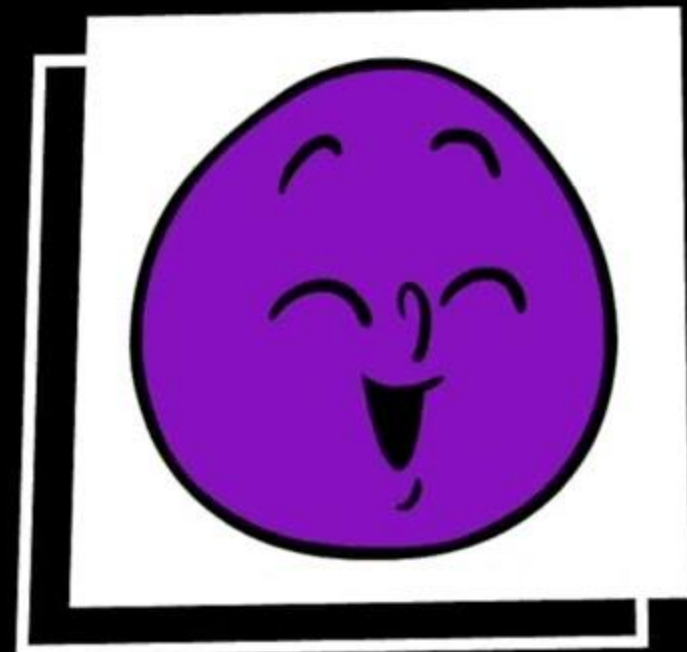
Assesses risk.

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

Survival Network: Instinctual

Carries out “fight, flight, & freeze.”
Unconscious.

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





What happens when



YOU FLIP YOUR LID

PREFRONTAL CORTEX IS ENGAGED:



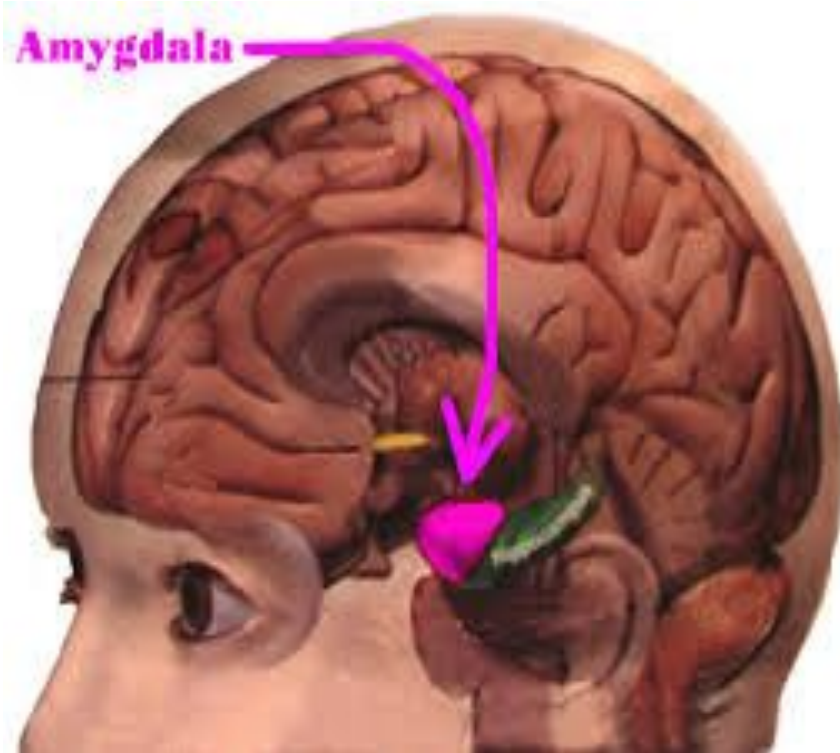
Calm, rational thought, mental flexibility: Able to make good decisions

LID IS FLIPPED --> AMYGDALA IS ENGAGED

Big emotions arise - anger, fear anxiety, sadness. Unable to make good decisions or calm down.

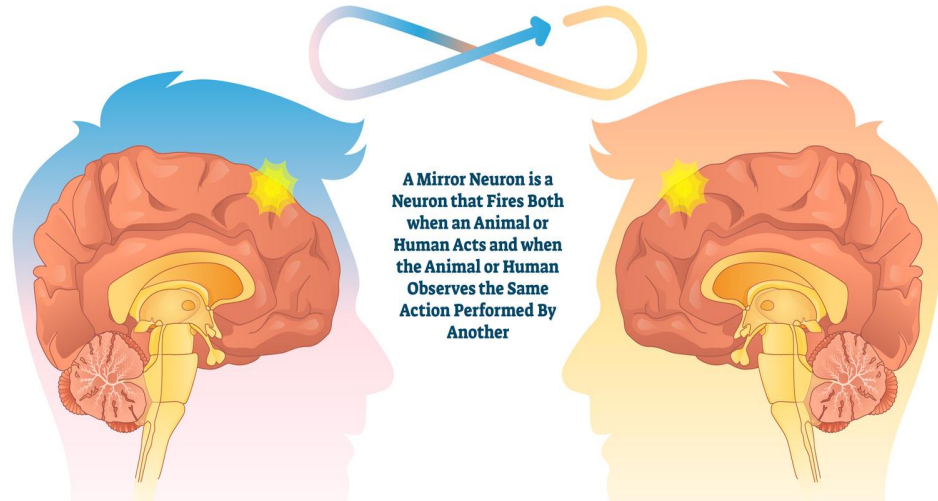
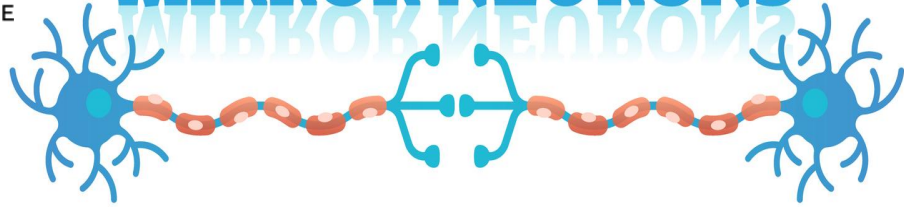


Source: The Whole Brain Child



- The amygdala is the appraisal system:
 - Signals rest of nervous system when there is a threat
 - Creates templates from highly charged emotional memories
 - Generalizes information to sound an alarm if there is a perceived threat
 - Organized by past experience and has a negativity bias. Humans are designed for survival.

MIRROR NEURONS



A Mirror Neuron is a Neuron that Fires Both when an Animal or Human Acts and when the Animal or Human Observes the Same Action Performed By Another



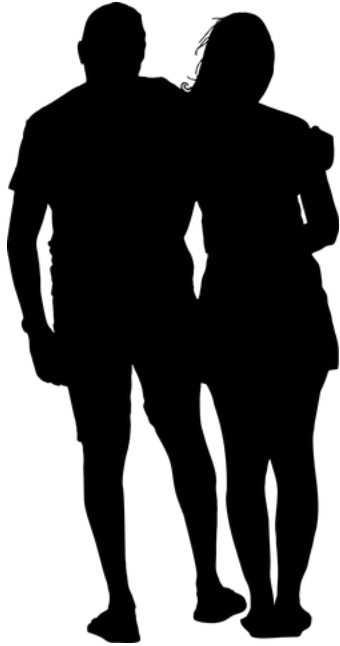
A **mirror** neuron is a neuron that fires both when a person takes an action and a person observes the same action being made by another.

The neuron "**mirrors**" the behavior of the other, as though the observer were acting.

When a person is in their Resilient Zone and responds from their best self, another can mirror the experience of being in the Resilient Zone by observation of their behavior.



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***Survival Responses:
Tend & Befriend, Fight, Flight & Freeze***

SURVIVAL RESPONSES



Survival Responses are automatic responses that occur during times when we perceive a threat.



We respond instinctually to survive.



If the environment is threatening or perceived to be threatening, the person may live in a constant state of distress.



This can reset the NS so even small reminders can release an automatic survival response.

TEND AND BEFRIEND

Refers to protection of offspring – **TENDING** and seeking out the social group for mutual defense – **BEFRIENDING**

Taylor (2013)

- A survival response directed toward a perpetrator, exhibited by some animals, including humans under threat.
- Works in two ways:
 - Protection of offspring (tending)
 - Seeking out the social group for mutual defense (befriending)
- Oxytocin is released during “tending and befriending”
 - Prompts social behaviors, including protective responses towards offspring and the protection of the social group.
- This social response to threat accesses parasympathetic nervous system and reduces the release of cortisol.

FIGHT AND FLIGHT

Fight-or-flight reactions are associated with sympathetically driven heart rate acceleration.



Freeze Response



- A Freeze or “tonic immobility” response can happen as a result of a perceived inescapable attack.
- Inescapable attack and the corresponding fear and terror can overwhelm biological & psychological coping
- Motor and vocal inhibition (scared stiff or scared speechless) can occur



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Help Now!/
Reset Now!

HELP NOW!
RESET NOW!
SKILL #5

HELP NOW!



- Drink a glass of water.
- Notice the temperature of the space you are in.
- Notice the sounds within the space.
- Count backward from 20 as you walk around the room.
- Touch the surface of something in nature.
- Push your hands or back against a wall.
- Name six colors you see.
- If you're inside, notice the furniture and touch the surface.
- Walk around and pay attention to the movement in your arms and legs and your feet making contact with the ground.
- Pay attention to anything that catches your eye.

Help Now! Strategies

- When stuck in the High Zone or Low Zone, a Help Now! Strategy
- Can help you get back to your Resilient Zone





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Help Now!

*DRINK a glass
water, juice or tea?*



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Help Now!

Touch a surface.

*Is it hard, soft,
rough, etc.?*

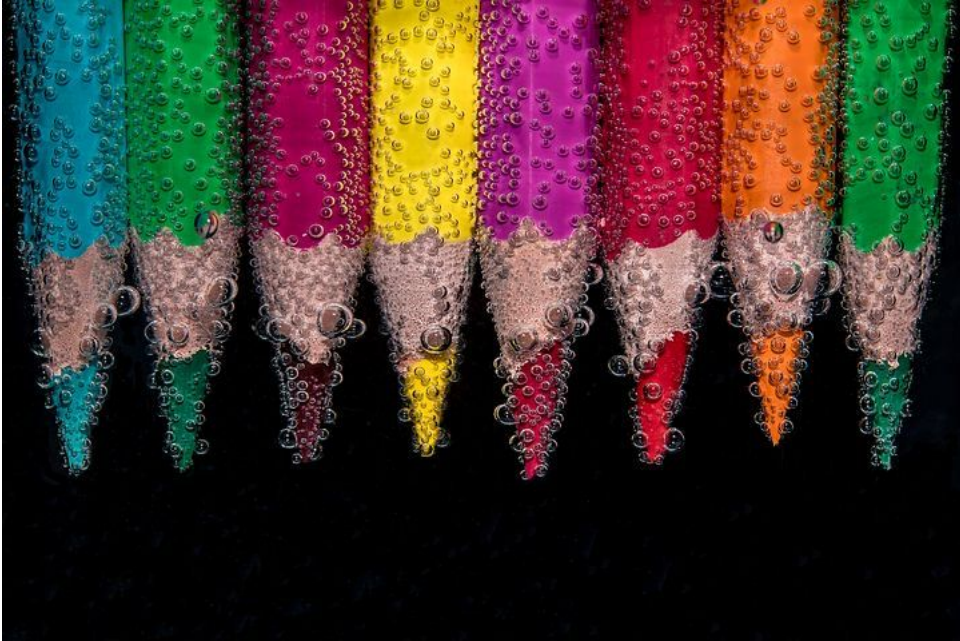


Help Now!

Look around the room or space, paying attention to anything that catches your attention.



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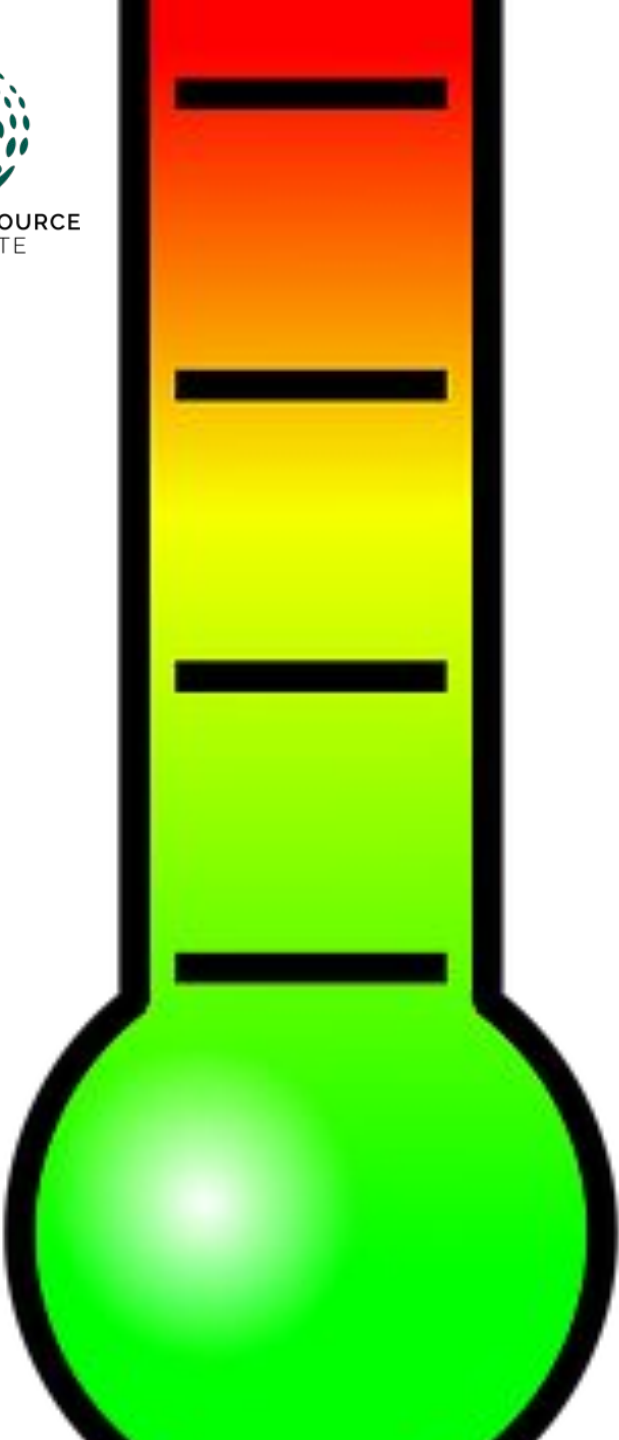
Help Now!

*Name six colors
that you can see
right now*



Help Now!

*Count
backwards
from 20*



Help Now!

*What is the temperature
of the room or space?*

Is it cool, warm, hot, cold?



Help Now!

*Notice the sounds
within the room and
outside.*



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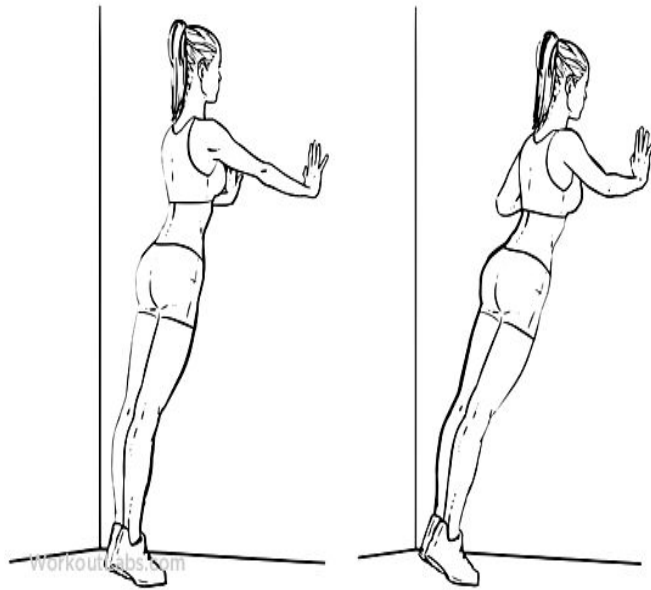
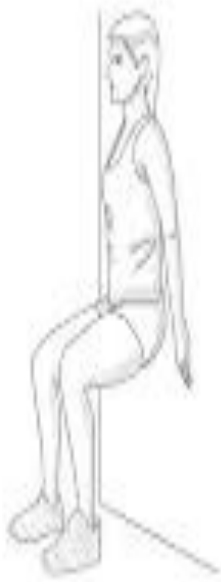


Help Now!

*Walk around the
room and notice
feet making
contact with
ground*



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Help Now!

*Push your hands or
back against the
wall.*

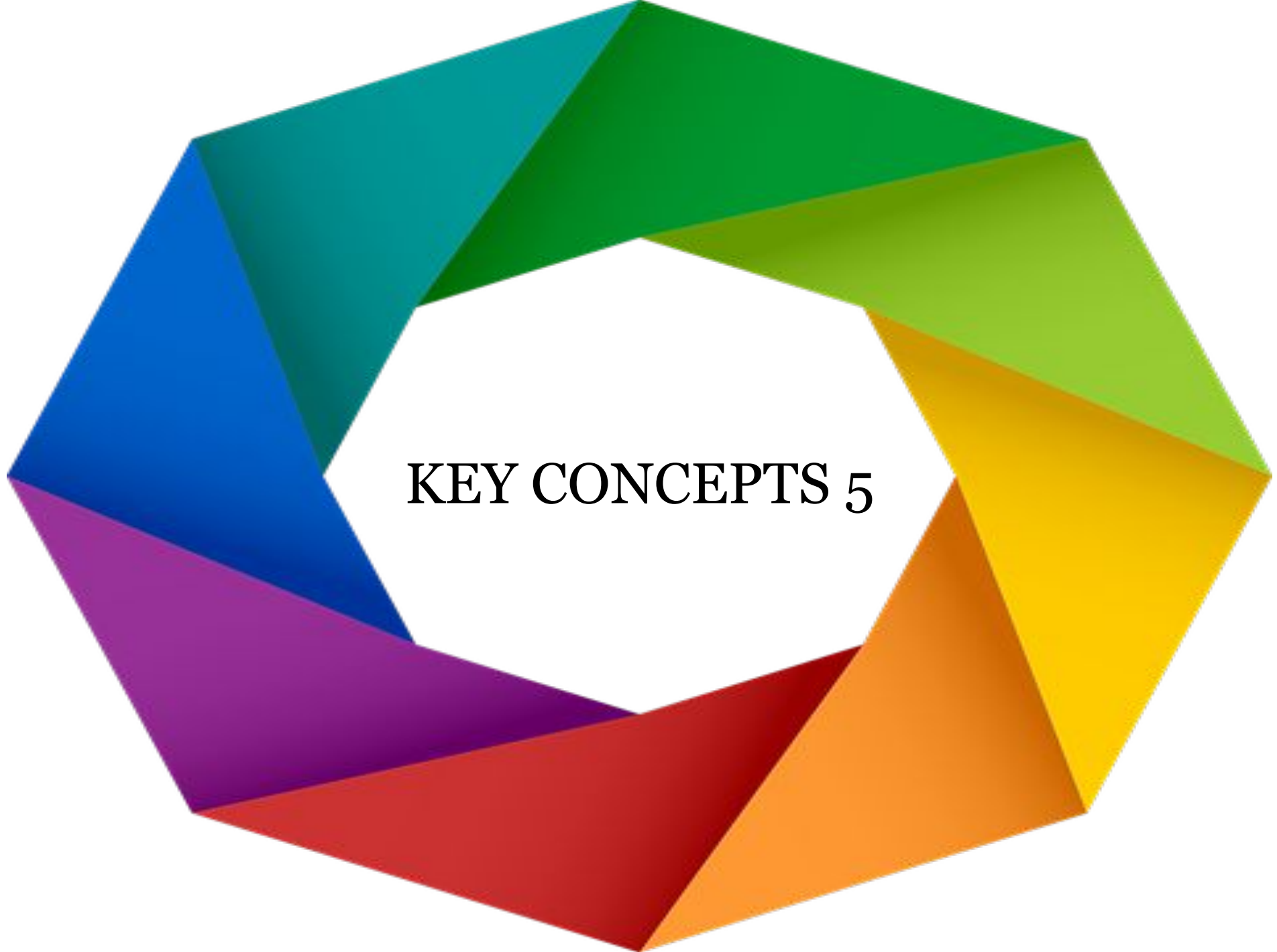
CRM Activity Booklet

Help Now! Strategies





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KEY CONCEPTS 5

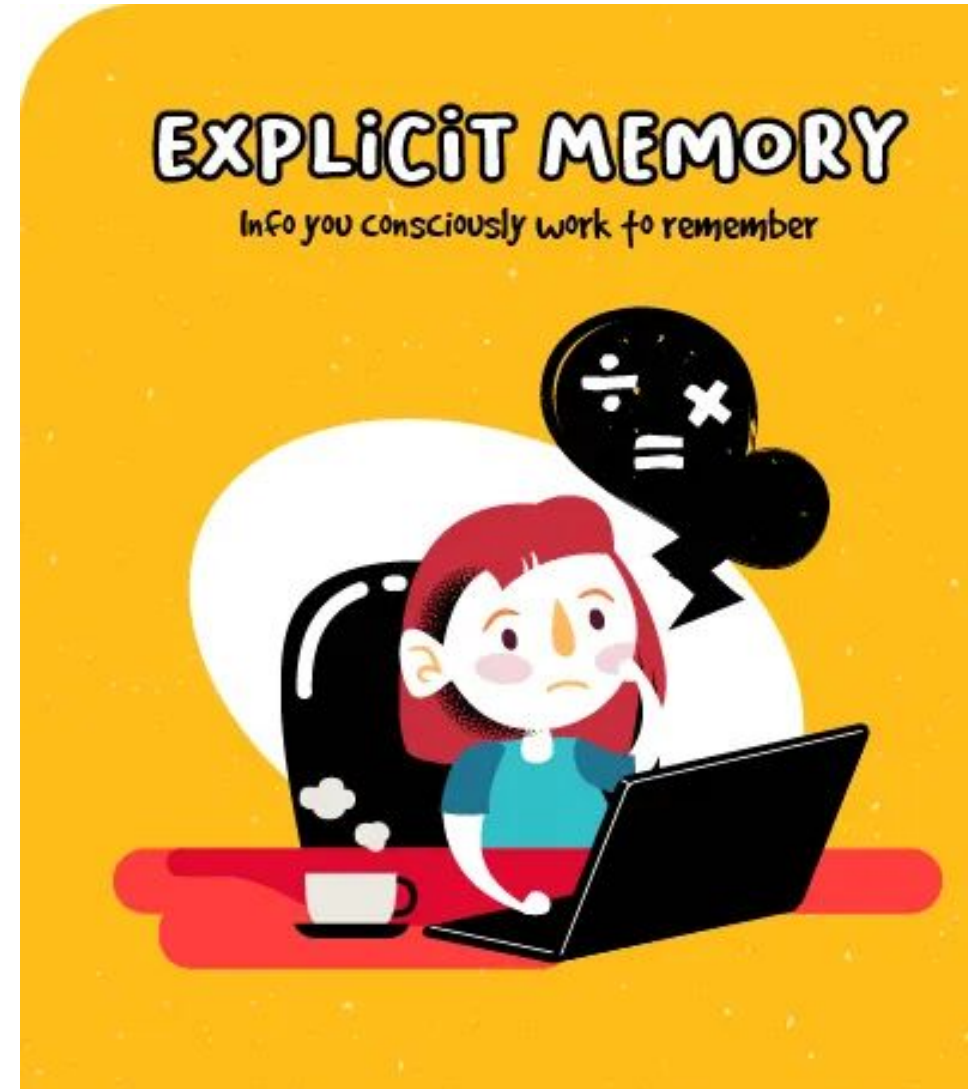


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EXPLICIT MEMORY

The process of conscious learning and storing of information like facts and events

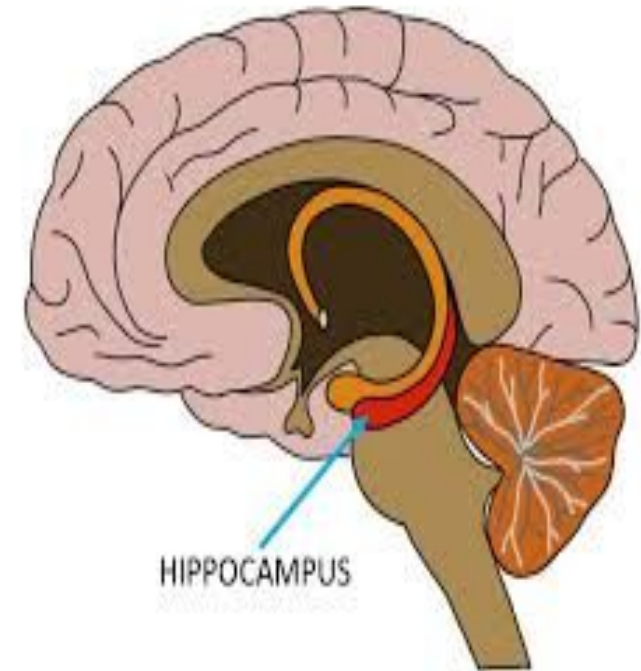
- Accessed by our intention
- There is a sense of self & time
- Develops between 18-24 months of age





The hippocampus processes explicit memory in the cortex

- Stores memories in their proper perspective and place in our life's time line.
- When the amygdala is highly stimulated:
 - Stress hormones are released which interfere with functioning of the hippocampus.
 - May result in a traumatic experience not being explicitly remembered or remembered in fragments. (van der Kolk, 1994, 1996, 2001)





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Implicit Memories

Includes body memories
like sensations
associated with
traumatic memories

Cues set off implicit
memories

*The Neuroscience Of
Psychotherapy
Cozolino (2002)*

Does not have a sense of
self & time

Develops before birth

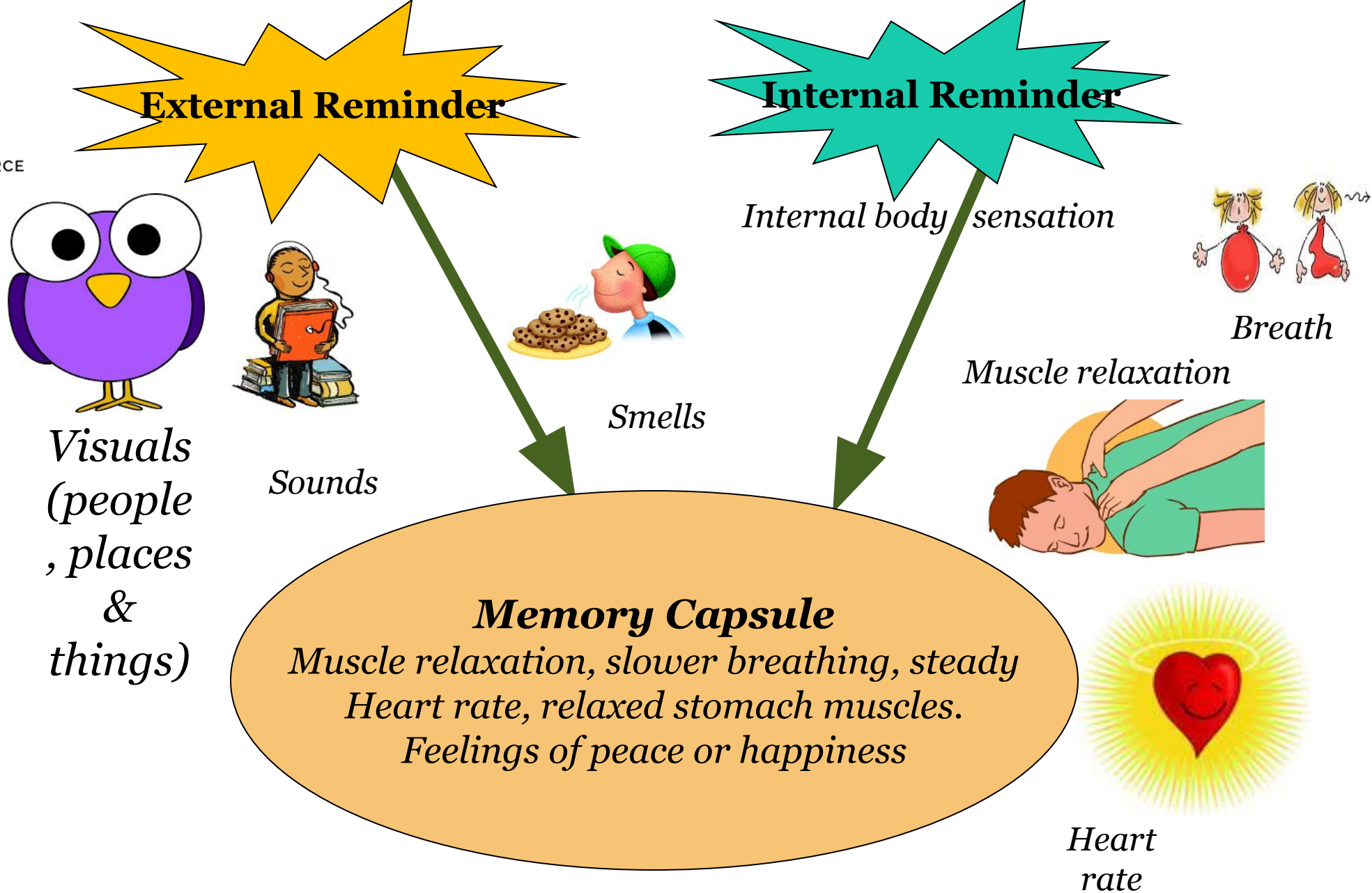
Can be triggered out of
the blue

MEMORY CAPSULE

A Compartment of Memory:

- Holds the implicit memories of an emotionally charged experience.
- The multisensory reminders of a traumatic event can set off an experience in the present moment perceived as occurring in the present moment.





External Reminder



Visuals
(people,
places
& things)



Sounds



Smells

Internal Reminder

Internal body
sensation



headache



Muscle tension



Stomach ache

Implicit capsule of traumatic memory

pain, numbness, dizziness,
trembling, paralysis,
nausea, palpitations,
anxiety, terror, shame, anger, rage,
flashbacks, nightmares or
intrusive thoughts





SHIFTING FROM DISTRESS TO WELL BEING

“Shift and Stay” means shifting your attention from sensations that are unpleasant to sensations that are neutral or pleasant and staying there.



You can shift by using one of your CRM Skills and follow the sensations of well being and stay with them.



Skills in the Palms of your Hands



CRM Activity Booklet

Self-Care Plan





A SELF-CARE PLAN

1. Read your statement of encouragement to yourself.
2. As you read the statement of encouragement to yourself, pay attention to the sensations inside your body.
3. Draw your attention to the neutral or pleasant sensations.
4. New beliefs, feeling or meanings may come up. As something new and positive comes up, pay attention to sensations that are pleasant or neutral.





Our Vision

To create
resiliency
informed
and trauma
informed
individuals
and
Communities

TRAUMA RESOURCE INSTITUTE



Our Mission

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



Research on CRM:

TRI Website:

<https://www.traumaresourceinstitute.com/research>



After learning the skills:

tracking sensations
resourcing to calm down
grounding to release my stress
just **pushing up against a wall.**
my ring for grounding
I touch the **fabric of my scrubs** to ground myself
just **being still** with myself and **noting sensations**
touching different surfaces and noticing the physical sensations.
...used nature and paying attention to **smells and sensations**
mindful of my body and surroundings

When did they use the skills

- walking (out of work); at bedtime
- during '**clinical stressful/scary' situations with patients.**
-in the **midst of the chaos**
-things become way to **hectic**
-I am dealing with **family dynamics**
-I feel myself **getting upset** ...if I'm feeling **anxious or unsettled.**
-during **codes**, and when dealing with **dying patients**
- after a **difficult shift** at work
-after a **traumatic or distressing** experience
-during a **stressful day**
- ..**feeling overwhelmed**,..... **tachycardia, heavy breathing, sweating**



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“The Trauma Resource Institute believes in our common humanity and in a world where people of all religions, races, abilities, ages, sexual orientation and gender identification are equally respected, included and welcomed.”

Elaine Miller-Karas (2021)

“When we bring awareness to the inner wisdom of our bodies, wellbeing can grow, even in times of great suffering. Moments of gratitude can be seen and sensed .”

Elaine Miller-Karas (2020)



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