



# Land Acknowledgment



*The Trauma Resource Institute (TRI) located in Claremont, California is committed to a continuous effort to learn and understand how we can best partner with the indigenous peoples of this land and partner with, empower, and center the voices of historically underrepresented people. TRI acknowledges the Gabrieleno/Tongva peoples as the traditional land caretakers of Claremont, California.*

*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*

# THE COMMUNITY RESILIENCY MODEL (CRM)<sup>®</sup>

BY

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Presented by Charley Downing (she/her)



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We are located on the ancestral lands of the [Cowlitz Nation](#), Wasco-Wishram Nation, now [Confederated Tribes of Warm Springs](#) Kalapuya, Molalla, and Clackamas Nations now the [Confederated Tribes of Grand Ronde](#) and the [Chinookan people](#), including the Lower Chinook, Multnomah, Clatsop, Wahkiakum, Kathlamet, Willapa, and many others.

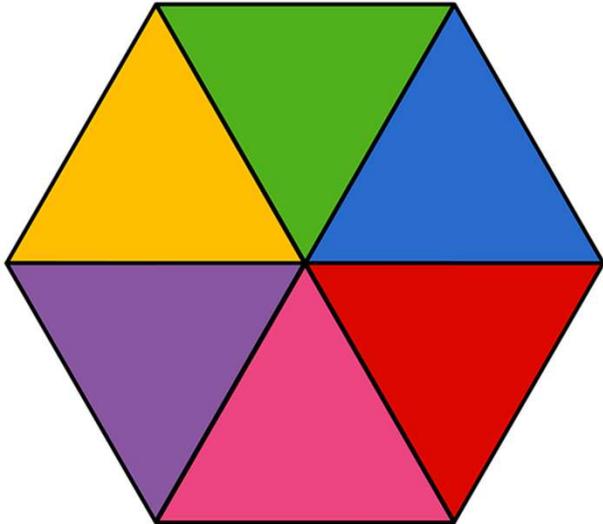
Indigenous communities continue to thrive despite the ongoing impacts of colonization including the denial of federal recognition and occupation of ceded and unceded lands. Urban Indigenous and Native Americans, including over 380 federally recognized Nations contribute to the vitality of the Portland Metro area.

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





# RESILIENCY PAUSE

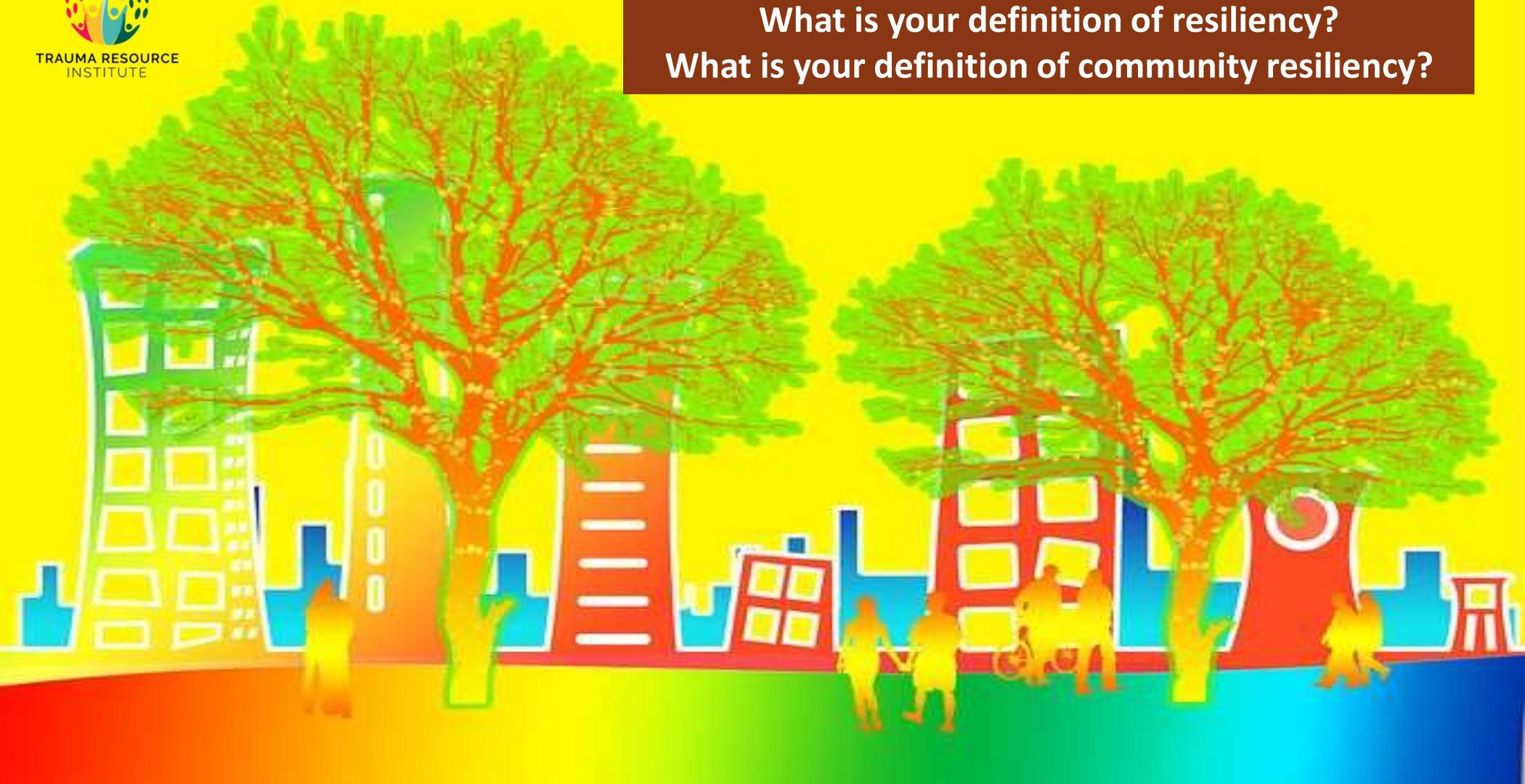


*Resiliency Pauses can help bring you, your students, or team, back into a balanced state of mind and body.*

*During difficult times it is so important to remember **what else is true.***

***So, for a moment I invite you to call to mind your answers to the resiliency questions on the previous slide.***

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



**“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”**



## PERSPECTIVE SHIFT

### CONVENTIONAL

People are bad.

People need to be punished.

*What is wrong with you?*

### TRAUMA-INFORMED

People are suffering.

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

*What happened to you?*

### RESILIENCY INFORMED

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



# DOORWAYS OF EXPANDING WELL BEING



THINKING



SENSING



FEELING



# *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 literacy abilities
- with the activities of daily living





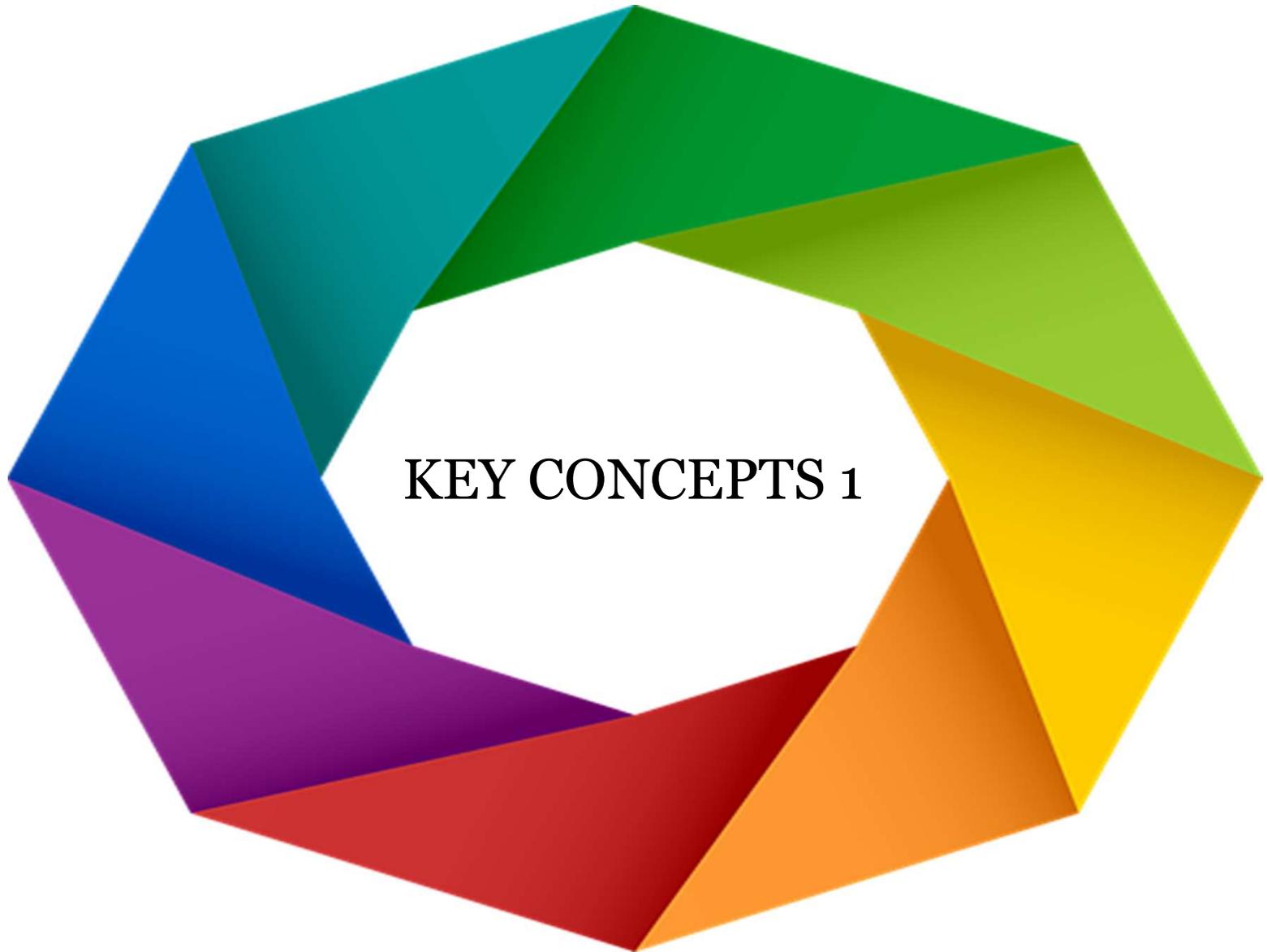
**The Community Resiliency Model can help create safer spaces for dialogue regarding our differences, honoring lived experiences and remembering what binds us.**



**Core Values of TRI:**  
Service  
Social Justice  
Dignity  
Respect  
Worth of every person,

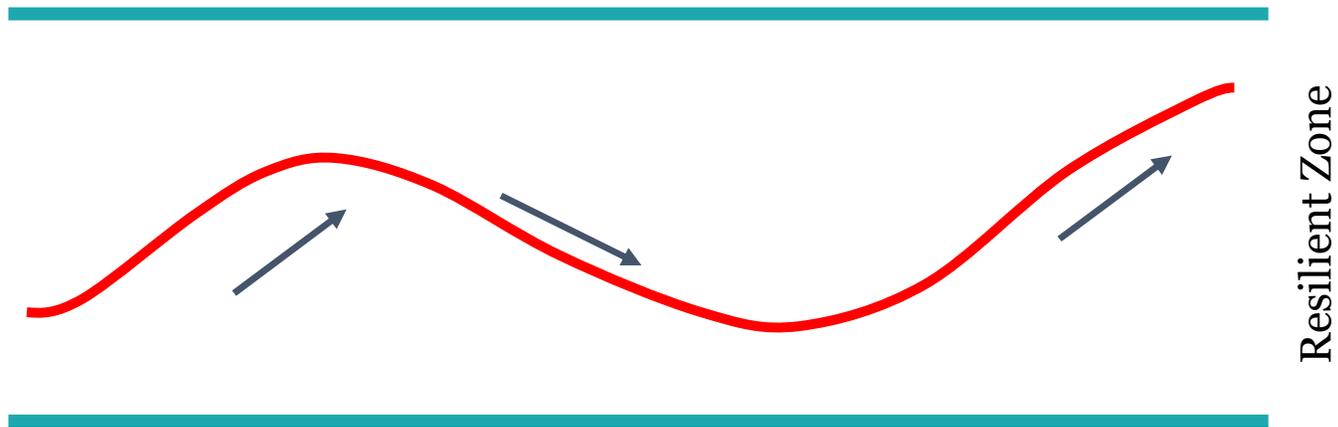






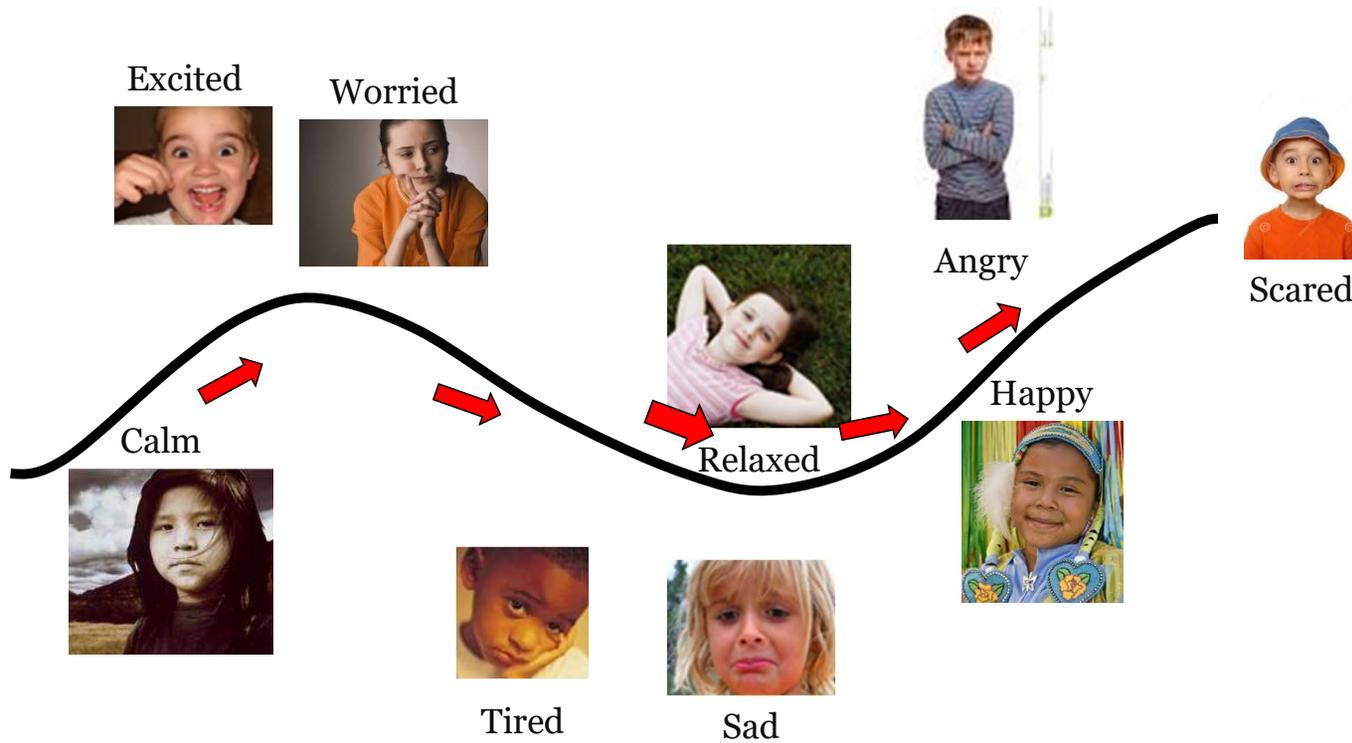


# *The Resilient Zone - “OK” Zone*



*GOAL: TO WIDEN YOUR RESILIENT ZONE*

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

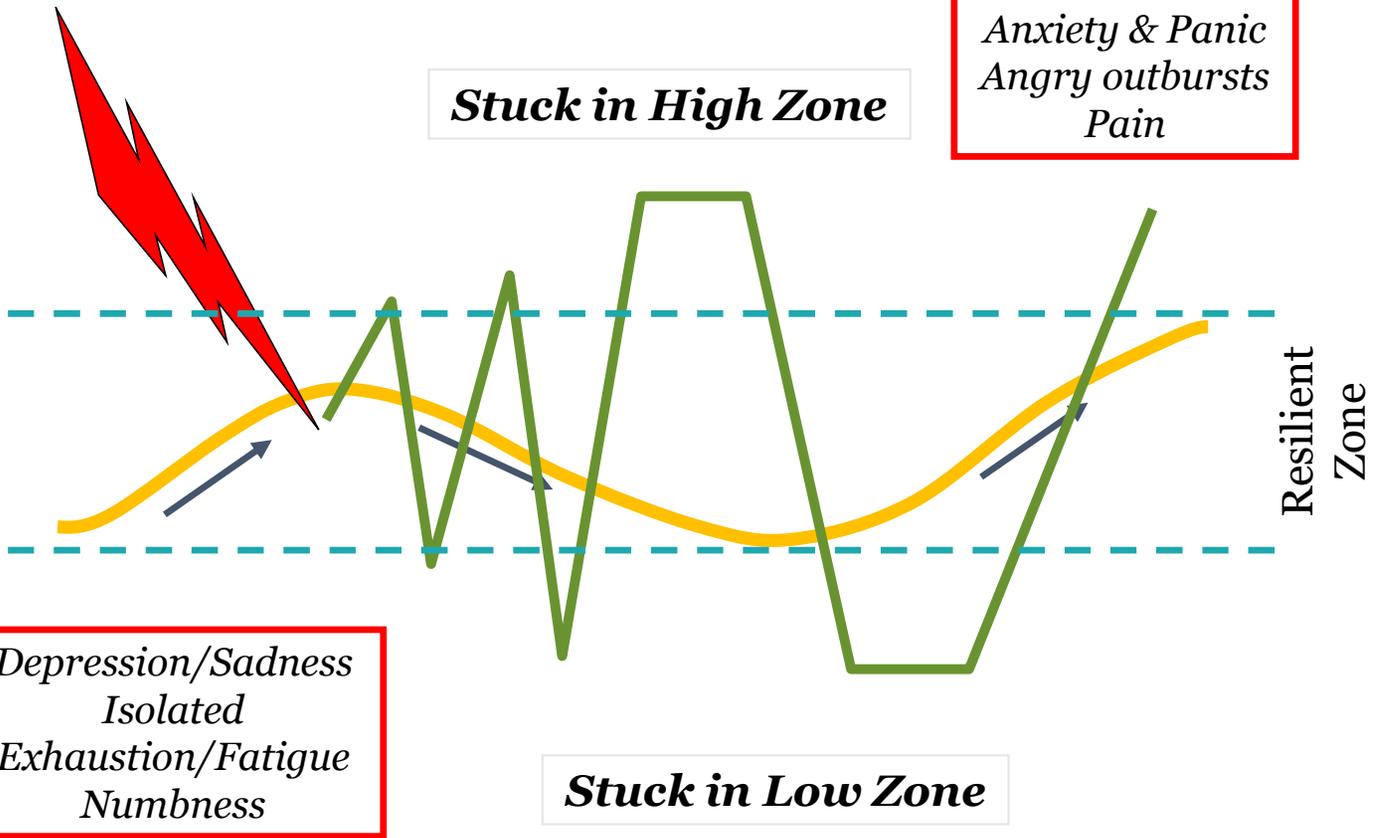




***Traumatic/Stressful Event  
or  
Stressful/Traumatic Reminders***

*Edgy  
Irritable  
Mania  
Anxiety & Panic  
Angry outbursts  
Pain*

***Stuck in High Zone***



*Depression/Sadness  
Isolated  
Exhaustion/Fatigue  
Numbness*

***Stuck in Low Zone***

Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett/Adapted by Elaine Miller-Karas

# 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*

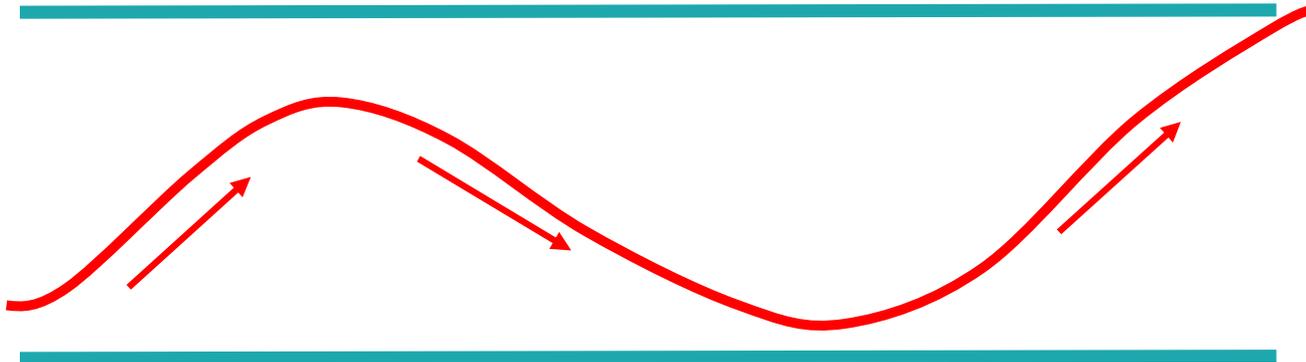
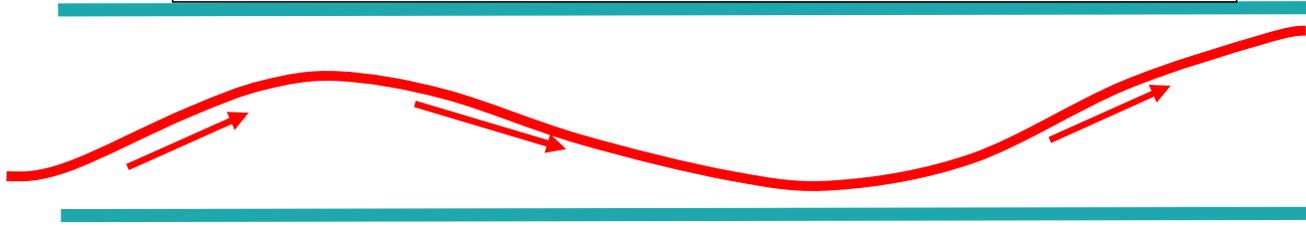
*Parasympathetic  
Prepares for Rest*

*The PNS controls the body  
during rest*

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

*Digestion  
Saliva*

**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**



## *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

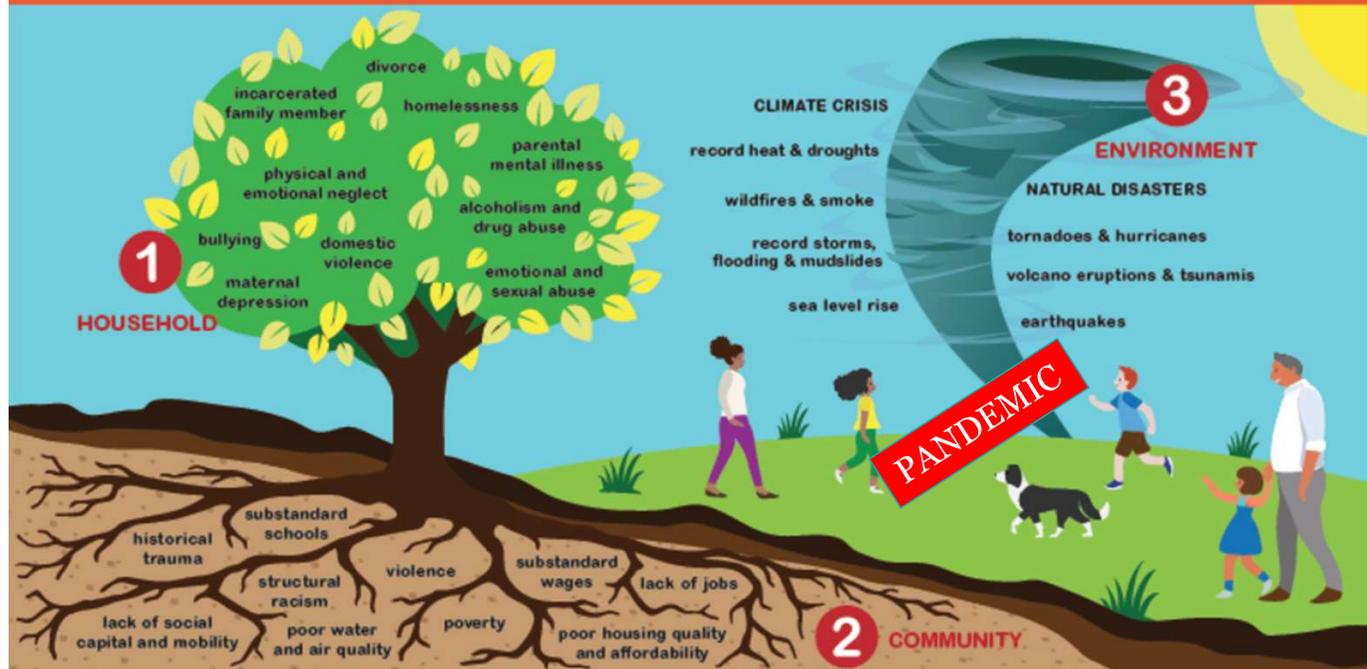
**Behavior**  
Isolation  
Tantrums  
Self-Injury  
Violent behaviors  
Addictions  
Eating Disorders  
Abusive Behaviors

**Relationships**  
Angry at others  
Isolation  
Missing work  
Overly Dependent  
Irritability

## 3 Types of ACEs

# 3 Realms of ACEs

ACEs Connection accelerates the global movement to prevent and heal adverse childhood experiences (ACEs), and supports communities to work collaboratively to solve our most intractable problems. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. The ACEs in these three realms intertwine throughout people's lives, and affect the viability of organizations, systems and communities.



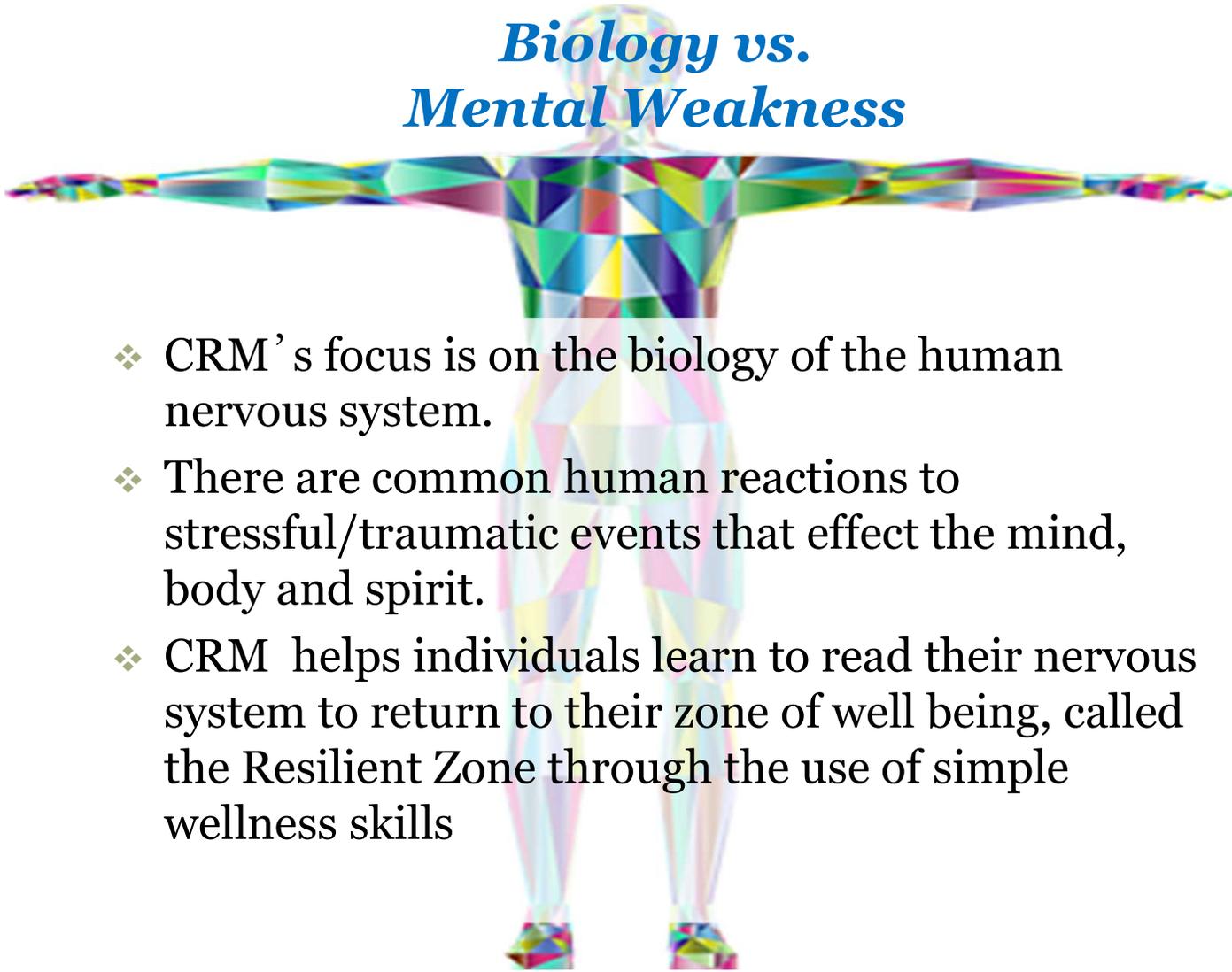


## *COMMON REACTIONS CONNECTED TO OUR WELL BEING*

- *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*



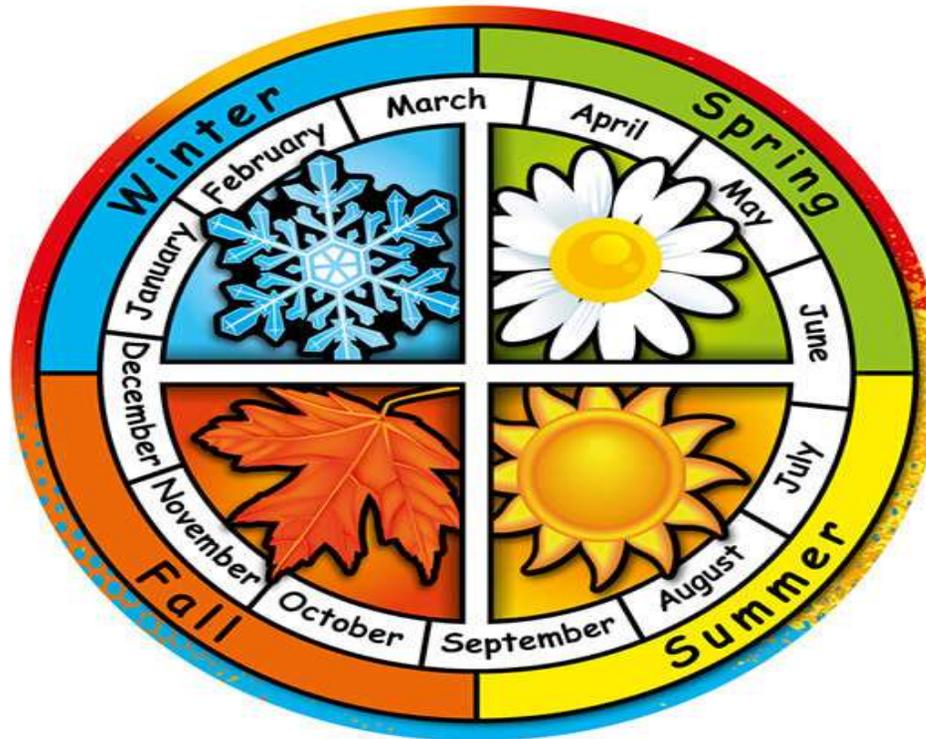
## *Biology vs. Mental Weakness*



- ❖ 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*

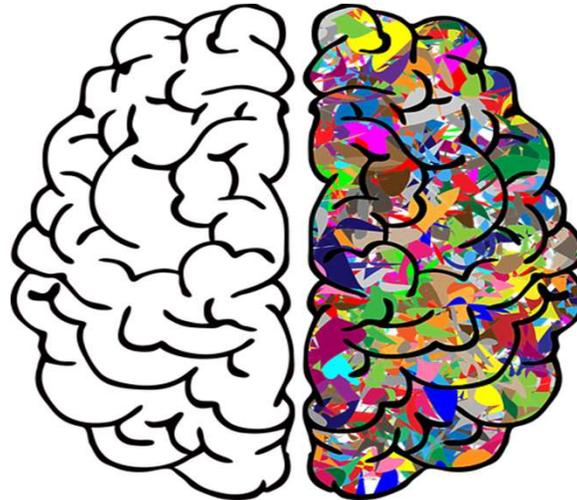
The natural rhythms in nature also exist within the human nervous system.



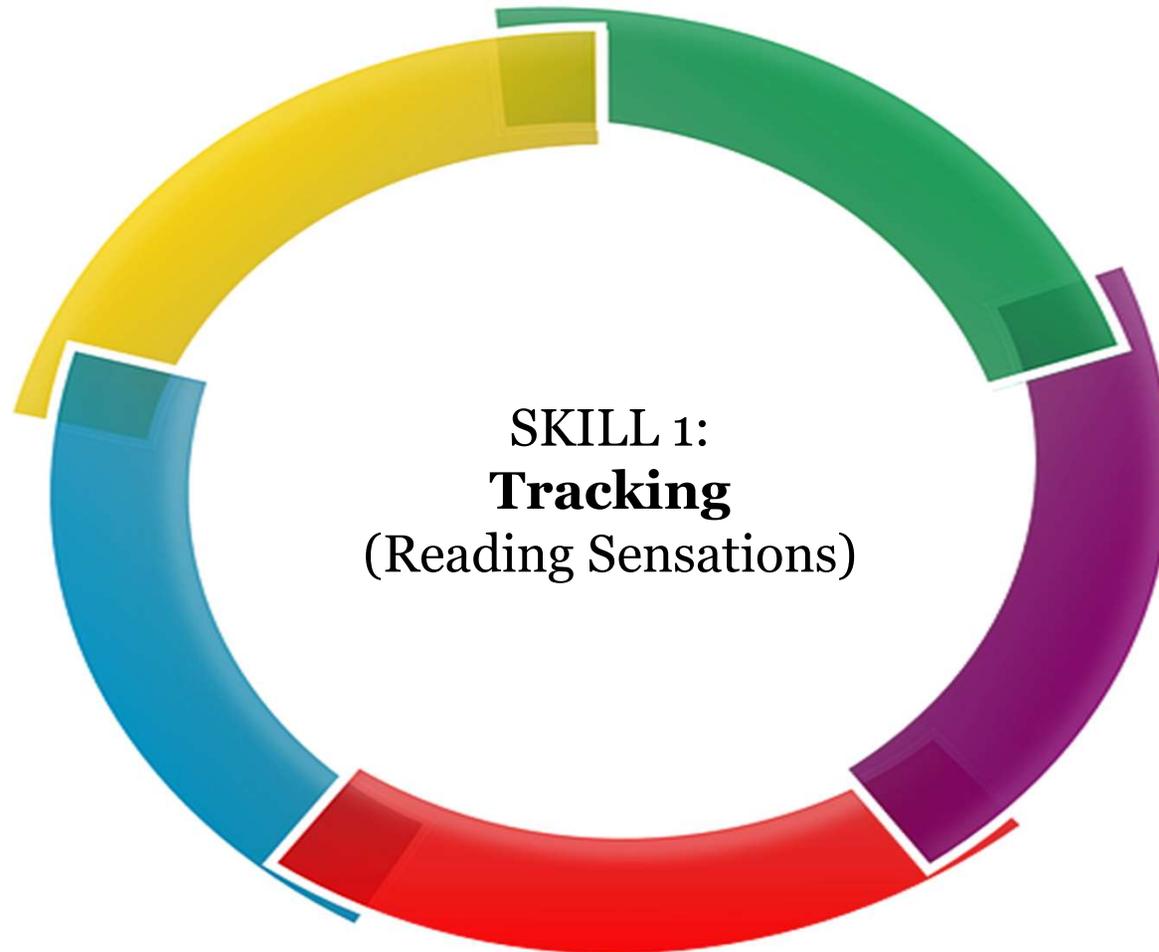
We do not have to be trapped by the storms of our body: sensations of discomfort and pain.  
We can draw our attention to sensations of well-being and transform our experience.

## *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)



# *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



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



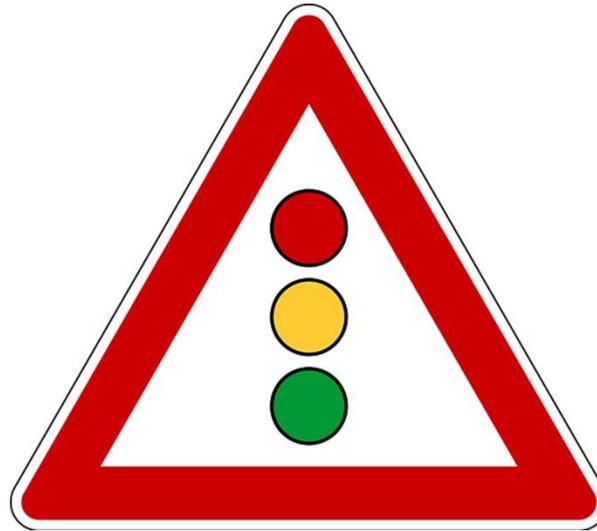
Determining if the sensation is **pleasant**, **unpleasant** or neutral

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?

*What we pay  
attention to  
grows*

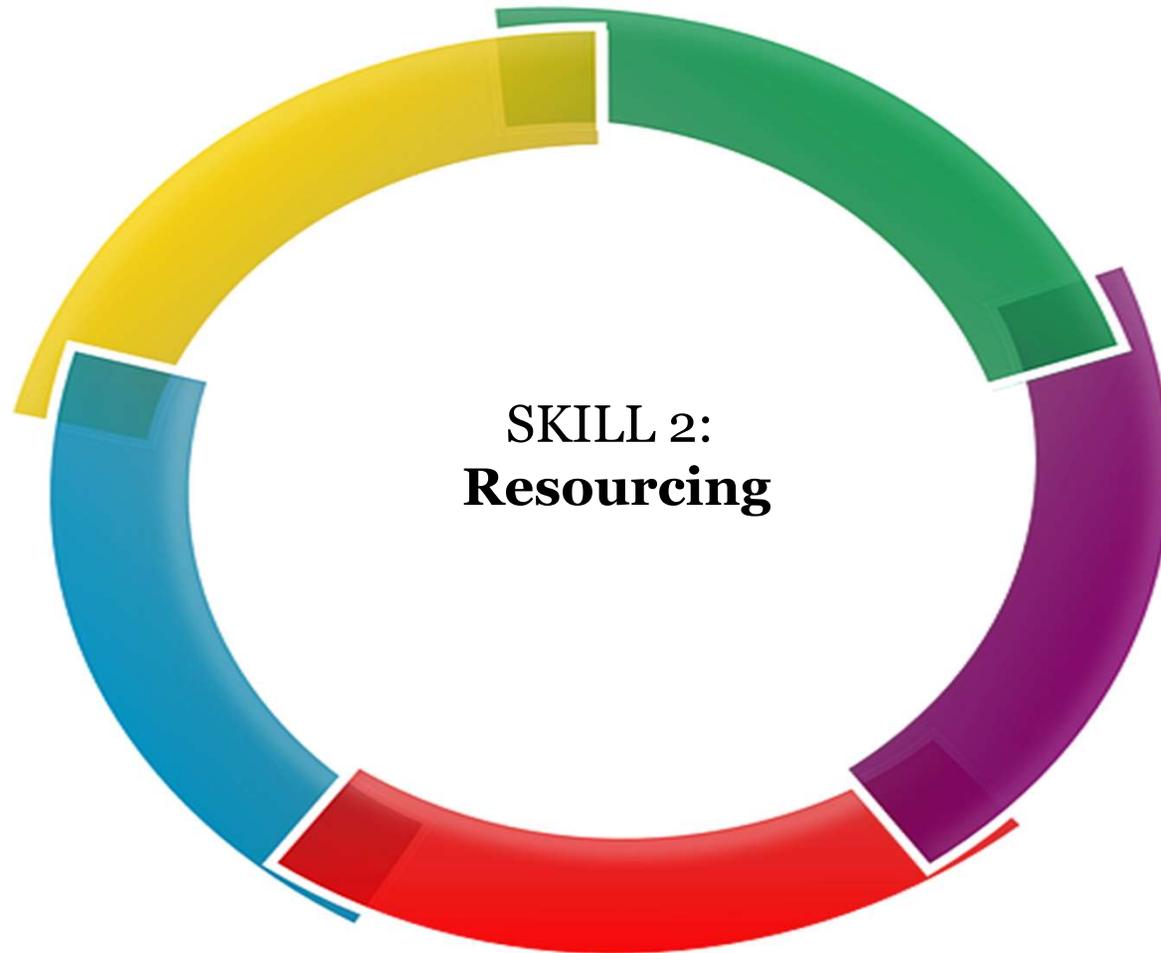




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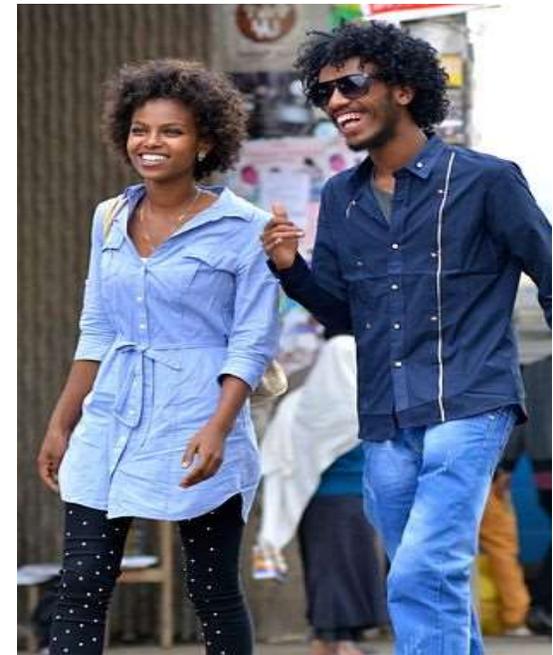
For some people, even sensing pleasant or neutral sensations can spark unpleasant, even painful sensations.

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.



# ***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





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 Exercise***

- Think about one of your personal resources.
- Describe to yourself three qualities about this resource.
- Notice the sensations connected to your resources as you describe the qualities

## Expanding Resources

SMELL



SIGHT



TOUCH



TASTE



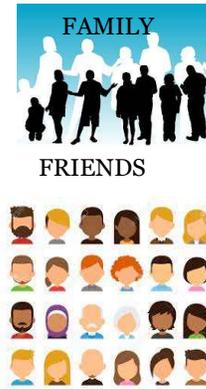
SOUND



PLACES



PEOPLE



TRADITIONS



RESOURCES can be anything that can give an individual a sense of joy, peace, or calm

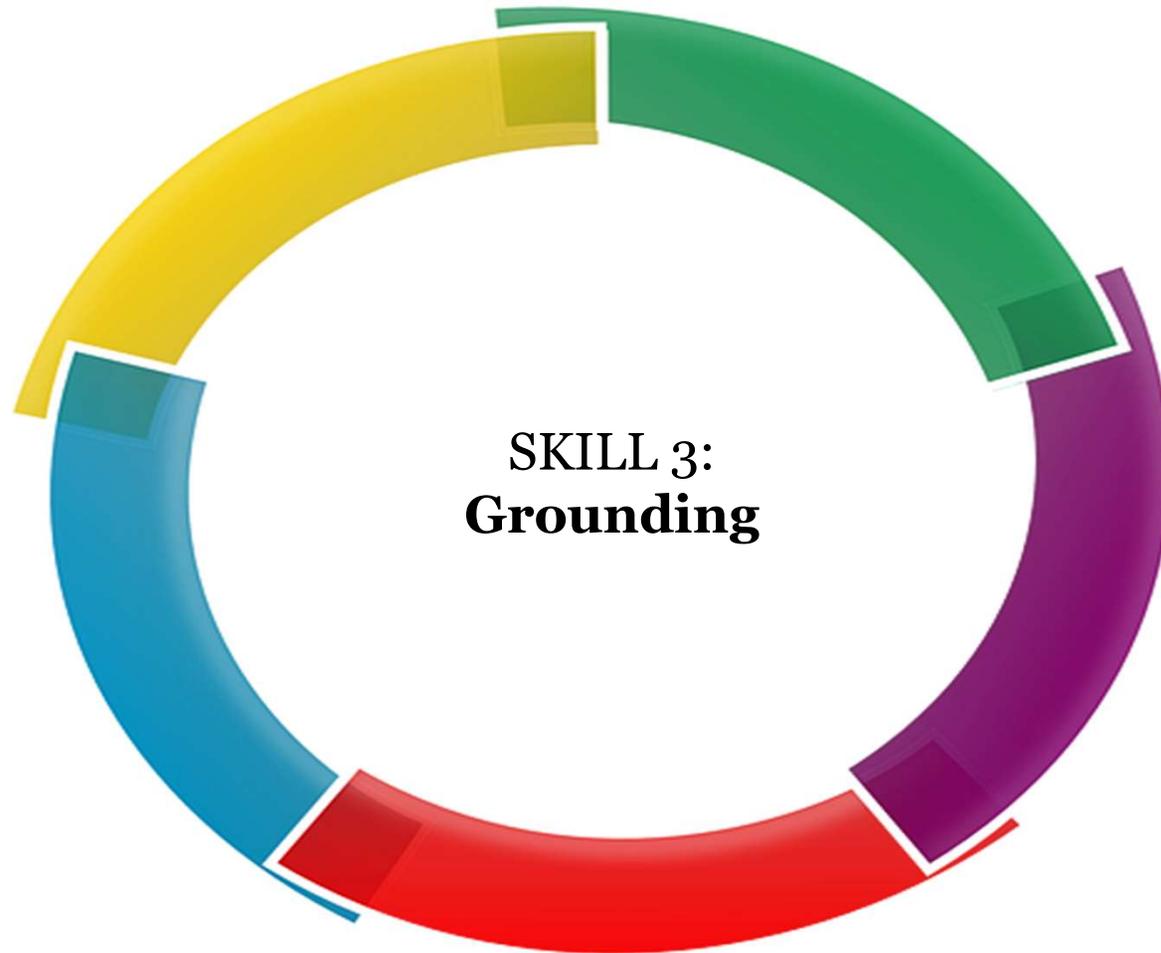
## ***Skill 2: Resources Can Have Many Natures***

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.*



## ***Skill 3: Grounding***

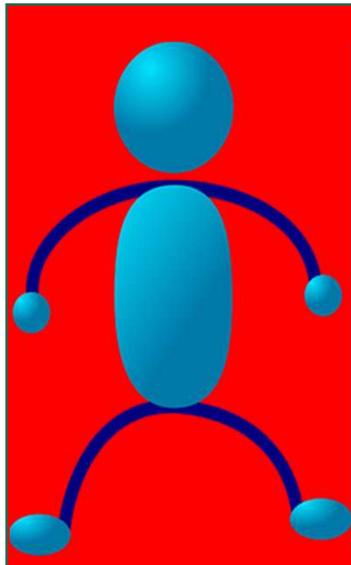
*The direct contact of the body or part of the body with something that provides support in the present moment*

- 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.

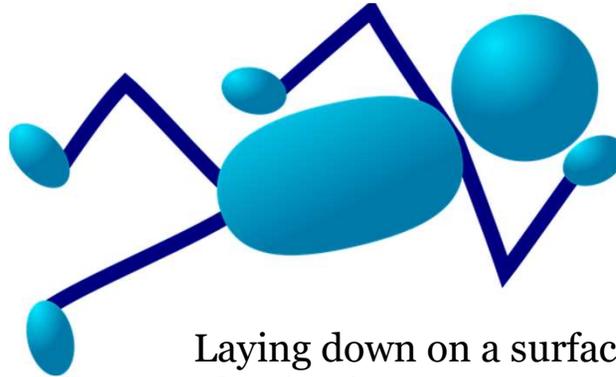
# YOU CAN GROUND IN MANY POSITIONS



Walking and paying  
Attention to steps



Standing against a wall



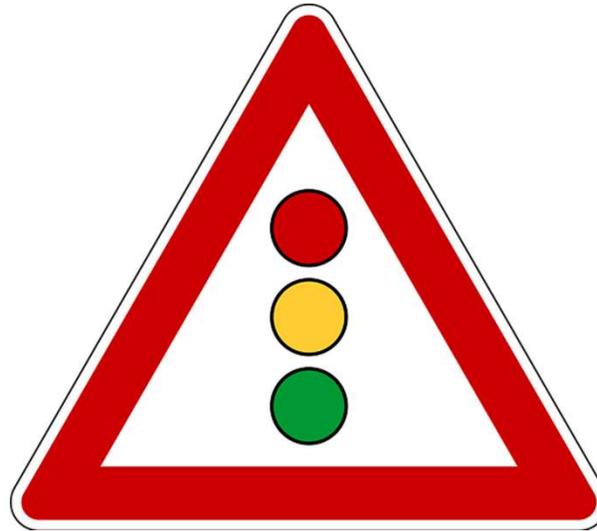
Laying down on a surface or  
Floating in water



Sitting on a chair, sofa or ground



Through a part of your body  
like your hands or feet



- 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.

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.
- Name six colors you see.
- If you're inside, notice the furniture and touch the surface.
- Pay attention to anything that catches your eye.
- Walk around and pay attention to the movement in your arms and legs and your feet making contact with the ground.



\*Created from idea by Nobuko Hattori, PhD and Certified CRM Teacher



TRAUMA RESOURCE  
INSTITUTE

## HOW AM I FOCUSING MY ATTENTION DURING DIFFICULT TIMES?

Negative thoughts keep recurring

I send emails or post on social media out of fear

I complain or seek to blame others

I overconsume news or media

I disconnect from others

I have trouble sleeping

I seek to control people or events to feel safer

I find my negative emotions spill onto others

I use substances to make me feel better

I exhibit displaced aggression to others

I identify my resources and track

I focus on my sensations of well being

I ground

I identify sensations connected to my emotions and thoughts

If in my low or high zone, I use a Help Now Strategy to Reset Now!

When I identify distressing sensations, I shift to sensations of wellbeing

I remember a self-calming gesture

I am empathic to the concerns of others

I comfort those who grieve

I practice my skills of well being

I remind myself I am not alone

I am grateful

I have compassion for myself and others

When I identify distressing sensations, I shift to sensations of wellbeing

I reach out to those who need support-family, friends, neighbors

HIGH/LOW ZONES

MOVING TO THE RESILIENT ZONE

RESILIENT ZONE

## 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. What specifically do you need to do differently to embark on a better self-care plan if you think yours needs improvement?
4. Write a statement of encouragement to yourself, strengthening your resolve to improve your self-care.

## 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.

## COMMUNITY PLANNING

- 1) How could you use CRM Skills in your community?
- 2) What steps would you need to take first to begin to use CRM Skills in your community?
- 3) What strengths does your community have that would support bringing CRM Skills to more people?
- 4) What challenges would you expect?
- 5) When can you start and with whom?



*“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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# iChill