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Trauma Resource Institute  
[www.communityresiliencymodel.com](http://www.communityresiliencymodel.com)  
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# Community Resiliency Model

Adapted from the original work of Elaine Miller-Karas and Laurie Leitch





# *The Trauma Resource Institute*

*A Nonprofit Corporation*

## ***Our Vision***

*To create resiliency informed and trauma informed individuals and communities.*

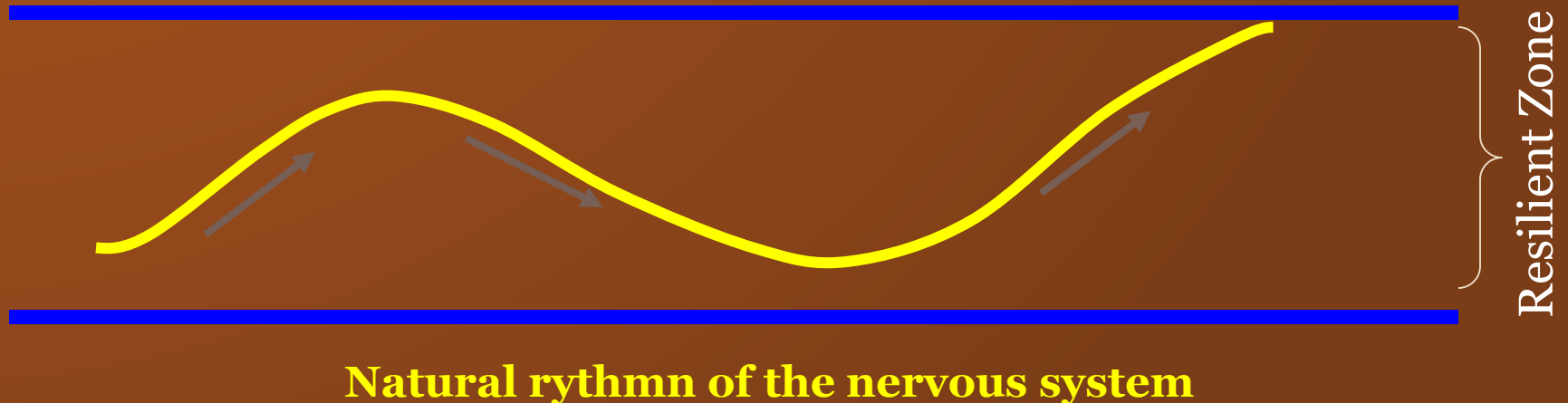
## ***Our Mission***

*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.*



# *What is the Community Resiliency Model?*

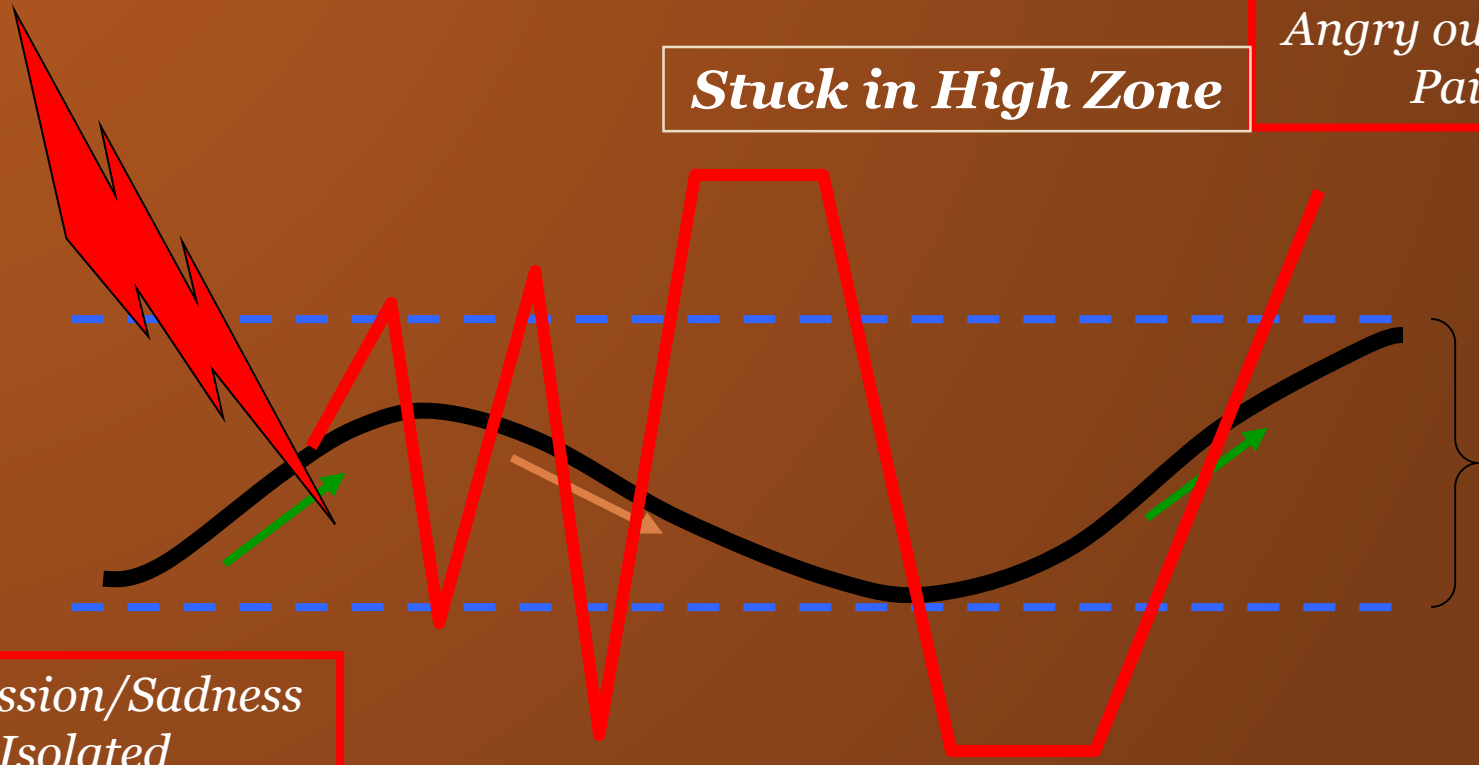
- ❖ Set of six Wellness Skills
- ❖ Resets the natural balance of the nervous system
- ❖ Brings awareness to the inherent ability to come back into our Resilient Zone



# 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 Low Zone*

*Resilient Zone*



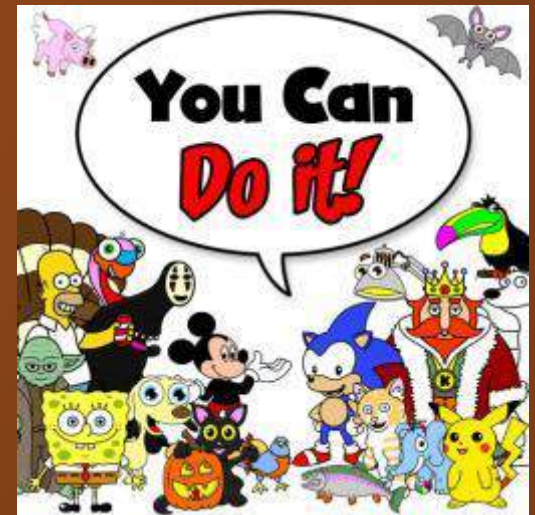
# Who can CRM help?

- ❖ Individuals & Community
- ❖ For Self-Care



# *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



# Physical

Physical Pain

Numb

Sleep Problems

Stomach Upset

Tight Muscles

Fatigue

Hypervigilance

# Emotion

Shame

Depression

Anxiety

Guilt

Apathy

Rage

Avoidance

Fear

Grief

# Thinking

Distorted Thoughts

Nightmares

Paranoid

Poor Decisions

Forgetfulness

Suicidal/Homicidal

Dissociation

**Trauma &  
Stress**

**Common Reactions**

# Spiritual

Loss/Increase of  
Belief

Hopelessness

Deconstruction of  
Self

# Behavior

Addictions

Abusive Behaviors

Self-Injury

Isolation

Eating Disorders



# *Post Traumatic Growth*

*“It is what it is, but it isn’t what it was.” Peace over Violence*

Positive psychological and spiritual change experienced as a result of the struggle with highly challenging life situations.



*What are some of the ways that you or those that you work with have experienced post-traumatic growth?*





# *Community Resiliency Model Skills*

## **TRACKING**

Paying attention to sensations

## **RESOURCING & RESOURCE INTENSIFICATION**

Using positive or neutral life experiences to create pleasant or neutral sensations

## **GROUNDING**

Being fully present in the moment

## **GESTURES & MOVEMENTS**

Bringing calming & protective movements to awareness

## **HELP NOW!! AMP DOWN OR RAMP UP NOW**

Strategies to get back to R-Zone

## **SHIFT AND STAY**

Shifting to a resource and staying in the resource state

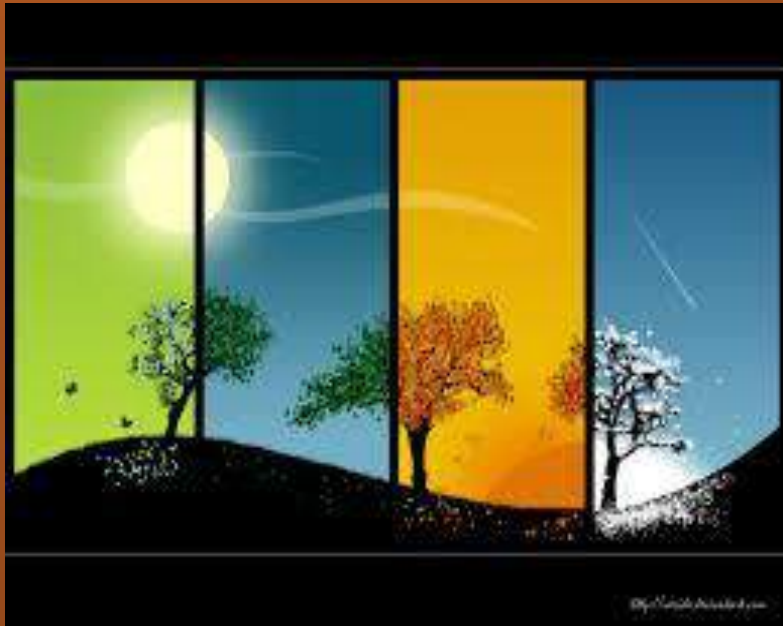
# *CRM Key Concepts*

*“It is about biology not human weakness.”*



# *COMMUNITY RESILIENCY MODEL*

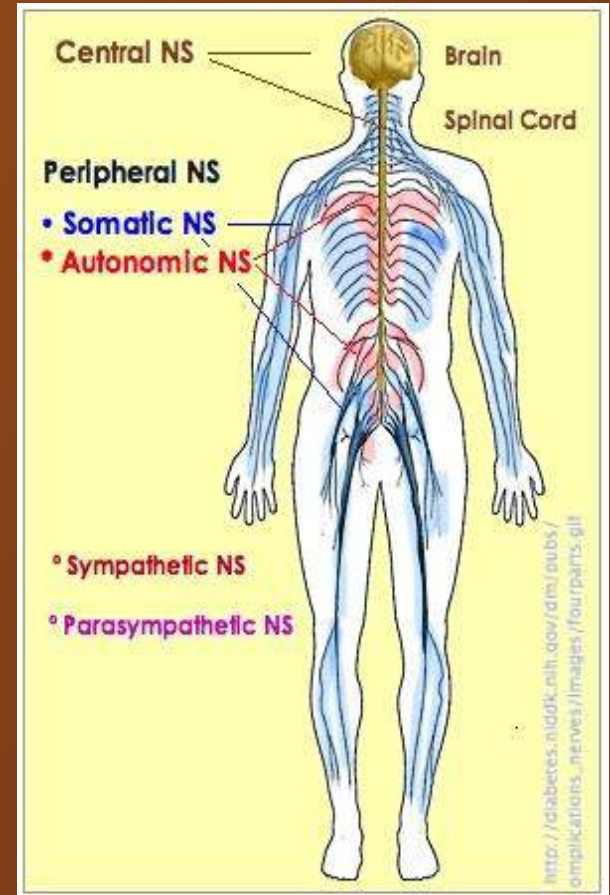
## *ELEGANT DESIGN*



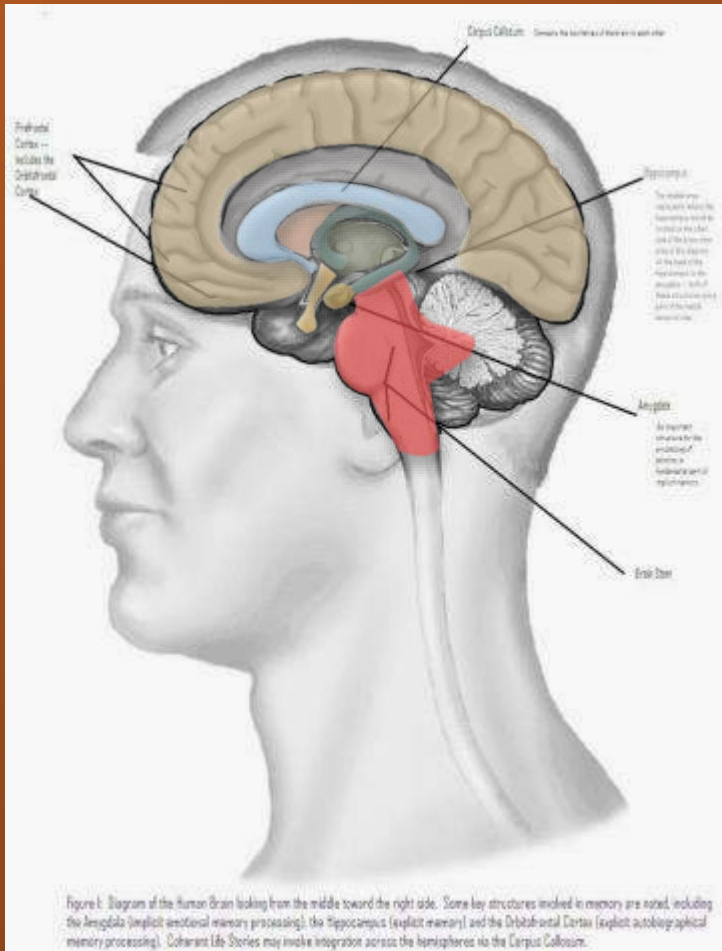
- ❖ Laws of Nature
- ❖ The Nervous System:  
Autonomic Nervous System
- ❖ Research about how stress and trauma effect the brain

# *Primary Focus of CRM: Biology vs. Mental Weakness*

- ❖ Responses to trauma and stress can have a major effect on the mind, body and spirit.
- ❖ CRM's focus is on the nervous system.
- ❖ CRM looks at traumatic symptoms in terms of biology not mental weakness.
- ❖ CRM helps individuals track sensations connected to their well-being (their resilience).



# 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



**Autonomic Nervous System**

**Sympathetic (SNS)  
Prepares for Action**

**Parasympathetic (PSNS)  
Prepares for Rest**

*The SNS controls organs during times of stress*

*The PSNS controls the body during rest*

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

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

*Digestion  
Saliva*

*Digestion  
Saliva*

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*Skills 1 and 2*  
***Tracking &***  
***Resourcing***

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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 a person learn to tell the difference between sensations of turmoil and upset and sensations of balance 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.



# ***Skill 1: How do we Track?***

- ❖ Tuning in to your nervous system and body responses:
  - ❖ Are the sensations inside pleasant, neutral or unpleasant?
    - ❖ Bring attention to your heart rate, breathing rate, muscle tension/relaxation.
  - ❖ Asking yourself:
    - ❖ What do you notice happening 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...





## ***Skill 2: Resourcing***

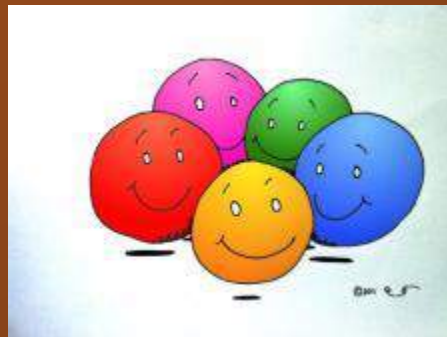
- ❖ Resourcing builds a sense of internal strength and resiliency and reinforces a sense of one's own abilities and capacities.
- ❖ Pleasant and/or neutral sensations connected to individualized resources can bring a direct experience of well-being that helps stabilize the nervous system.
- ❖ A person can experience a new hope that there are other sensations that can help bring them back into their Resilient Zone.



## **Skill 2: *Resource Intensification***

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

Resource intensification is necessary to strengthen the elements of the resource to override attention that automatically goes to unpleasant sensations.



## ***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.





THE BODY HAS A WISDOM THAT WORDS CANNOT SPEAK

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