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CRM®
Georgia



THE COMMUNITY RESILIENCY MODEL®
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*Building Resilience to Trauma:
The Trauma and Community Resiliency Models*
Book Written by: ELAINE MILLER-KARAS



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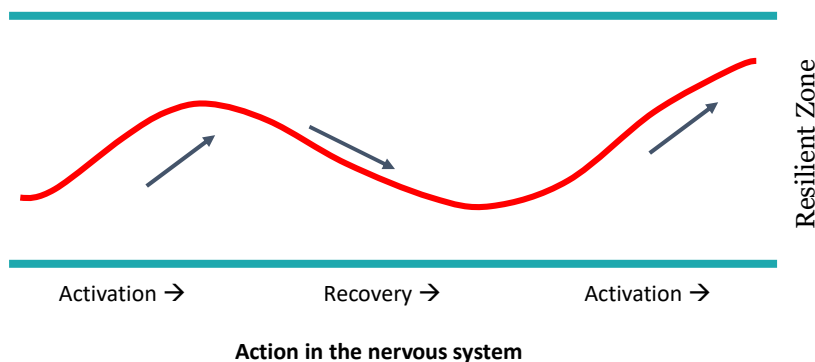
FACTS ABOUT CRM?

- 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



The Resilient Zone- “OK” Zone



GOALS:

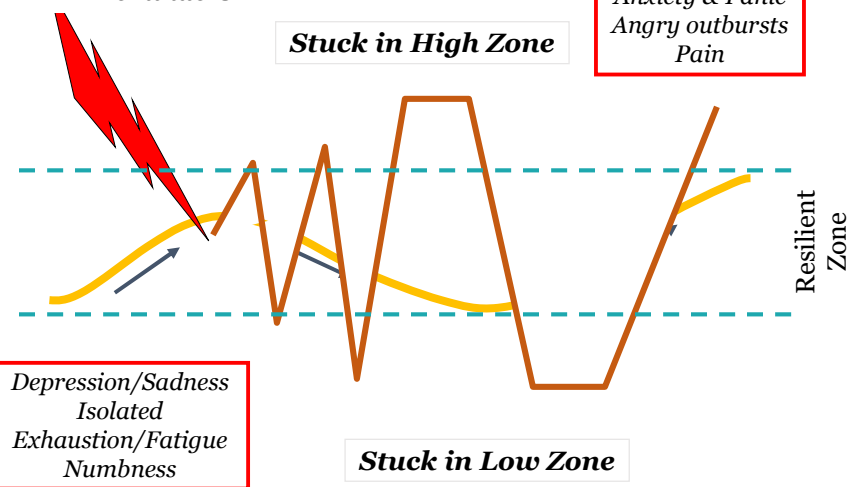
WIDEN YOUR RESILIENCY ZONE and GET BACK IN WHEN KNOCKED OUT



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

Stuck in High Zone

*Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain*



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

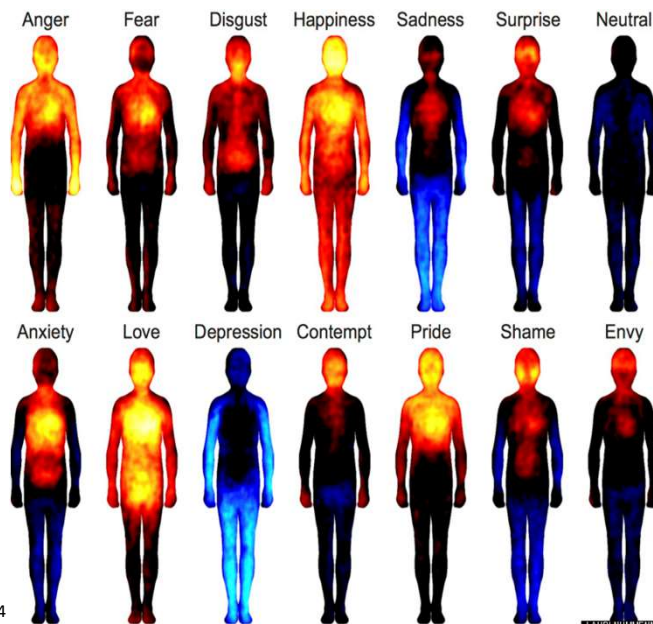


What or who uplifts you?
What or who gives you strength?
What or who helps you get through hard times?



As you think about this source of strength, what do you notice happening in your body?

Developing the Language of Sensation: Interoception or “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.

Nummenmaa et al, 2014

LAURI NUMMENMAA AT UNIVERSITY

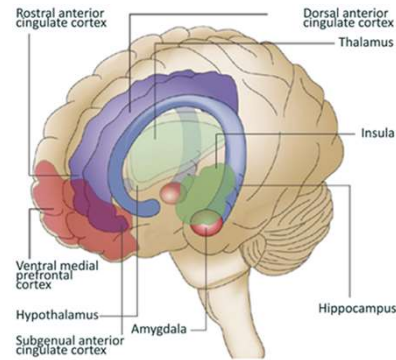


Interoception & the Insula

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

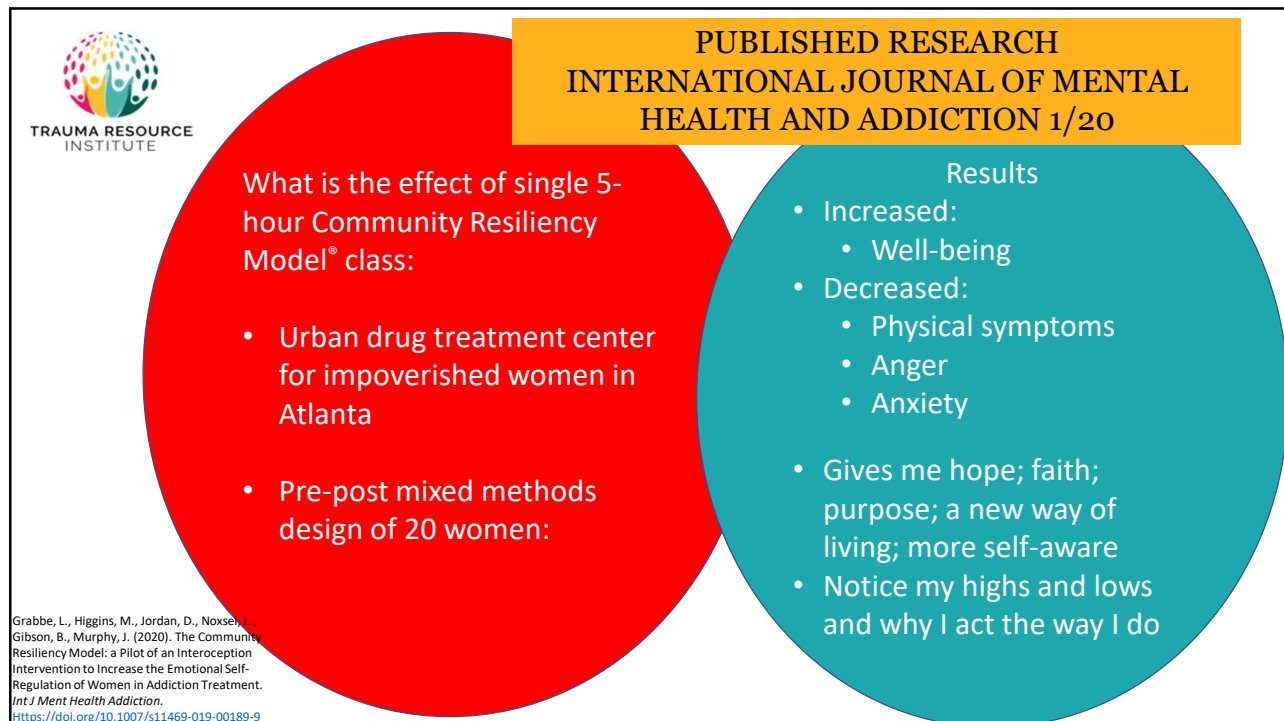
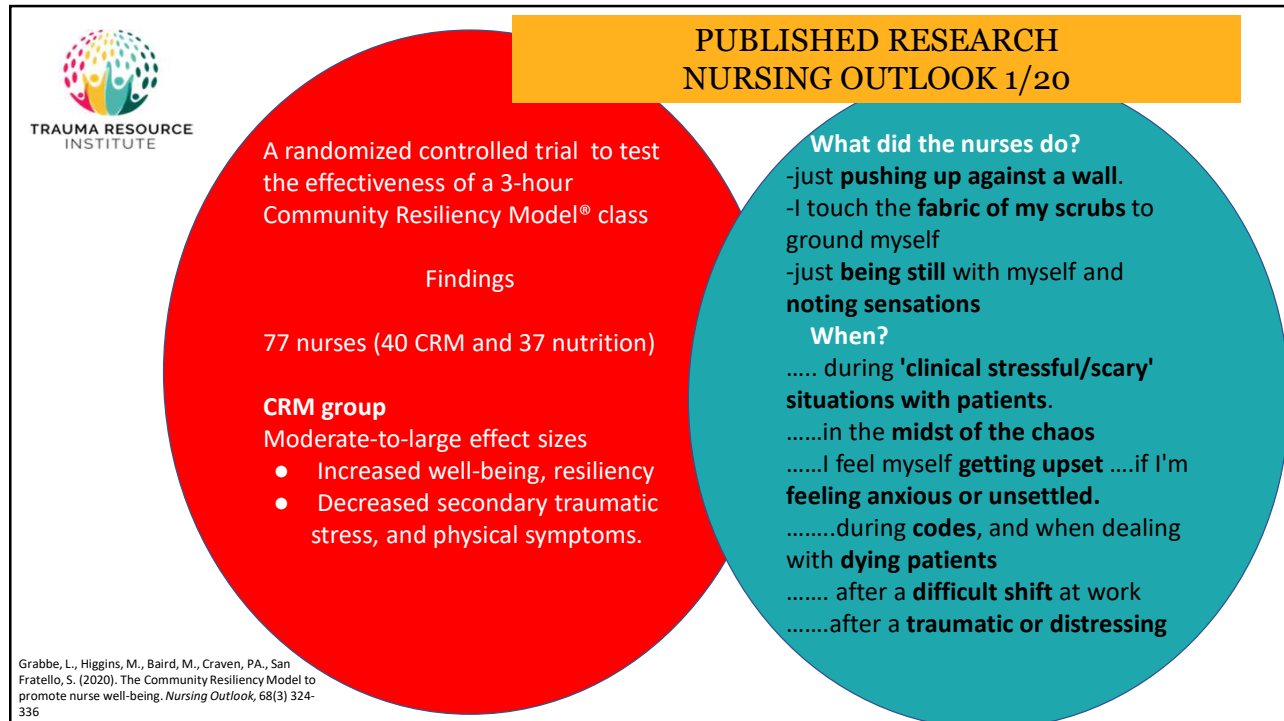
- The insula is a part of the brain that helps body and mind communicate to one another.
- It reads physical states of the body (sensations) like pain, an itch, temperature
- It communicates to the Medial Prefrontal cortex (thinking brain) to take action to keep the body in a state of internal balance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

Paulus, et al (2010)



Van der Werff, 2014



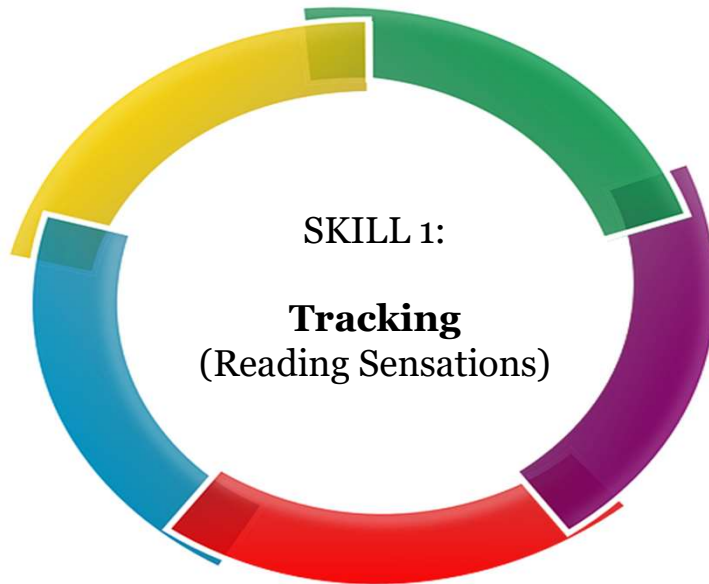




The Community Resiliency Model



SKILL 1:
Tracking
(Reading Sensations)





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

**CRM SKILL:
Tracking
(Reading Sensations)**



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?

**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





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

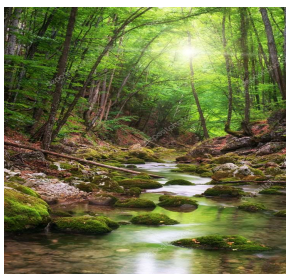
HEAVY
LIGHT
FIRM
GENTLE



RESOURCING



A Resource is a person, place, thing, activity, memory or part of yourself that makes you feel calm, safe, peaceful, strong, happy, or resilient.



Resourcing Exercise

- ✦ Person/Pet
- ✦ Place
- ✦ Activity
- ✦ Faith
- ✦ Strengths
- ✦ Imaginary



Skill: Resourcing ***How To Do It***

1. Write down 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. Write down 3 details about it (include details about the senses: what you hear, see, feel, smell, taste).
3. As you think about your resource, notice what is happening on the inside of your body. If the sensations are pleasant or neutral, stay with them for at least 15 seconds.
4. Think about your resource to get back into your Resilient Zone when feeling overwhelmed.

Grounding Exercise

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

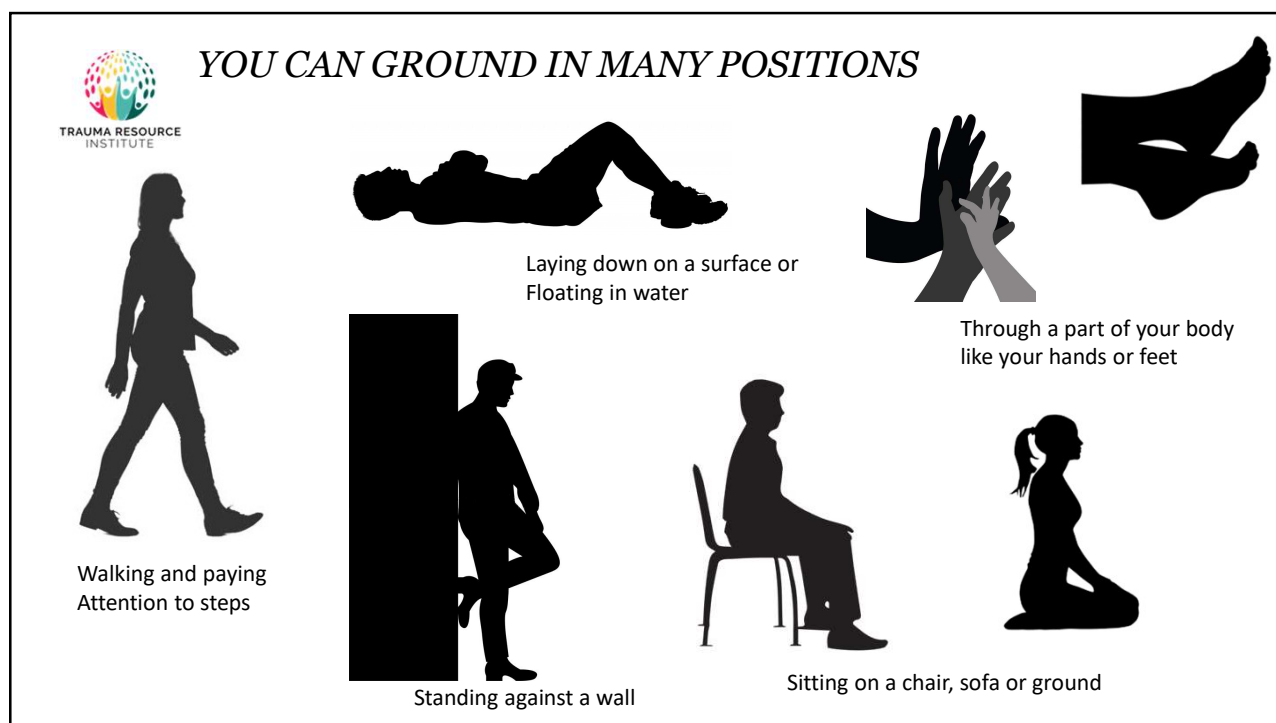


Skill 3: Grounding

*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.
- 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.



Grounding Exercise

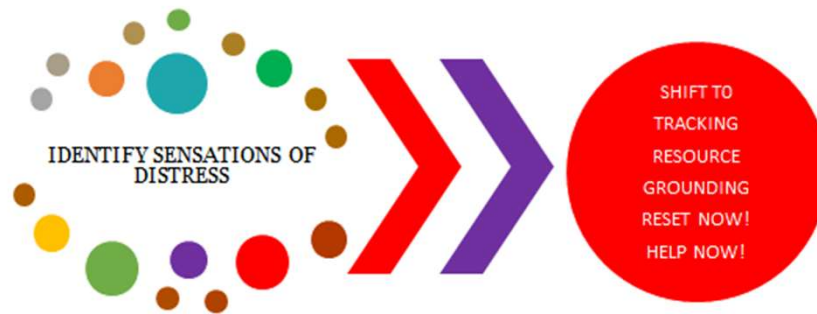
- Find a comfortable position
- Pay attention to how your body is making contact with the chair, sofa, floor, wall, bed, etc
- Pay attention to sensations that are pleasant or neutral
- Notice which part of your body is most supported. Notice other parts of your body being supported. Notice what is happening to your breathing...heart rate...muscle tone...other sensations
- If you become aware of uncomfortable sensations, bring attention to places that feel neutral or better. Notice the change...
- Slowly scan your body and bring your attention to all sensations that are pleasant or neutral as we get ready to end...
- When you are ready bring your attention back to the room.

Quick Practices for Quick Results!

- What do you do when you need something to stabilize you quickly?

Help Now! Strategies

1. Drink a glass of water or juice or cup of tea.
2. Touch the surface of something in the environment.
3. Look around the room, paying attention to anything that catches your attention.
4. Name six colors you see in the room.
5. Count backwards from 20.
6. Notice how the surfaces of things feel, temperature, sounds
7. Walk or move your arms and pay attention to the movement
8. Push your hands against the wall or down against your bed slowly and notice your muscles pushing. Or, if you can, stand against a wall and push your body against the wall facing forward.

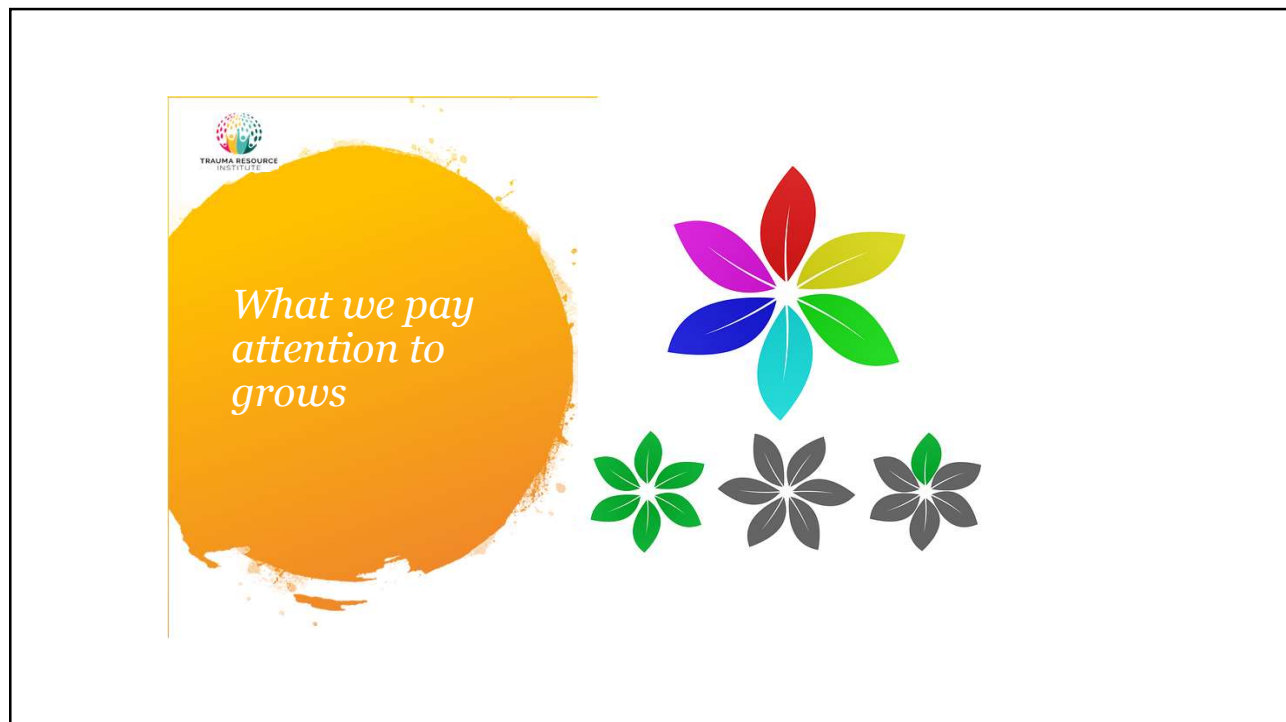


CRM in a Nutshell

Reading
Nervous
System



Exercises
to Get
Back to
Resiliency



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A SELF-CARE PLAN

1. What are you doing to widen your Resilient Zone?
2. If you found the CRM skills beneficial, how could you weave this skill into your daily routine? Which technique might be the most helpful?
3. What specifically do you need to do differently to embark on a better self-care plan if you think your needs improvement?

Going Forward

- Thank you for giving us your time and attention
- We hope that you see value in these simple exercises
- Next: consider incorporating some or all of these exercises into a self-care plan.
- Takes 5 minute or less segments of your day.
- Remember: These are exercises! The more you do them the easier they become and the more benefit you derive.
- More practice makes it more likely that you will remember these exercises when the pressure builds up