



TRAUMA RESOURCE INSTITUTE

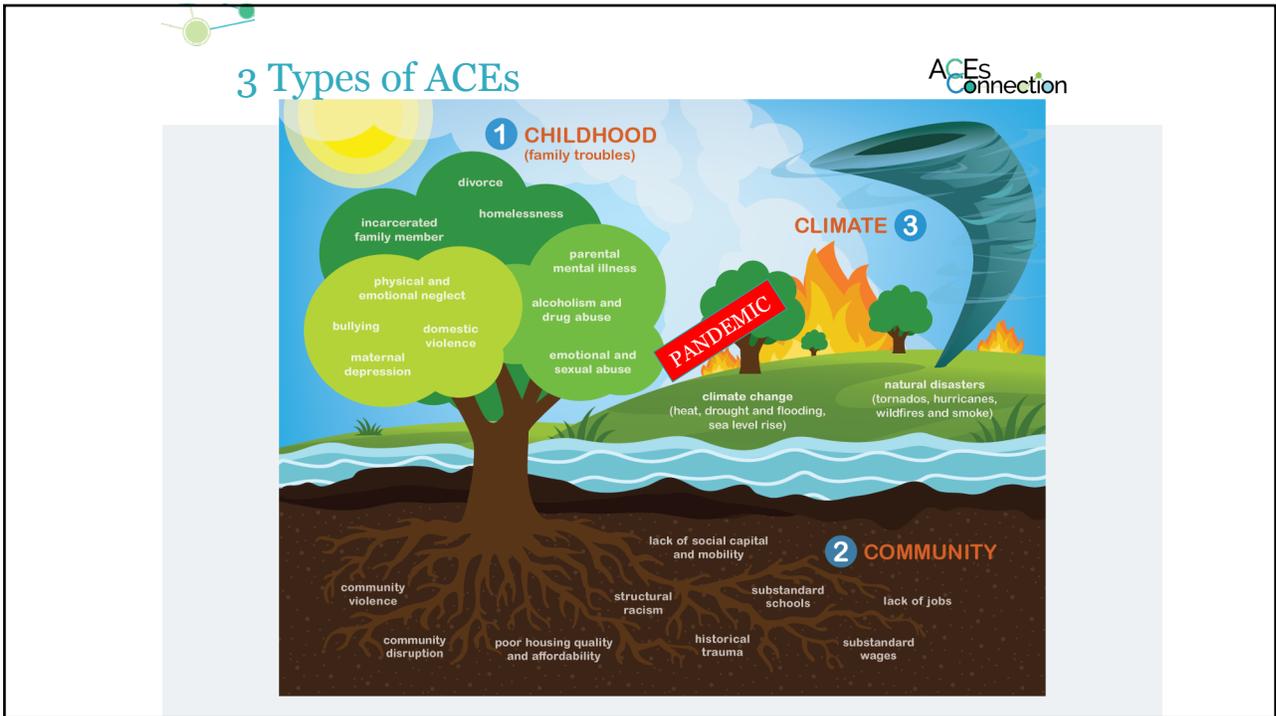


"A "Better Normal" Using the Community Resiliency Model to self-regulate during the pandemic

Developed by: Elaine Miller-Karas, LCSW

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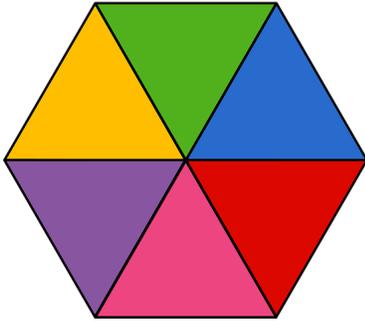
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RESILIENCY PAUSE



Resiliency Pauses can help bring you back into a balanced state in mind and body.

During this Pandemic it is so important to remember what else is true!

During your day, try to pause to take a Resiliency Pause.

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RESILIENCY QUESTIONS

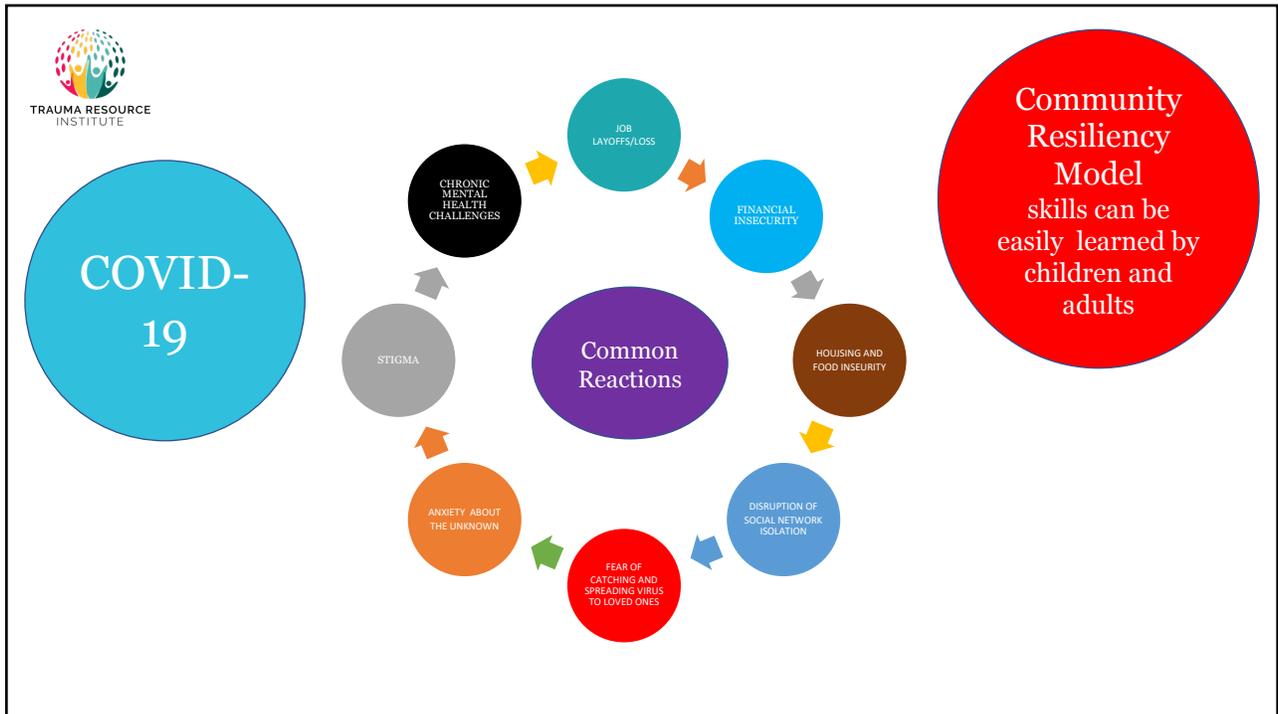
What or who is helping you the most right now?
What or who is giving you strength?
What or who has helped you get through hard times in the past?



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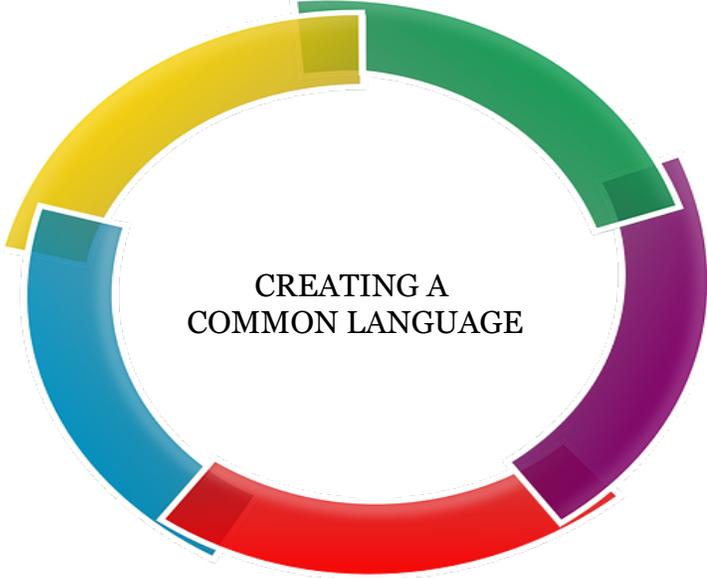
 **COMMON REACTIONS
CONNECTED TO OUR
WELL BEING**

Strength and Courage
Coming together with a joint purpose
Gratitude
Advocate
Appreciation of loved ones
Hope & Faith
Wisdom
Compassion for self and others



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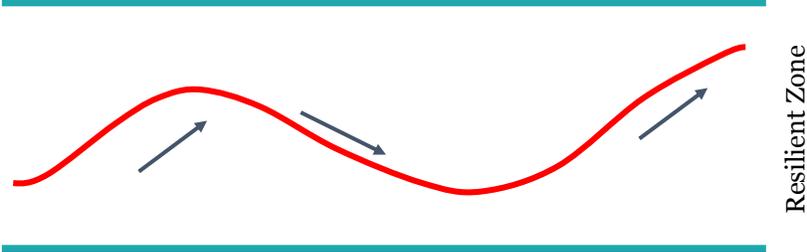


**CREATING A
COMMON LANGUAGE**

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The Resilient Zone- "OK" Zone



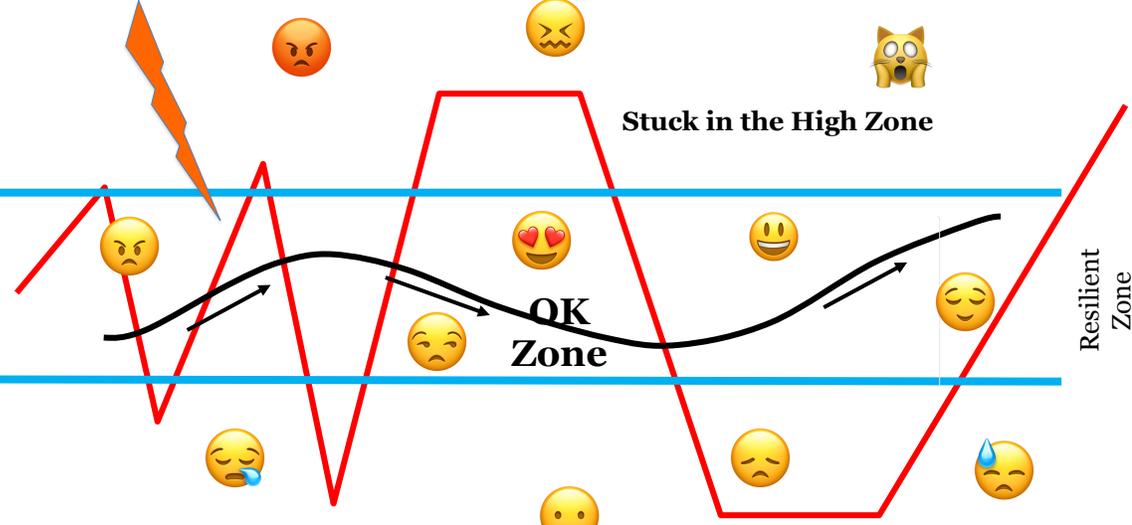
GOAL: TO WIDEN YOUR RESILIENCY ZONE

(c) Trauma Resource Institute

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Trigger or Stressful Event



Stuck in the High Zone

OK Zone

Stuck in the Low Zone

Resilient Zone

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THE COMMUNITY RESILIENCY MODEL A SET OF SIX WELLNESS SKILLS

Community Resiliency Model can be used:

- across the lifespan
- across cultures
- with different literacy abilities



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



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Modeling, which is also called observational learning or imitation.

When the caregiver does the wellness skills for self-care, the other people in their life including adults, teens and younger children have a greater chance of adopting the behavior as they learn it by observation.

Modeling is sometimes called vicarious learning, because your child or another adult need not actually perform the behavior in order to learn it.



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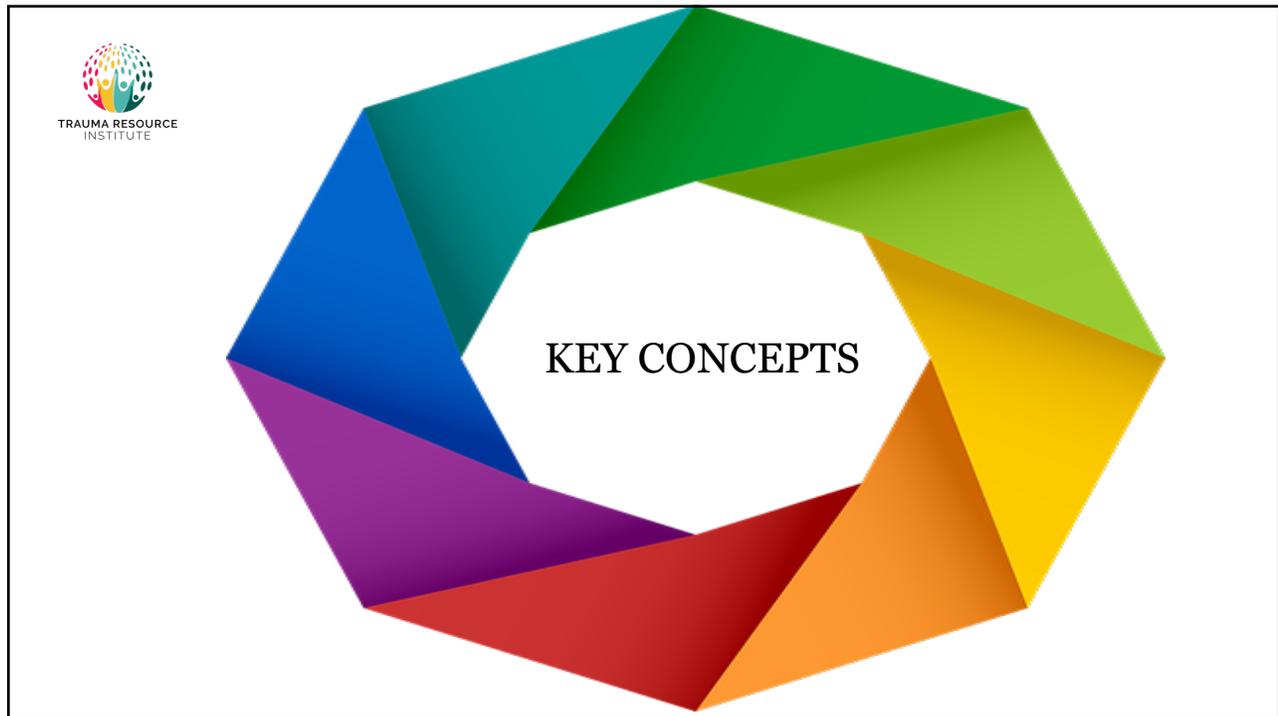
Help Now!

Resilient Zone

- Listen to the sounds
- Count to 10
- Touch something in nature
- Push against a wall
- Notice your surroundings
- Go for a walk
- Touch the furniture
- Drink a glass of water
- Feel the temperature
- Focus your attention on something you see

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The Community Resiliency Model®

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***Biology vs.
Mental Weakness***

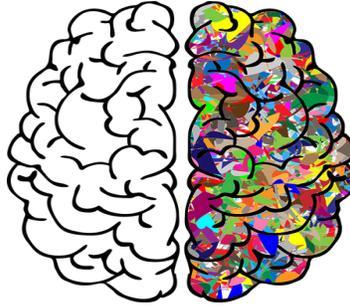
- ❖ CRM's focus is on the biology of the human nervous system.
- ❖ There are common human reactions to stressful/traumatic events that effect the mind, body and spirit.
- ❖ CRM helps individuals learn to read their nervous system to return to their zone of well being, called the Resilient Zone through the use of simple wellness skills

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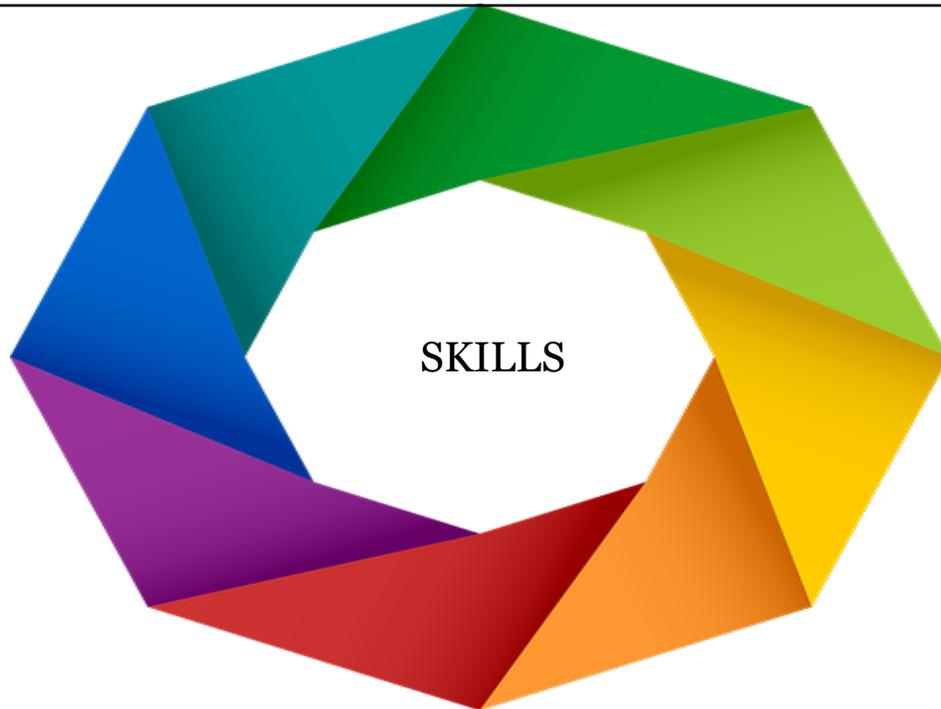
Scientific Research About the Brain

“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)

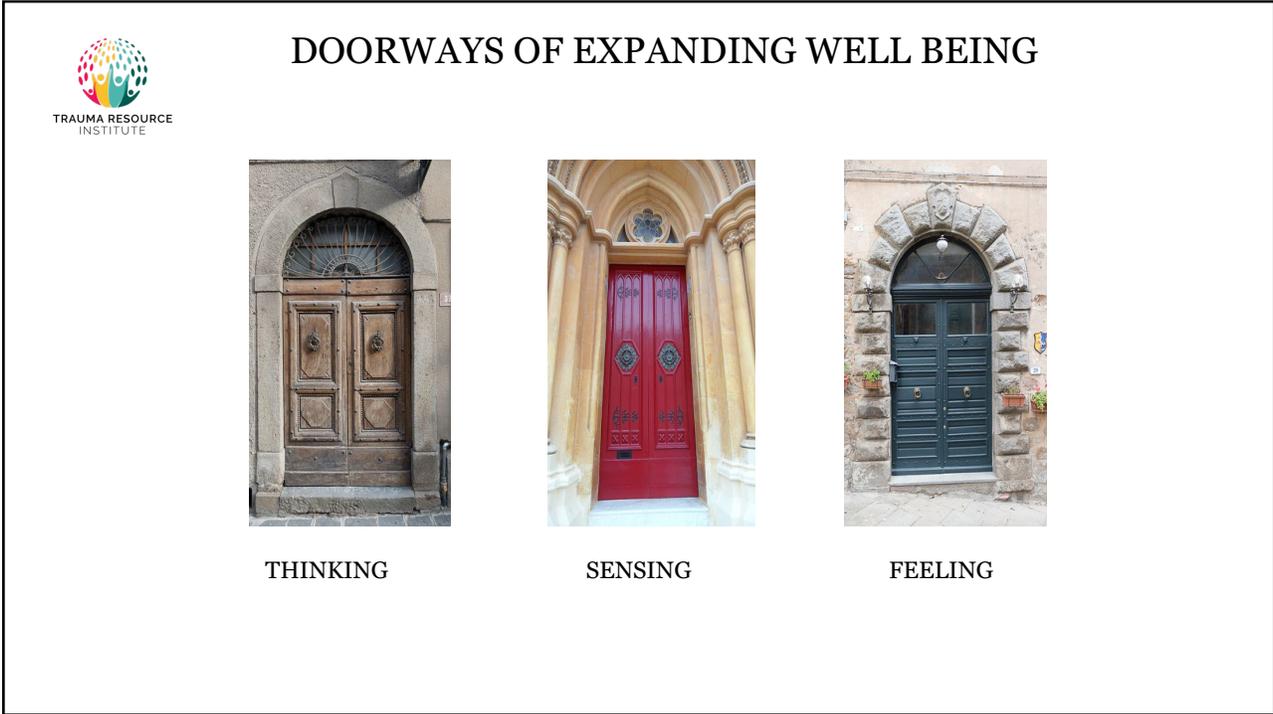
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Tracking is the foundation for helping stabilize the nervous system

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

The image features the Trauma Resource Institute logo in the top left corner, which consists of a colorful globe icon and the text 'TRAUMA RESOURCE INSTITUTE'. Below the logo is a row of five 3D, stylized human figures in different colors: cyan, red, purple, yellow, and blue. Below the figures, there are two paragraphs of text in a black, serif font. The first paragraph reads 'Tracking is the foundation for helping stabilize the nervous system' and the second paragraph reads 'Tracking is noticing or paying attention to sensations - to what is happening inside the body in the present moment'.

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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?

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What we pay attention to grows



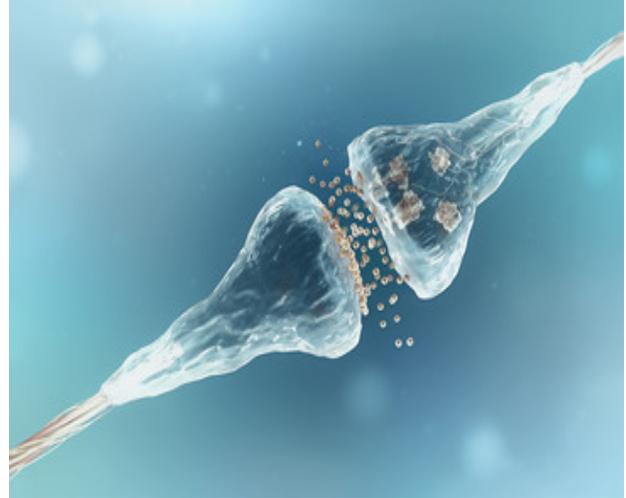
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Scientific Research About Building Resiliency

Brain cells that fire together
wire together!

Carla Schatz

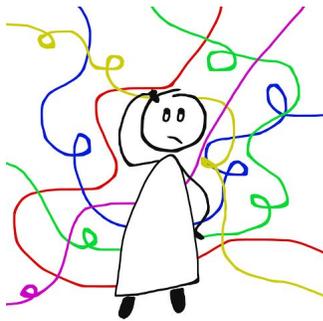


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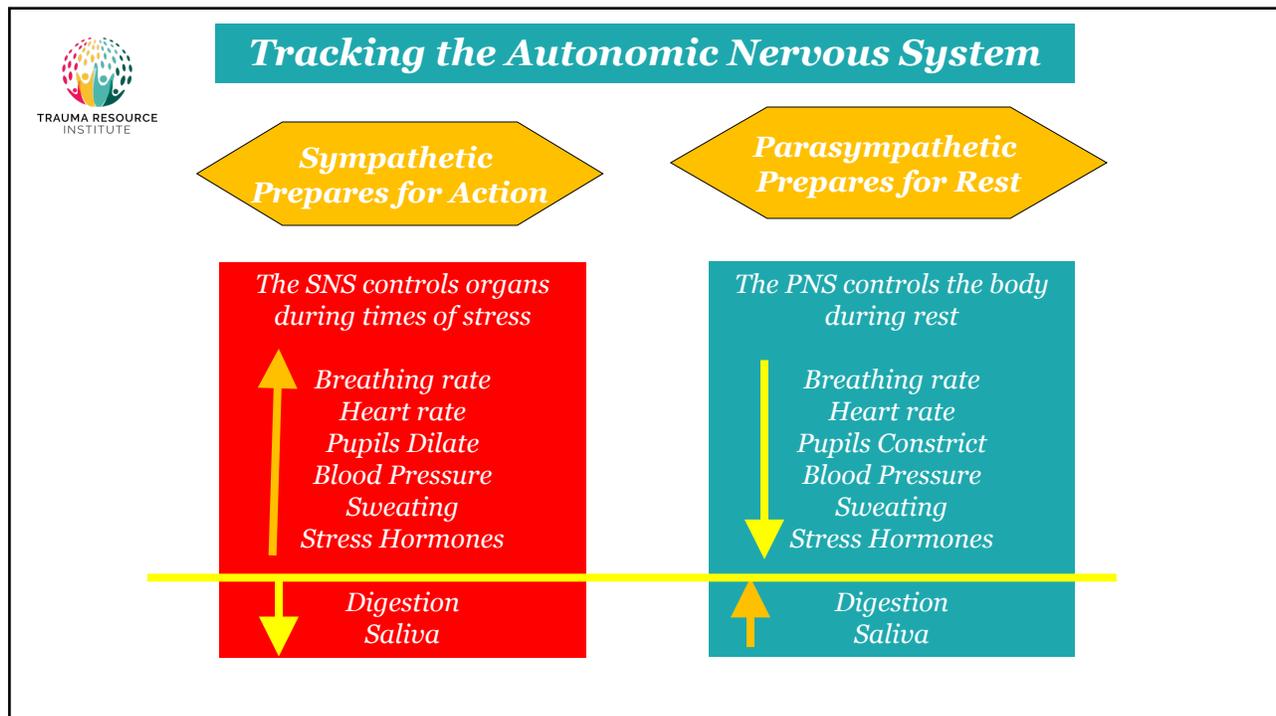


When we learn to discern the differences between
sensations of distress and well being

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



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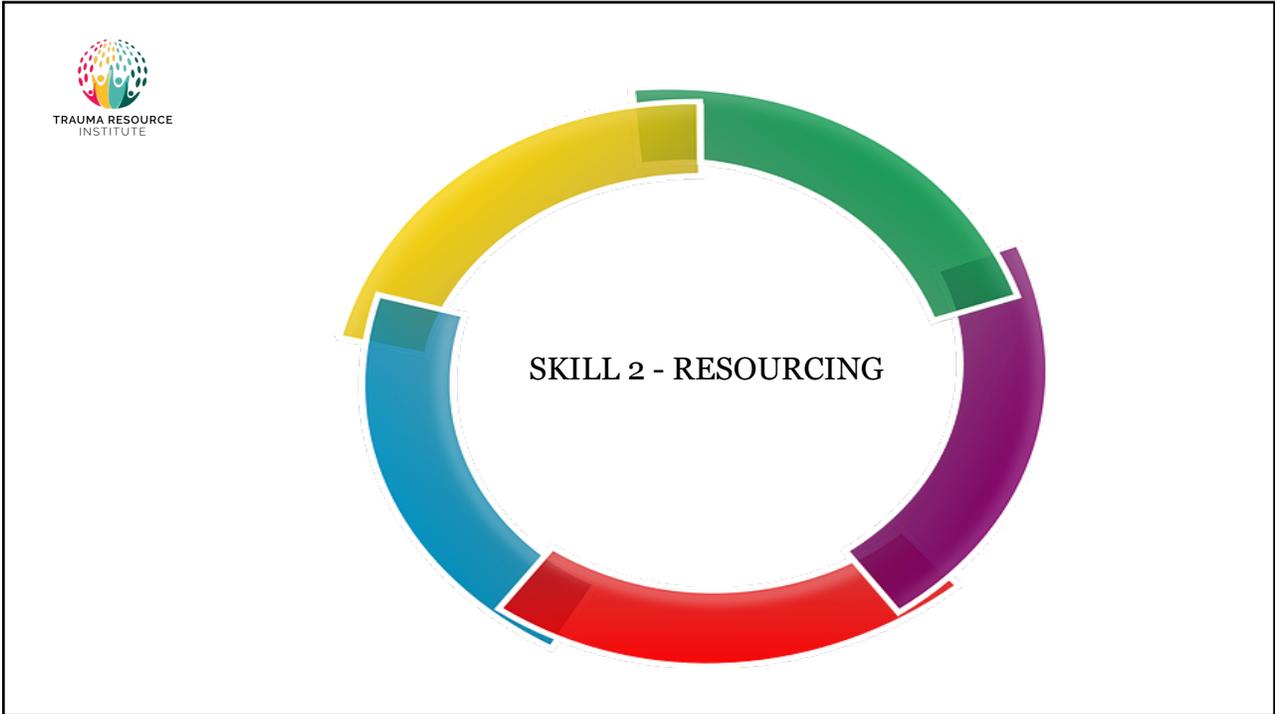
Interoception & the Insula
Our ability to observe body sensations in response to how we think, feel and move

- 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, 2013

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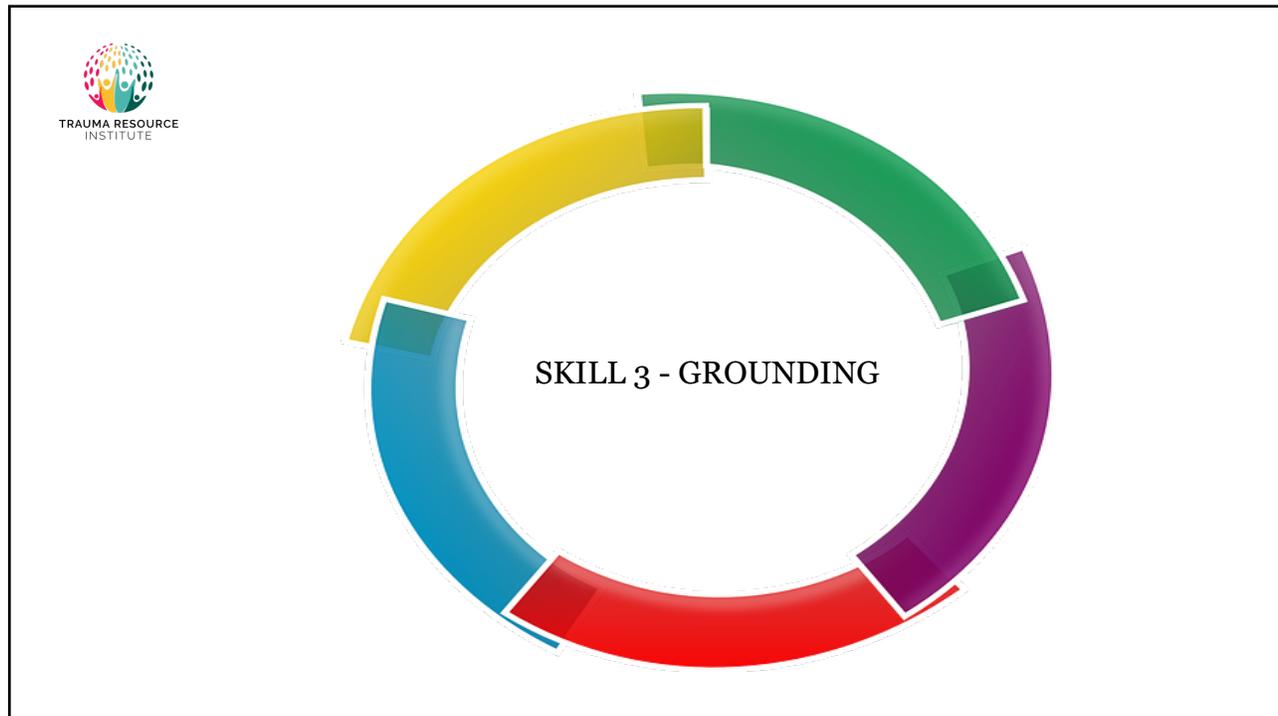
RESOURCING

-  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





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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

Sitting on a chair, sofa or ground

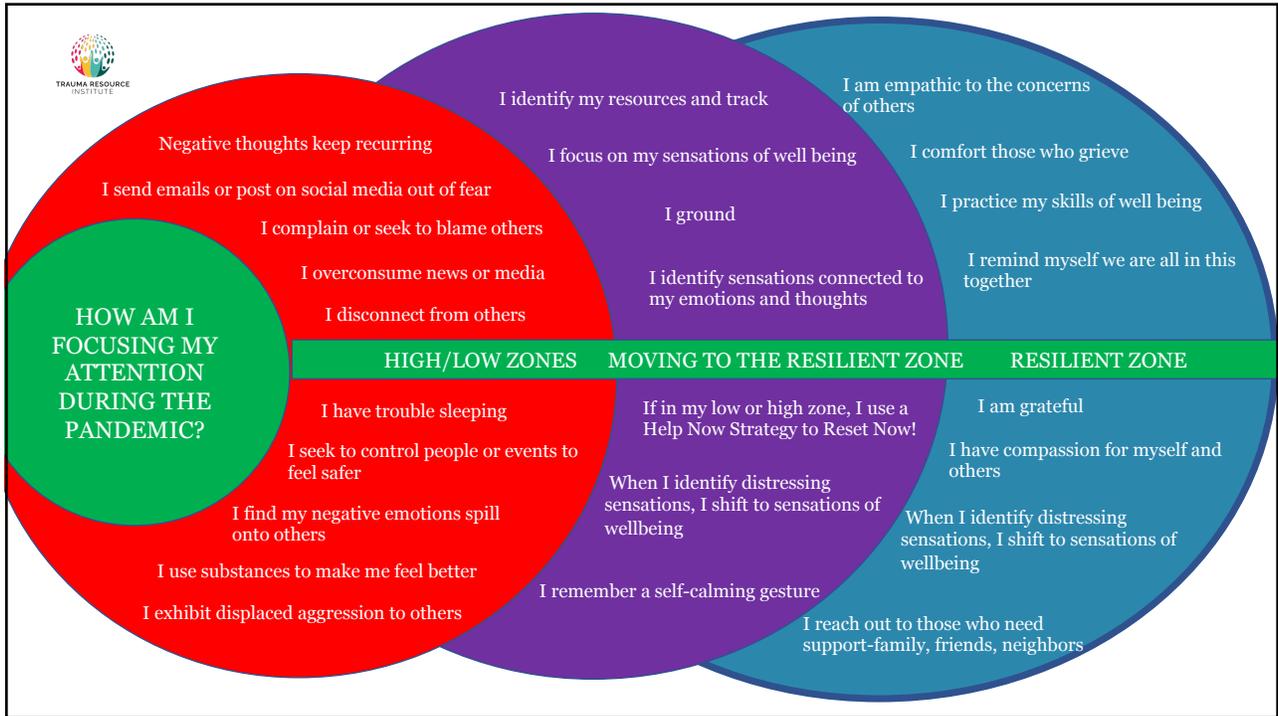
Standing against a wall

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IDENTIFY SENSATIONS OF DISTRESS

SHIFT TO RESOURCE
GROUNDING
RESET NOW! TO
HELP NOW.

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Research with Adults: Emory University Randomized Controlled Trial

Application of skills after the 3-hour Community Resiliency Model class

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 upsetif 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

Grabbe et al, 2019, Nursing Outlook

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Community Resiliency Model 3-hour Class Randomized Controlled Trial*

At baseline, more than 1/3 experienced the following:

- poor mental well-being
- low resiliency
- possible PTSD
- high or very high somatic (body) symptoms
- burnout symptoms often or sometimes

*RCT Findings: 77 adults (nursing profession)

CRM group (3-hour class) one year later:

Large effect size--improved well-being

Medium effect size--reduced secondary traumatic stress and physical symptoms

: <https://www.ncbi.nlm.nih.gov/pubmed/31894015>

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SIERRA LEONE 2016

Loma Linda University provided 2 1/2 day CRM® interventions in Sierra Leone following the Ebola Crisis to 40 community members

Results: statistically significant

- improvements in resiliency
- reduction in trauma symptoms, secondary traumatic stress, depression and anxiety

These improvements remained consistent when assessed at the 6-month follow-up.

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**NATIONAL LIFELINE
SUICIDE PREVENTION**

YOU CAN CALL OR YOU CAN CHAT

1-800-273-8255

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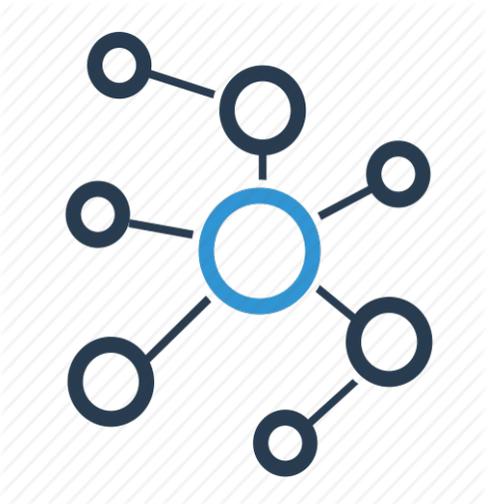


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HELP NOW!



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- ICHILL OVERVIEW
- RESILIENT ZONE BEFORE
- SKILLS
- RESILIENT ZONE AFTER
- RESILIENCY IMAGES

iChillapp.com

iChill

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"It is time for parents to teach young people that in diversity there is beauty and there is strength." –Maya Angelou

"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

