

COMMUNITY RESILIENCY MODEL

The *Community Resiliency Model*® (CRM) introduces participants to six wellness skills to help create “trauma-informed” and “resiliency-informed” individuals and communities that share a common understanding of the impact of trauma and chronic stress on the nervous system. Resiliency can be restored or increased using this skills-based approach. CRM® is an effective tool to be used for self-care and is especially helpful for those community members who are the front-line workers, responding to crisis situations or who live in highly traumatized and/or marginalized communities. The CRM® course teaches community members the basic skills in a two-day course that orients the learners to all six skills of the model and allows the skills to be practiced in small structured groups in order to increase proficiency in using the skills.

Participants will be able to:

- Discuss how CRM® skills are based upon current neuroscience.
- List 5 common reactions resulting from trauma and stress.
- Describe how CRM® reduces trauma symptoms.
- Utilize the six skills of CRM®.
- Describe explicit and implicit memory.
- Describe the autonomic nervous system.

Who should attend:

- Mental Health Practitioners
- Social Workers
- Members of Faith Based Organizations
- Non-Governmental Organizations
- Public Health Professionals
- Community Groups

May 16-17, 2019

8 a.m. - 5 p.m.

Valencia College
School of Public Safety
8600 Valencia College Lane, Room 140
Orlando, Fl., 32825

****NO COST****

Registration Link: <https://web.spcollege.edu/survey/28333>

For registration assistance: Brown.Kathi@spcollege.edu
727-344-8027

For course information: Morris.Wayne@spcollege.edu
727-341-4631

This course is offered to individuals impacted by or associated with the Pulse Nightclub shooting or its immediate victims.

Instructor Michael Sapp, Ph.D. is a licensed clinical psychologist and the CEO of the Trauma Resource Institute (TRI). As a TRM® and CRM® Senior Trainer, Dr. Sapp has helped train clinicians and non-clinician community leaders both locally and internationally. Domestically, he has provided trainings throughout California, North Carolina, New York and Georgia. Internationally, he has helped provide trainings in the Philippines, Turkey, London, Nepal, Germany, Iceland, and Northern Ireland. He also recently co-authored a chapter with Elaine Miller-Karas entitled, “The Nervous System, Memory, and Trauma” in Ms. Miller-Karas’ book *Building Resilience to Trauma: The Trauma and Community Resiliency Models* published in 2015.

Amber Legault, LMFT, is a licensed marriage and family therapist. She received her Bachelor’s of Arts in Psychology from Chapman University and her Master’s of Science in Counseling Psychology with an emphasis in Marriage and Family Therapy from California Baptist University. Ms. Legault has been working with children, adolescents, TAY (transitional age youth 18-25) and families for the past 7 years. Over the past 7 years, she has found a passion for utilizing video games in therapy and as a therapeutic tool. She has also found a passion for the LGBTQ+ population and has created a safe space in her place of practice for all to come and receive therapy. Ms. Legault is a certified TRM® and CRM® Teacher and helped provide a CRM® Teacher Training in Orlando, FL, for first responders and community members in the immediate aftermath of the Pulse Nightclub shooting.

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