



TRAUMA RESOURCE INSTITUTE



THE COMMUNITY RESILIENCY MODEL®  
PART 2

WRITTEN BY GLADYS MILLER-KAPLAN  
Webinar with ACEs Connection  
May 14, 2020

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ACEs Connection

## ACEs Connection

*We are the human and digital catalyst that grows and supports the worldwide ACEs and resilience movement, and tells its authentic stories.*

*Our vision is a resilient world where all people thrive.*

→ To Join: [acesconnection.com](https://acesconnection.com)

→ Click **Join!**



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## 3 Types of ACEs

**ACEs Connection**

# 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.

**1 HOUSEHOLD**

- incarcerated family members
- divorce
- homelessness
- physical and emotional neglect
- parental mental illness
- bullying
- domestic violence
- maternal depression
- alcoholism and drug abuse
- emotional and sexual abuse

**2 COMMUNITY**

- historical trauma
- substandard schools
- structural racism
- violence
- substandard wages
- lack of jobs
- lack of social capital and mobility
- poor water and air quality
- poverty
- poor housing quality and affordability

**3 ENVIRONMENT**

- CLIMATE CRISIS
- record heat & droughts
- wildfires & smoke
- record storms, flooding & mudslides
- sea level rise
- NATURAL DISASTERS
- tornadoes & hurricanes
- volcano eruptions & tsunamis
- earthquakes

**PANDEMIC**

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## SKILL 1: Tracking (Reading Sensations)

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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


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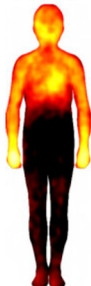
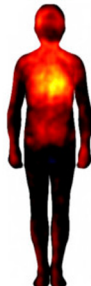
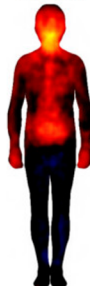
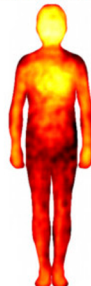
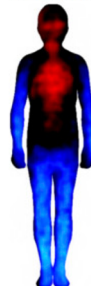











*What we pay attention to grows*



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Anger	Fear	Disgust	Happiness	Sadness	Surprise	Neutral
						
Anxiety	Love	Depression	Contempt	Pride	Shame	Envy
						


A sensation is a *physical experience* in the body.  
 Sensation originates in billions of receptors distributed in every part of the body.  
 Life experiences, including our thoughts and feelings, have a corresponding sensation within the body.

ari, and Jari Hietanen.


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## DOORWAYS OF EXPANDING WELL BEING



THINKING



SENSING



FEELING

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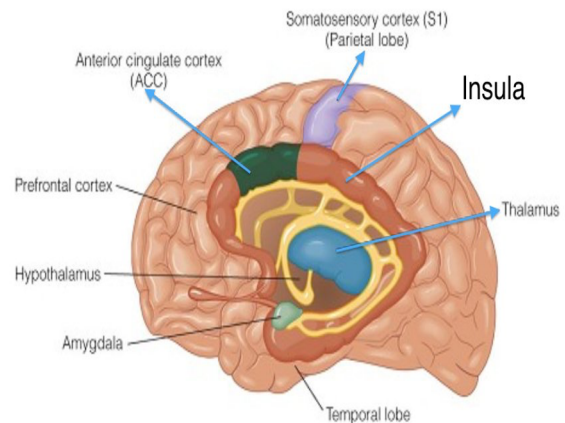


## ***Interoception & the Insula***

*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)

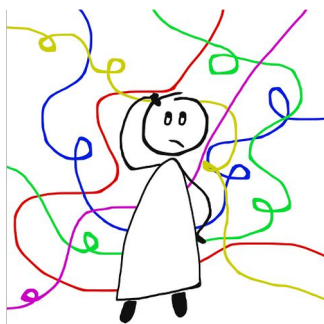


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When we learn to discern the differences between sensations of distress and well being

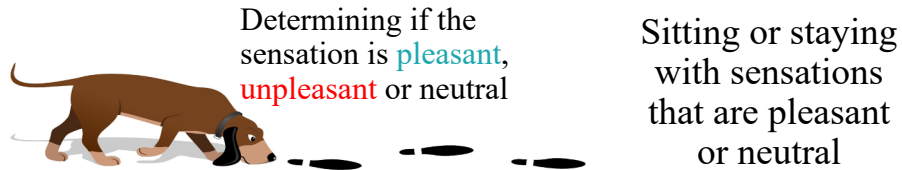
We begin to have **CHOICE** of what to pay attention to on the inside



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



Curiosity questions:  
What do you notice on the inside?  
Are the sensations pleasant, unpleasant or neutral?

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### ***Tracking Nervous System Release***

- A biological process that happens automatically when the body releases stress energy and comes back into balance.
- Sensations can include trembling, tingling, yawning, stomach gurgling, burping, warmth, cooling down.
- Paying attention to release sensations can help the body return to the Resilient Zone.

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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.

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## *Learning Sensation Words*

VIBRATION	SIZE/POSITION	TEMPERATURE	PAIN	MUSCLES
SHAKING TWITCHING TREMBLING FAST/SLOW	SMALL MEDIUM LARGE UP/DOWN CENTER	COLD HOT WARM NEUTRAL	INTENSE MEDIUM MILD THROBBING STABBING	TIGHT LOOSE CALM RIGID
BREATHING	HEART	TASTE	DENSITY	WEIGHT
RAPID DEEP SHALLOW LIGHT	FAST SLOW RHYTHMIC FLUTTERS JITTERY	SPICY SWEET SOUR JUICY BLAND	ROUGH SMOOTH THICK THIN	HEAVY LIGHT FIRM GENTLE

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# Tracking Exercise

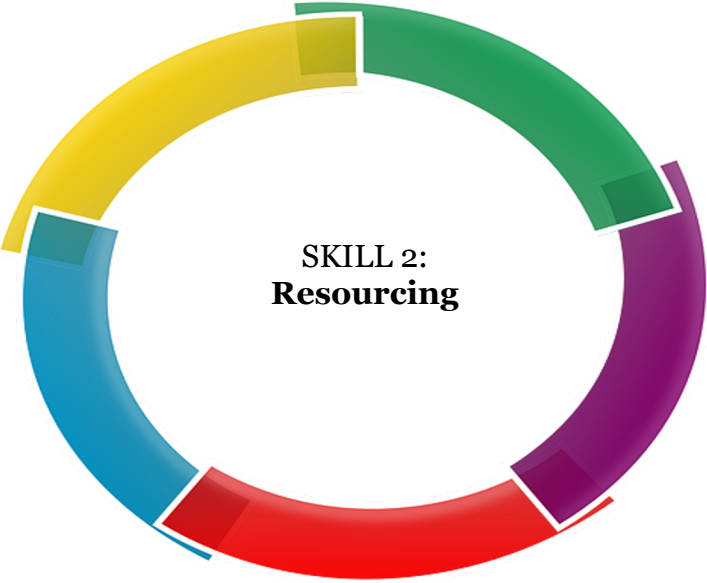
Activity booklet page 10



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**SKILL 2:  
Resourcing**

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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?*

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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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## ***Resource Intensification***



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

Resource intensification strengthens the “felt sense” of the resource and overrides attention that automatically goes to unpleasant sensations

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## ***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.*

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Developing Resources  
Activity Booklet  
page 13



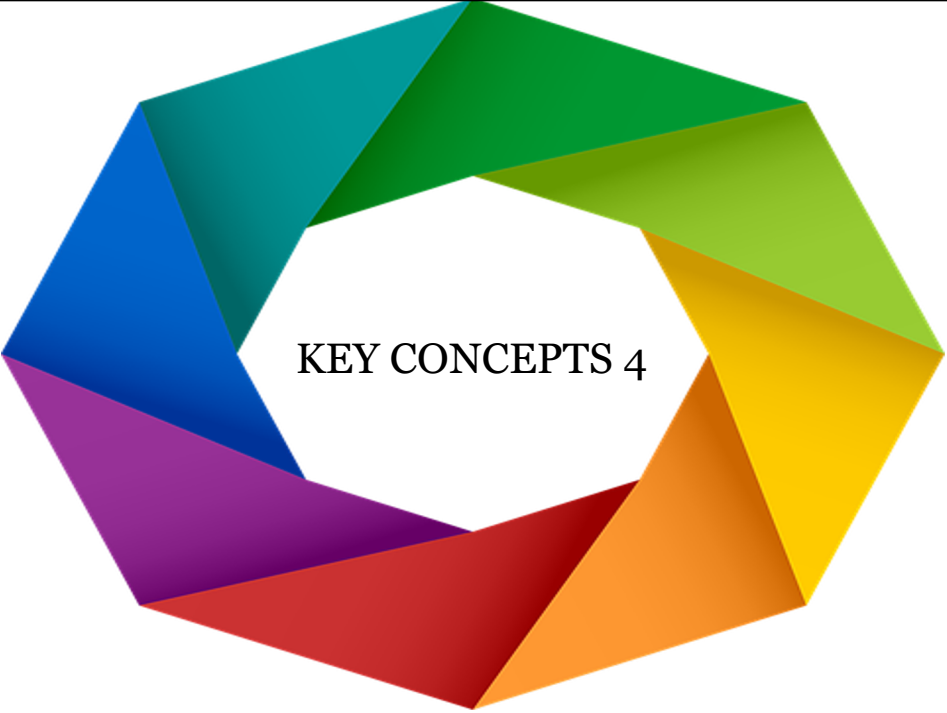
The image features three stylized human figures in purple, each holding a large colored circle (teal, red, and yellow) above their head. The figures are connected at the base by a dark grey, wavy line, and each has a small black circle at its feet.

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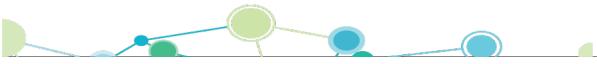
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KEY CONCEPTS 4

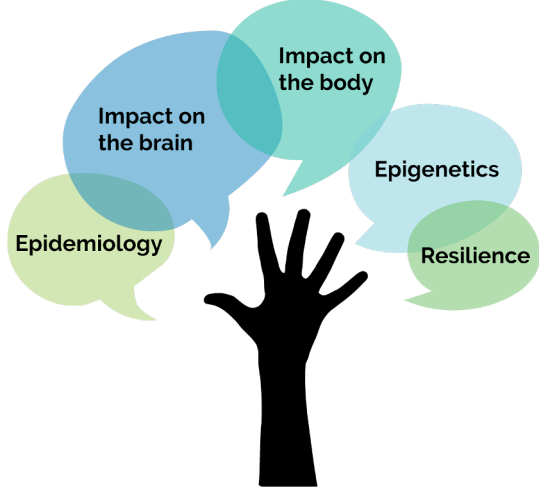


A large, colorful geometric ring composed of several overlapping triangles in shades of teal, green, blue, purple, red, orange, and yellow, arranged in a circular pattern.

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ACEs Connection

## ACEs & Resilience Science



**Epidemiology** ACE study and expanded definitions of ACEs


**Impact on the brain** toxic stress caused by ACEs impact children while they (and their brains) are developing

**Impact on the body** health consequences of toxic stress (short & long term)

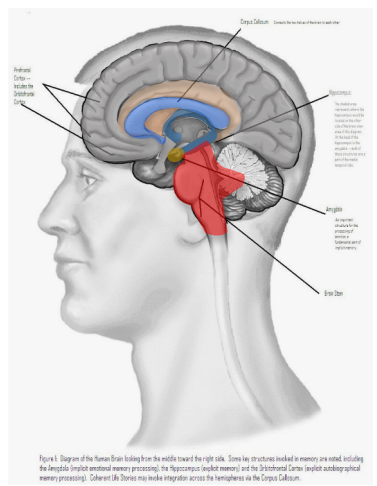
**Epigenetics** generation-to-generation impact/ historical trauma

**Resilience** body can heal. Brain is plastic. Relationships & resources as resilience.

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### Organizing Principle: Three Parts of The Brain

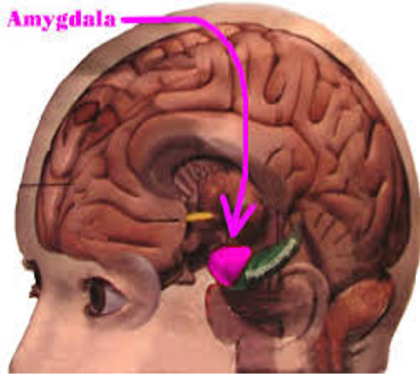


**Cortex: Thinking**  
Integrates input from all 3 parts. Cognition, beliefs, language, thought, speech.

**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.

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- The amygdala is the appraisal system of the brain:
  - Signals rest of nervous system when there is a threat
  - Creates templates from highly charged emotional memories
  - Generalizes information to sound an alarm if there is a perceived threat
  - Organized by past experience and has a negativity bias. Humans are designed for survival.

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### *Amy G. Dala- Suitcase Of Memories*



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# MEMORY

**EXPLICIT MEMORY** - process of conscious learning and storing of information like facts and events

- ❖ Accessed by our intention
- ❖ There is a sense of self & time
- ❖ Develops between 18-24 months of age

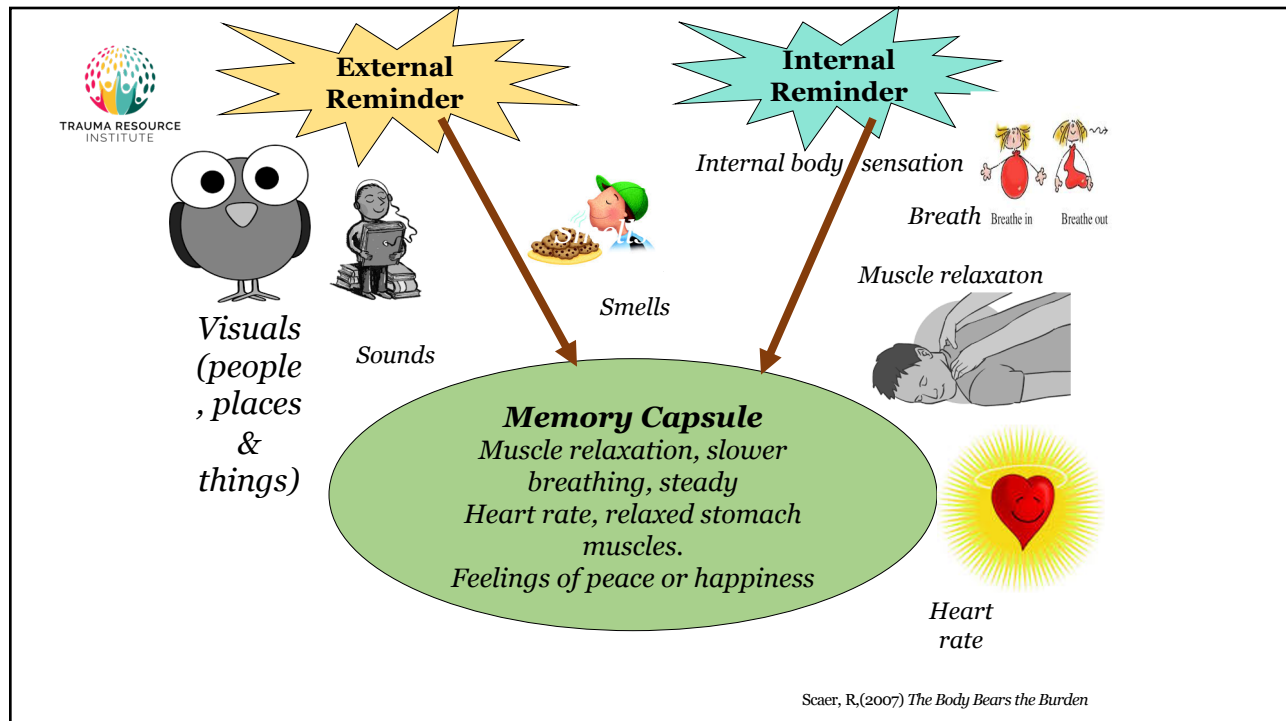


**IMPLICIT MEMORY** - Includes body memories connected to traumatic experiences

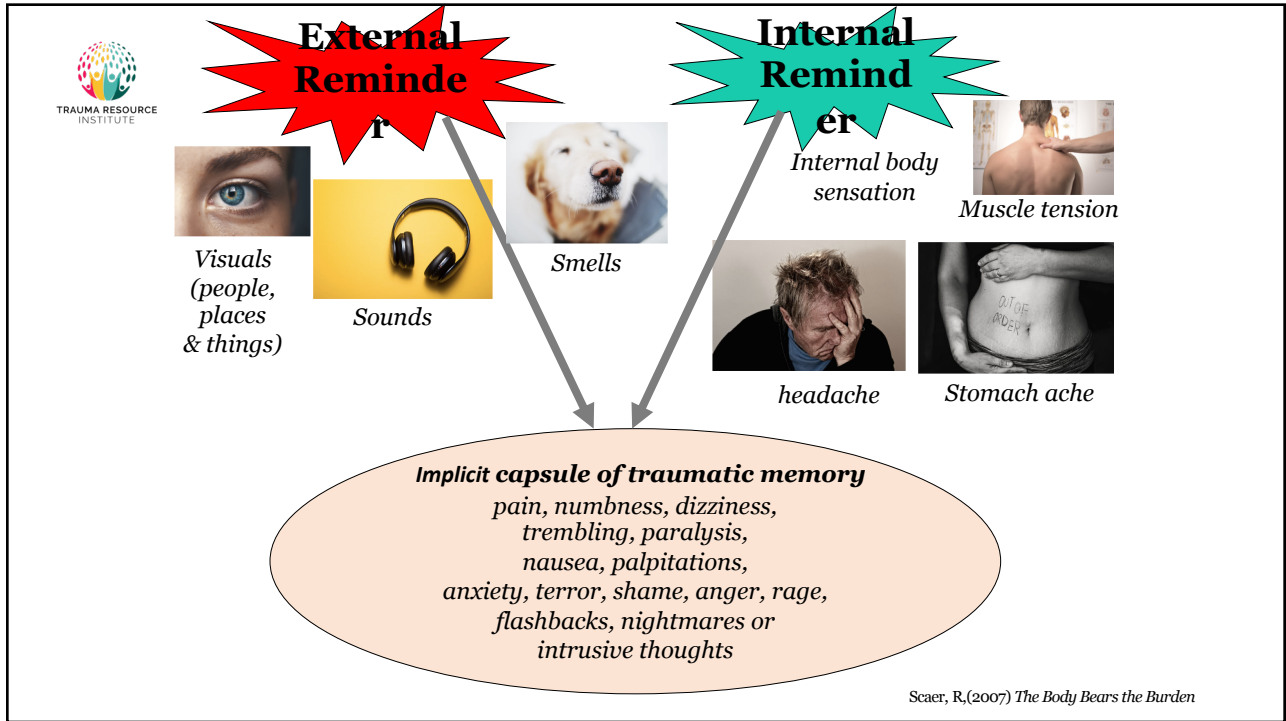
- ❖ Does not have a sense of self and time
- ❖ Develops before birth
- ❖ Can be set off by multi-sensory reminders

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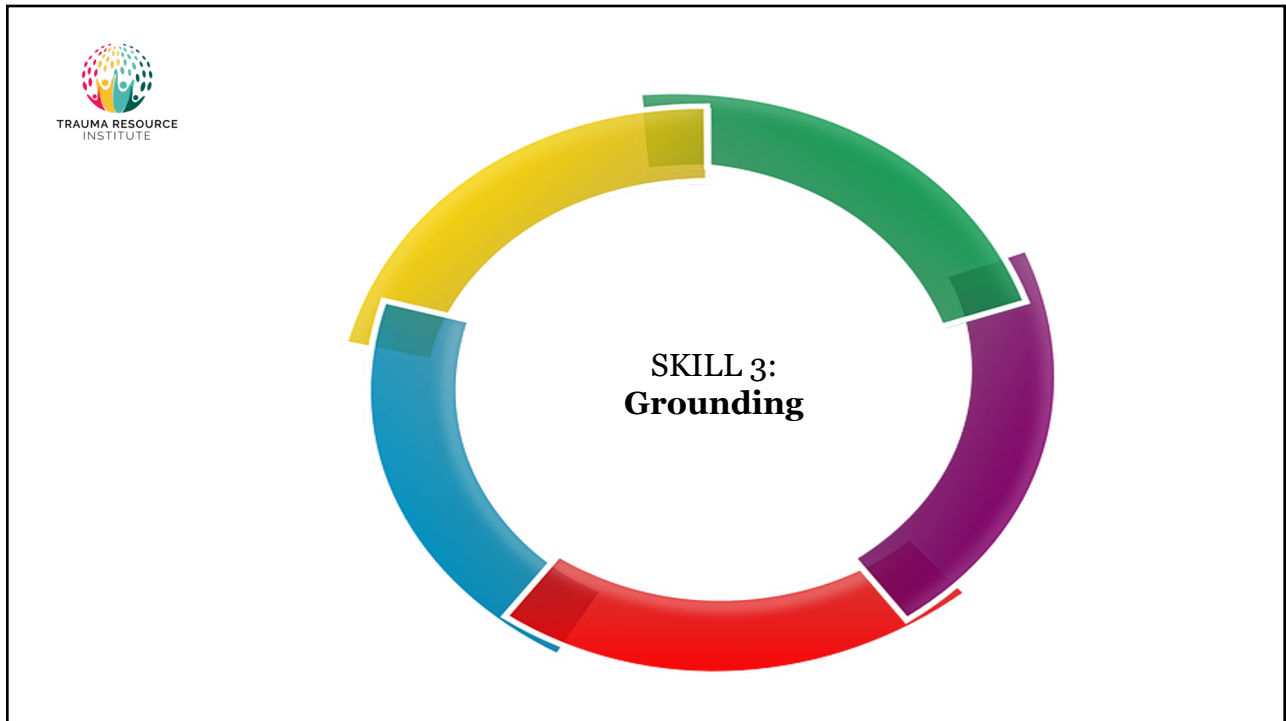
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### ***Skill 3: Grounding***


*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.

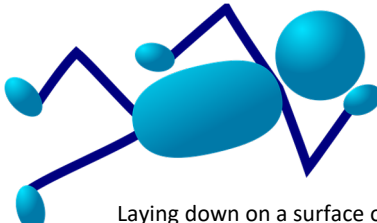
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## YOU CAN GROUND IN MANY POSITIONS



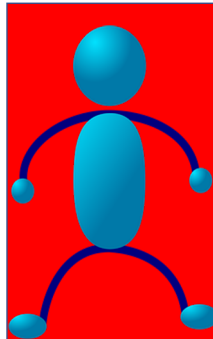
Walking and paying  
Attention to steps




Laying down on a surface or  
Floating in water



Through a part of your body  
like your hands or feet



Standing against a wall



Sitting on a chair, sofa or ground

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- 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.

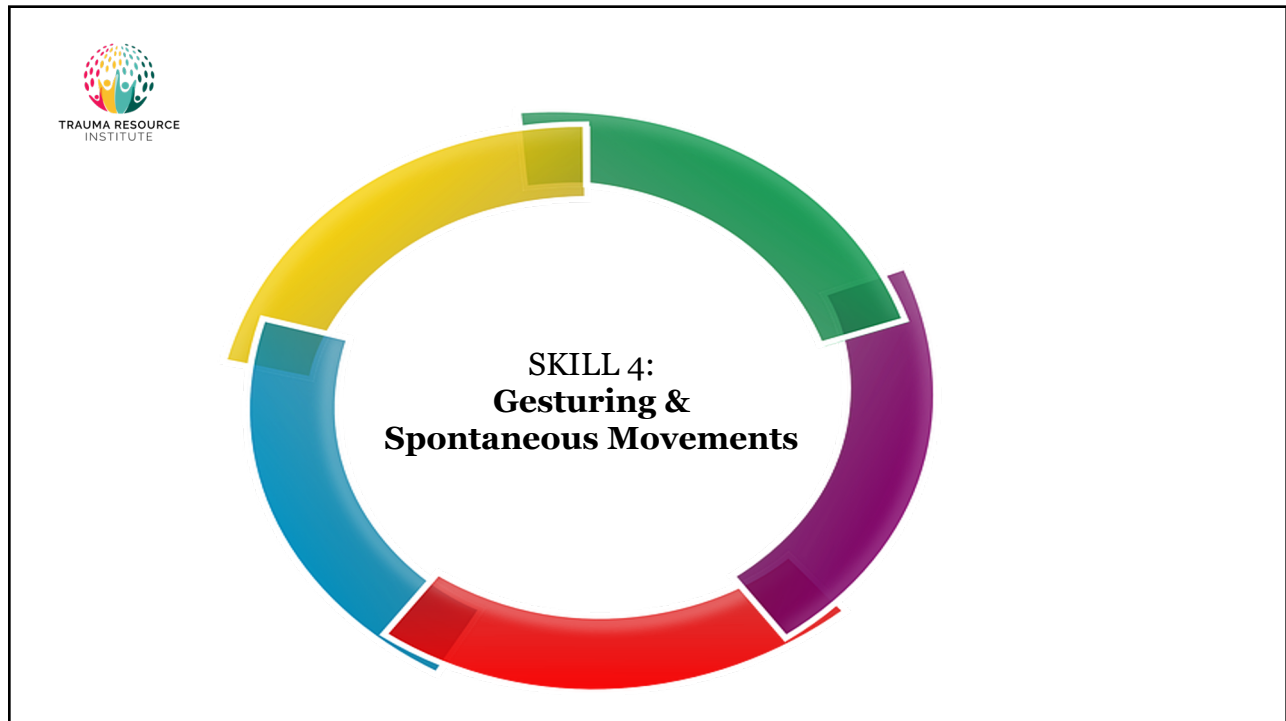
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## Grounding Exercise Activity Booklet page 15



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- A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.
- Movements & gestures made below conscious awareness
- The use of motions of the limbs or body as a means of expression. (Merriam Webster Dictionary)
- Movements and/or gestures that do not cause self-injury or self-harm.



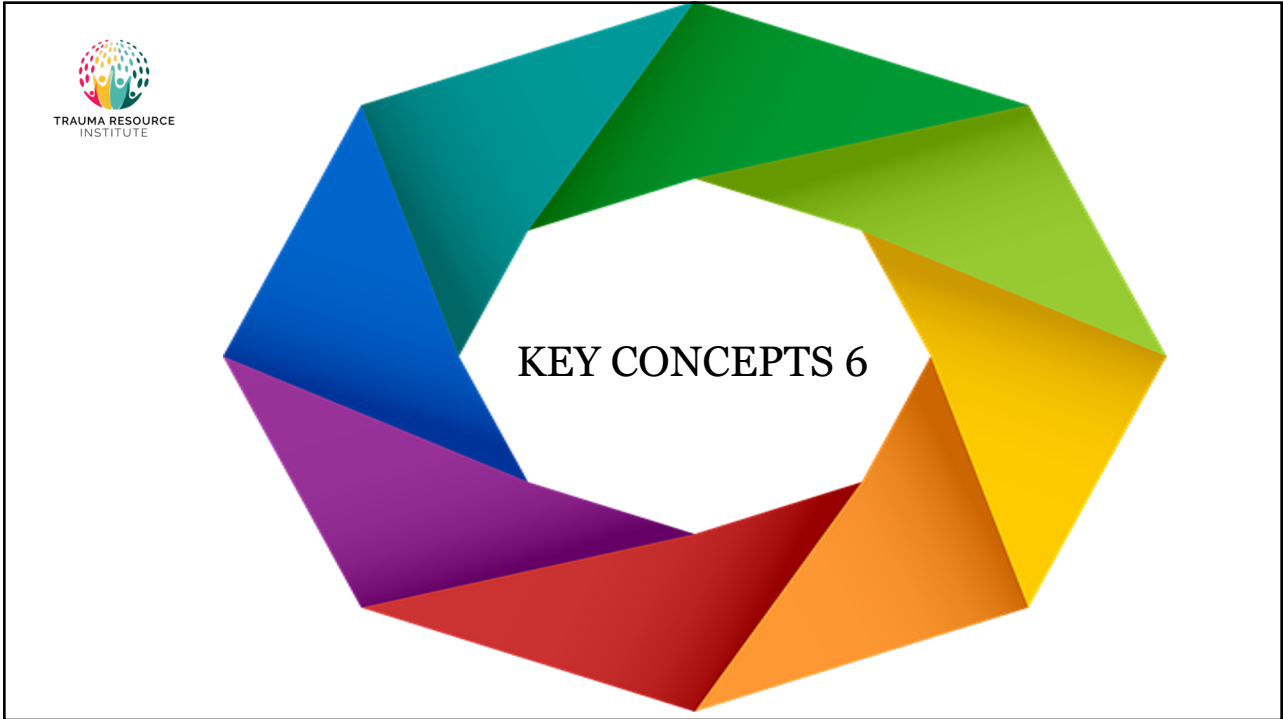
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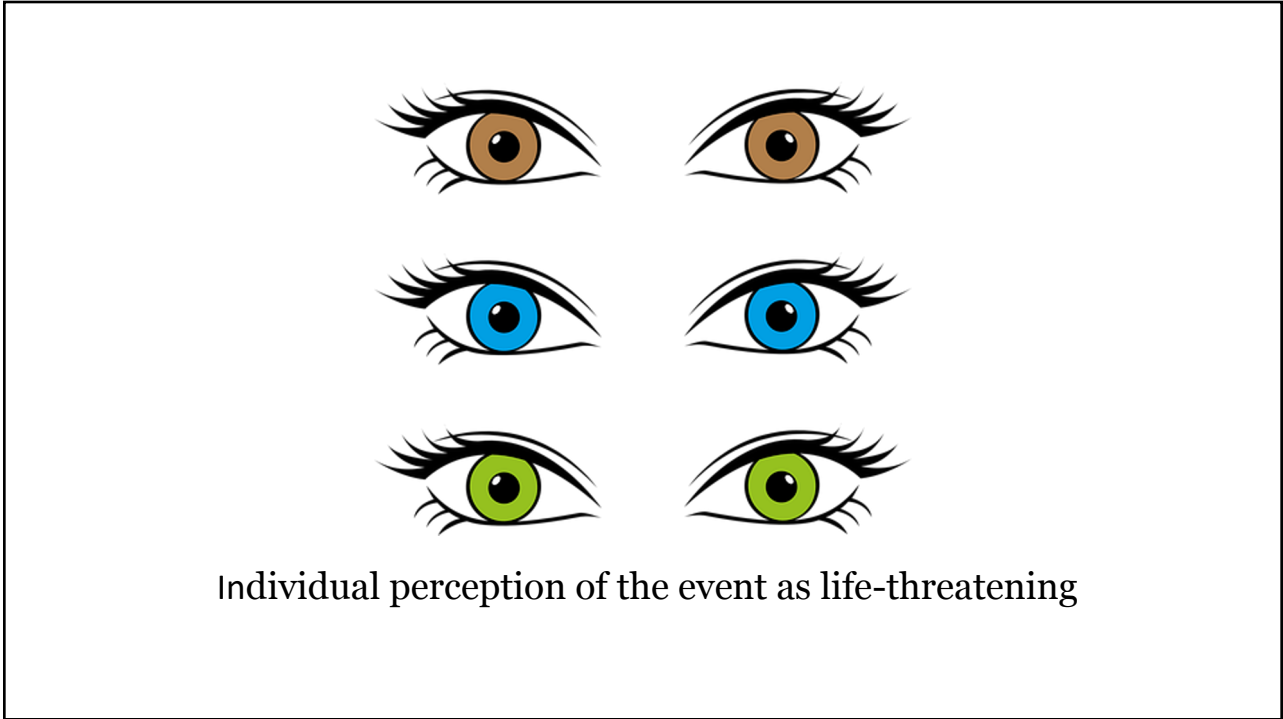
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- A person can be encouraged to identify their self-soothing gesture.
- The soothing gesture can be called to mind by intention to help get back to the Resilient Zone if bumped out.
- Encouraging the person's curiosity about self-comforting gestures is another way the practitioner reinforces the client's inherent resiliency.

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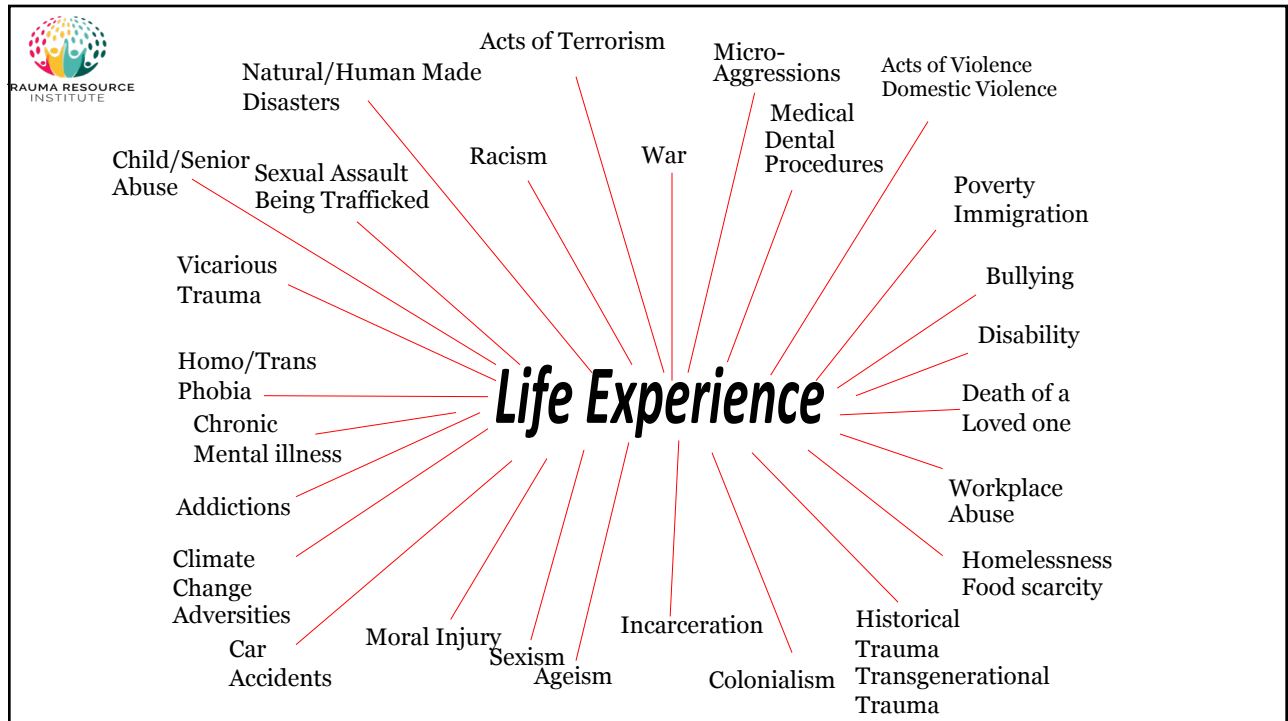
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41



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**INTERSECTIONALITY**  
The 'meeting place' where multiple experiences and identities come together and INTERSECT

*"Diversity inclusion would be a world where people of all religions, races, sexual orientation and gender identification were equally respected, included and welcomed." (Miller-Karas, 2019).*

The slide features a central green rectangular box with white text. This box is overlaid on a background of three overlapping, semi-transparent colored shapes: a light blue parallelogram, a yellow vertical rectangle, and a red parallelogram. A quote is enclosed in a smaller green box at the bottom of the slide.

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**SKILL 6:  
Shift & Stay**

The slide features a central circular graphic composed of five overlapping, semi-transparent colored segments: yellow, green, purple, red, and blue. The text "SKILL 6: Shift & Stay" is centered within the circle.

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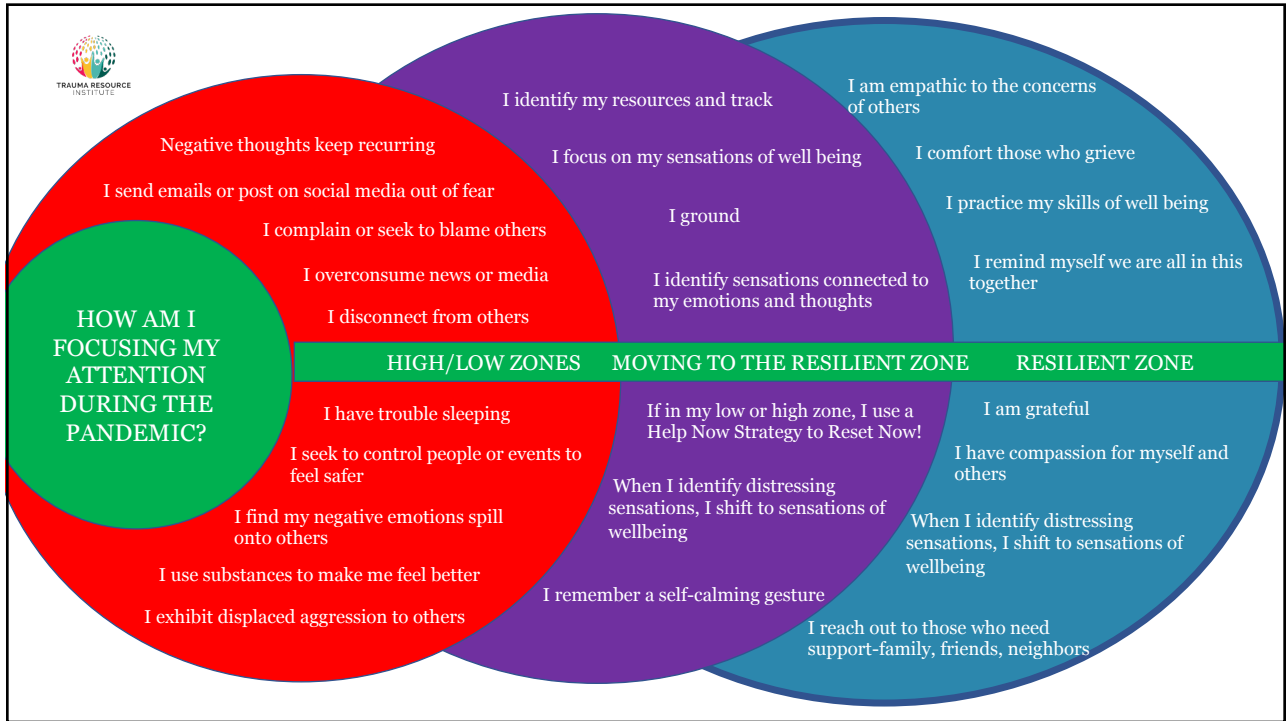
“Shift and Stay” means shifting your attention from sensations that are unpleasant to sensations that are neutral or pleasant and staying there.



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**SIERRA LEONE 2016**

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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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**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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**Research with Adults: Emory University Randomized Controlled Trial**  
Application of skills after the 3-hour Community Resiliency Model class

### After learning the skills:


### When did they use 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

- 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 upset** ....if 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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**PUBLISHED RESEARCH**  
**INTERNATIONAL JOURNAL OF MENTAL HEALTH AND ADDICTION 1/20**

Addiction is associated with trauma, and a body-based approach may help attenuate the long-term impacts of trauma, including addiction and mental disorders.

The study provided a single 5-hour Community Resiliency Model® class in an urban drug treatment center for impoverished women in the Southeastern US.

Using a pre-post mixed methods design, data collected from 20 women on well-being, physical symptoms, anger, depression, anxiety, and spirituality.

Participant somatic complaints, anger, and anxiety symptoms had declined significantly, with a moderate to large effect size; well-being increased significantly, with a small effect size. Participants found the skills and concepts of CRM helpful and shared them with others.

CRM is a feasible, inexpensive, and acceptable training that may be valuable for persons with addictions..

[wt\\_mc=Internal.Event.1.SEM.ArticleAuthorOnlineFirst&utm\\_source=ArticleAuthorOnlineFirst&utm\\_medium=email&utm\\_content=AA\\_en\\_06082018&ArticleAuthorOnlineFirst\\_20200107](https://doi.org/10.1177/1063426920200107)

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***Our Vision***  
To create resiliency informed and trauma informed individuals and Communities

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***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

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## Connect With Us!



TRResilience




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## Connect With Us!

- Elaine Miller-Karas, LCSW  
Questions with regard to trainings about the Community Resiliency Model, go to [hello@communitytri.com](mailto:hello@communitytri.com)

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MTSS Coordinator  
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Allison Wine  
Behavior Specialist  
[awine329@gmail.com](mailto:awine329@gmail.com)


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UNITED NATIONS-TAYLOR AND FRANCIS (ROUTLEDGE)  
selects  
*Building Resilience To Trauma,  
The Trauma and Community Resiliency Models*  
By: Elaine Miller-Karas

Online curated library  
Sustainable Goals Online-: <https://www.taylorfrancis.com/sdgo/>

To support the UN's call to action to end poverty, fight inequality and injustice and protect the planet.



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Iceland  
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23 States US  
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Caribbean Islands  
India  
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Congo  
Somalia  
Sierra Leone  
Uganda  
Tanzania  
Ivory Coast  
South Africa  
Kenya  
Darfur  
China  
Nepal  
Japan  
Philippines  
Samoa

Through SEE Learning:  
102 Countries

United Nation's Online Learning Portal

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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*



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## NATIONAL LIFELINE SUICIDE PREVENTION

YOU CAN CALL OR YOU CAN CHAT

# 1-800-273-8255

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