

Community Resiliency Model.

Biologically based approaches to trauma resolution provide insights into how trauma affects the body, mind and spirit and in turn may be addressed by a variety of professionals. With this in mind, Elaine Miller Karas came to South Africa to provide training in the trauma resiliency model. She is the founder of the Trauma Resource Institute. Elaine describes her model as follows:

The Trauma Resource Institute's (TRI) mission is to provide training in biologically based skills, derived from cutting edge neuroscience, that increase resiliency and decrease the debilitating effects of traumatic and stressful events. TRI's goal is to expand access to culturally sensitive stabilization skills with a public health model that trains clinicians and non-clinical providers from diverse populations. TRI fosters the development of trauma-informed and resiliency-informed communities.

The Community Resiliency Model provides a biological perspective that reduces the stigma with regard to symptoms and creates a new paradigm by teaching wellness skills that help individuals and communities. The primary focus of our skills-based, stabilization program is to re-set the natural balance of the nervous system. CRM helps individuals understand his or her nervous system and learn to track sensations connected to resiliency. The nervous system begins to return to its normal balance or rhythm (referred to as the "Resilient Zone"). As the individual learns to use the skills, cognitions, emotions, behaviors, and physical symptoms can begin to change and even remit as the individual's natural resiliency is restored.

The two fundamental goals of the Community Resiliency Model are to help individuals learn to track their own nervous systems, to bring the body, mind and spirit back into greater balance and to encourage people to pass the skills along to family, friends and their wider community.

CRM can be taught as a peer-to-peer program, training staff members and community members to help themselves and others. CRM can also be used for self-care for those community members who are the front line workers, responding to crisis situations or who live in highly traumatized communities.

Creating Capacity

The Trauma Resource Institute believes in creating local community capacity where interventions are introduced. The concept of "teaching people how to fish" is embedded in their models throughout the US and World. The biological models make it highly accessible across cultures and educational levels. Trauma Resource Institute now has trainers in many places around the country and globe.

Most psychological approaches currently in use are cognitively based. Cognitive models, while sometimes using relaxation exercises, focus on changing debilitating beliefs and providing insight and the development of problem-solving strategies. However, there is a rapidly growing body of neuroscience research showing that the part of the brain responsible for

verbal processing and introspection do not function at their optimal level when under stress and after traumatic events. Thus, there is a need for interventions, which incorporate a focus on the biological basis of threat, fear, and resiliency.

CRM focuses on the body's innate ability to expand the sensations associated with resiliency in order to override the survival-based responses to threat and fear. CRM skills target the stabilization of the nervous system by working with and teaching skills for the regulation of the nervous system. CRM skills can be taught more formally to individuals, families and groups and can also be used as a quick intervention during a stressful/traumatic experience. resolution.

The skills are also reinforced through an APP available for iPhone, Droids, PC's and MAC called iChill.

The training materials are offered in English. Note that only the Trauma Resource Institute can certify Community Resiliency Model Skills Trainers.