



# THE COMMUNITY RESILIENCY MODEL

(CRM)®

**Das Resilienzmodell für  
Gemeinschaften**

BY

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*Bilingual design | Zweisprachige Gestaltung*  
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**What or who uplifts you?  
What or who gives you strength?  
What or who helps you get through hard times?**



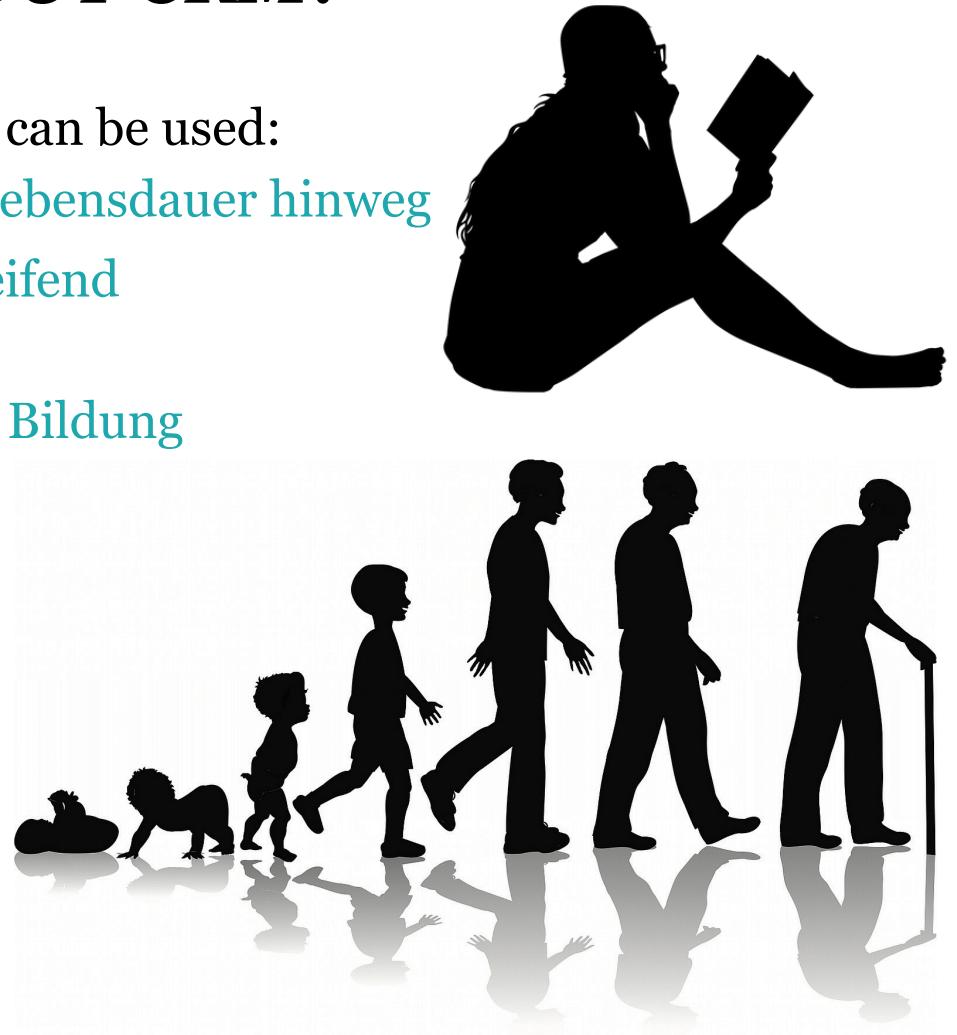
**Was oder wer richtet dich auf?  
Was oder wer gibt dir Kraft?  
Was oder wer hilft dir, schwere Zeiten zu überstehen?**



## FACTS ABOUT CRM?

Community Resiliency Model can be used:

- across the lifespan | über die Lebensdauer hinweg
- across cultures | kulturübergreifend
- with different literacy abilities  
bei unterschiedlicher formaler Bildung





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## PERSPECTIVE SHIFT | Perspektivenwechsel

### Conventional gängige Ansichten (Assumption | Annahmen)

People are bad.  
People need to be punished.  
*What is wrong with you?*

### Trauma-Informed auf Trauma bedacht (Awareness | Bewusstsein)

People are suffering.  
People need to learn how  
trauma impacts a child's and  
adult's development.  
*What happened to you?*

### Resiliency-Informed resilienzbewusst (Action)

People are resilient.  
People need to learn how  
skills of well-being can be  
cultivated and how they can  
reduce suffering.  
*What is right about you?  
What are your strengths?*

resilienzbewusst und  
auf Trauma bedacht

Resiliency and  
Trauma Informed





Definition  
of  
Toxic | **Ungesunder**  
Stress



## *The Spectrum of Positive, Tolerable and Toxic | Ungesunder Stress*

POSITIVE

TOLERABLE

TOXIC STRESS

### THE STRESS RESPONSE | Reaktion

Body responses to a  
mild/moderate stressor |  
leichter Stressauslöser

Brief stress response  
Kurze Stressreaktion  
increases heart rate,  
blood pressure &  
hormone levels

**Balance returns  
quickly**

Adaptive response to  
time-limited stressor

Time-limited stress  
response results in  
short-acting changes

**Balance returns  
with help from  
support system and  
other interventions**

Ongoing  
and relentless body  
responses to Intense Stressors  
Anhaltende Körperreaktionen

Allostasis mean processes  
helping maintain balance by  
producing adrenalin, cortisol  
and other chemical  
messengers.

When Allostasis goes on too  
long, it causes changes in the  
way the brain functions -  
increases **risk of health  
problems**

STRESSFUL OR TRAUMATIC EXPERIENCES ARE EXPERIENCED BASED  
UPON A CHILD'S OR ADULT'S PERCEPTION

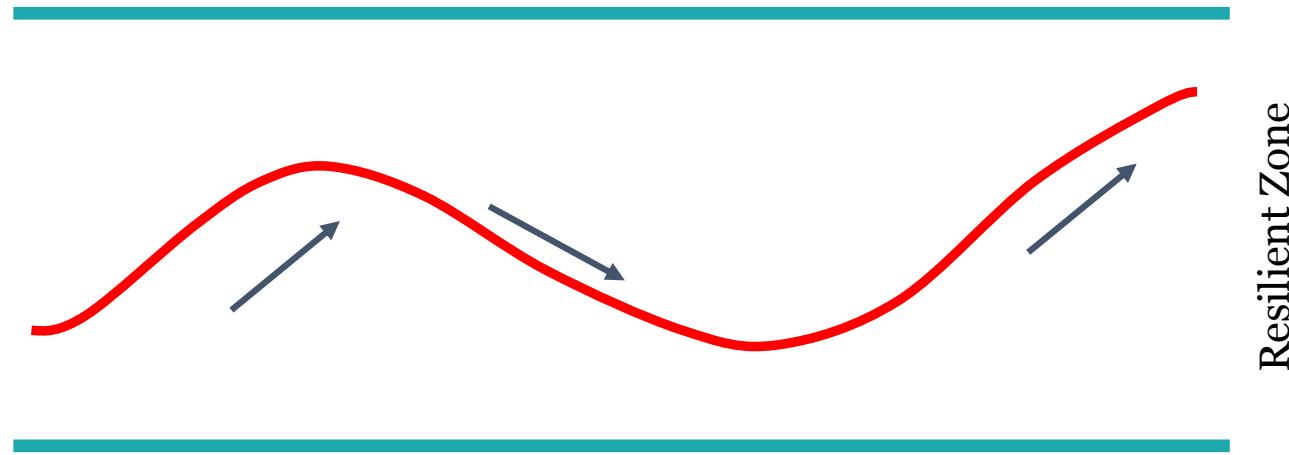
Source: Bucci M, Marques SS, Oh D, Harris NB. Toxic Stress in Children and Adolescents. *Advances in Pediatrics* 2016; **63**: 403–28. DOI: [10.1016/j.yapd.2016.04.002](https://doi.org/10.1016/j.yapd.2016.04.002). Reproduced with permission.



## A large, three-dimensional hexagonal prism is positioned centrally. It is composed of several colored facets: blue, teal, green, light green, yellow, orange, red, and purple. The prism is oriented such that its front face is white, providing a clear view of the text contained within. The text "KEY CONCEPT 1" is written in a dark serif font at the top of this white face. Below it, the words "von zentraler" and "Bedeutung 1" are written in a teal serif font, stacked vertically. The prism is set against a plain white background.



## ***The Resilient Zone- “OK” Zone***



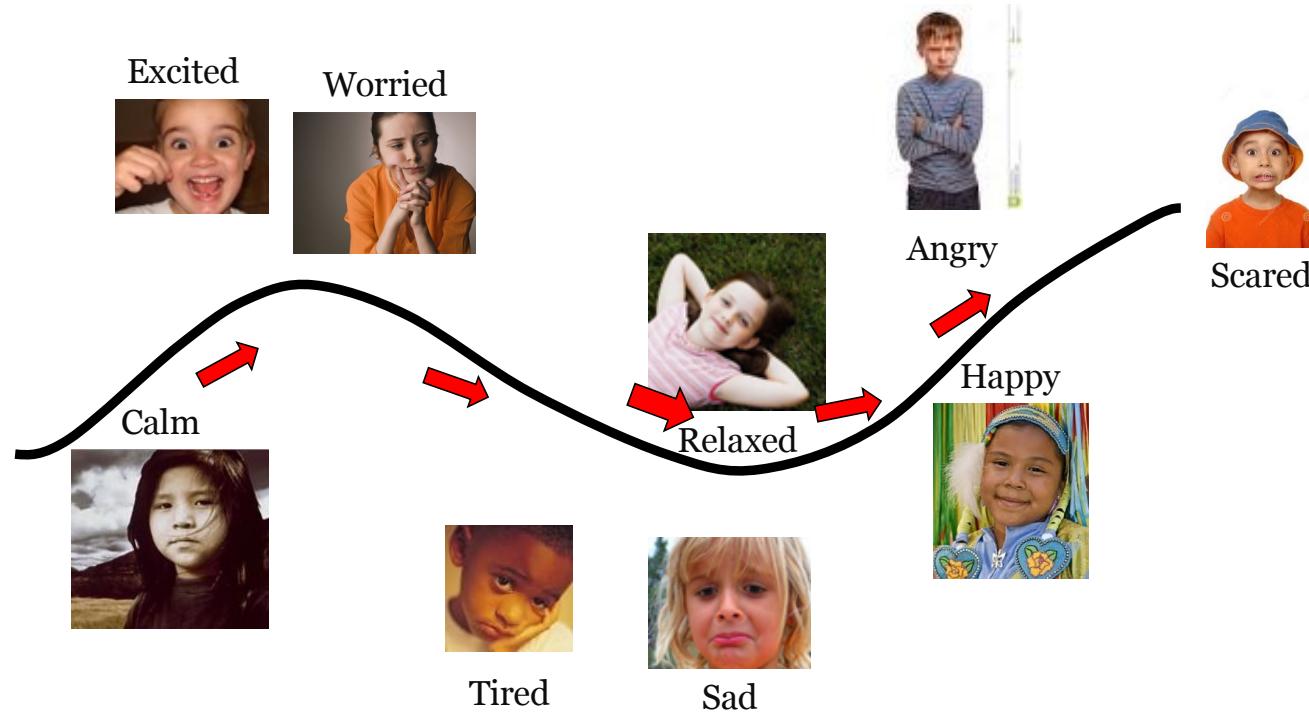
Resilient Zone

*GOAL: TO WIDEN YOUR RESILIENCY ZONE*

*Zentrales Ziel ist die Ausdehnung der Resilienzzone*



Things happen in life and our thoughts, feelings  
and reactions move around in the OK ZONE



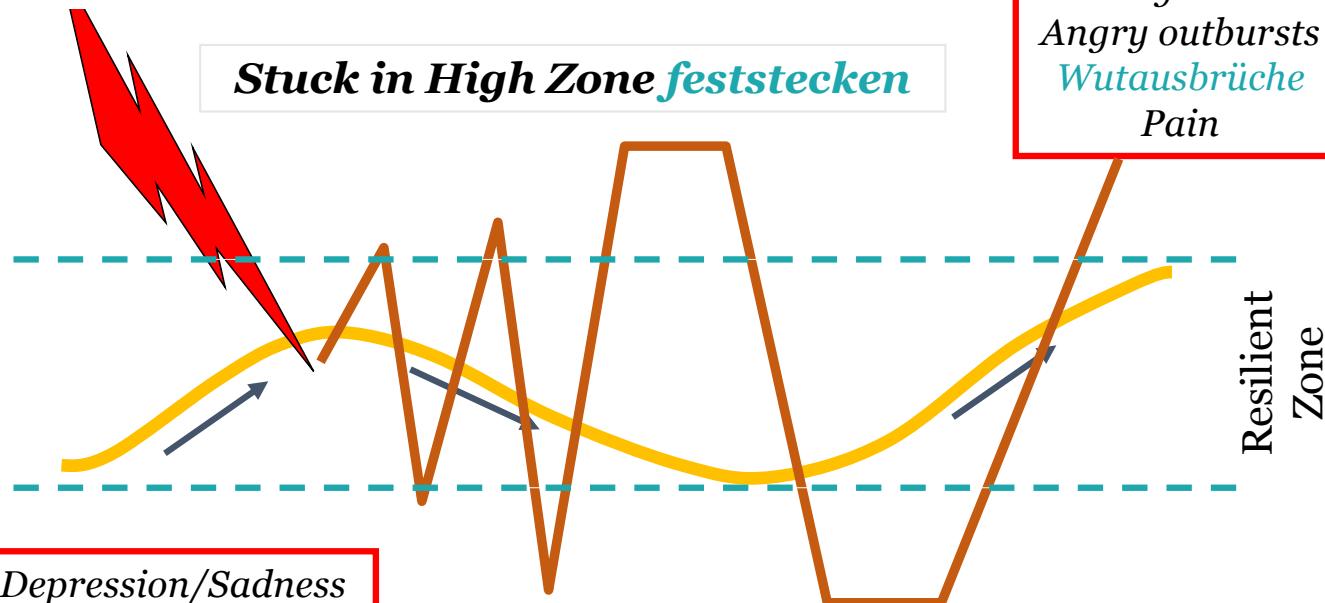
Dinge passieren im Leben, und unsere Gedanken,  
Gefühle und Reaktionen bewegen sich in der OK ZONE



**Traumatic/Stressful Event  
or  
Stressful/Traumatic  
Reminders | Erinnerungen**

***Stuck in High Zone feststecken***

***Edgy | gereizt***  
***Irritable***  
***Mania***  
***Anxiety & Panic***  
***Angry outbursts***  
***Wutausbrüche***  
***Pain***



***Depression/Sadness***  
***Isolated***  
***Exhaustion/Fatigue***  
***Erschöpfung***  
***Numbness | Taubheit***

***Stuck in Low Zone feststecken***

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



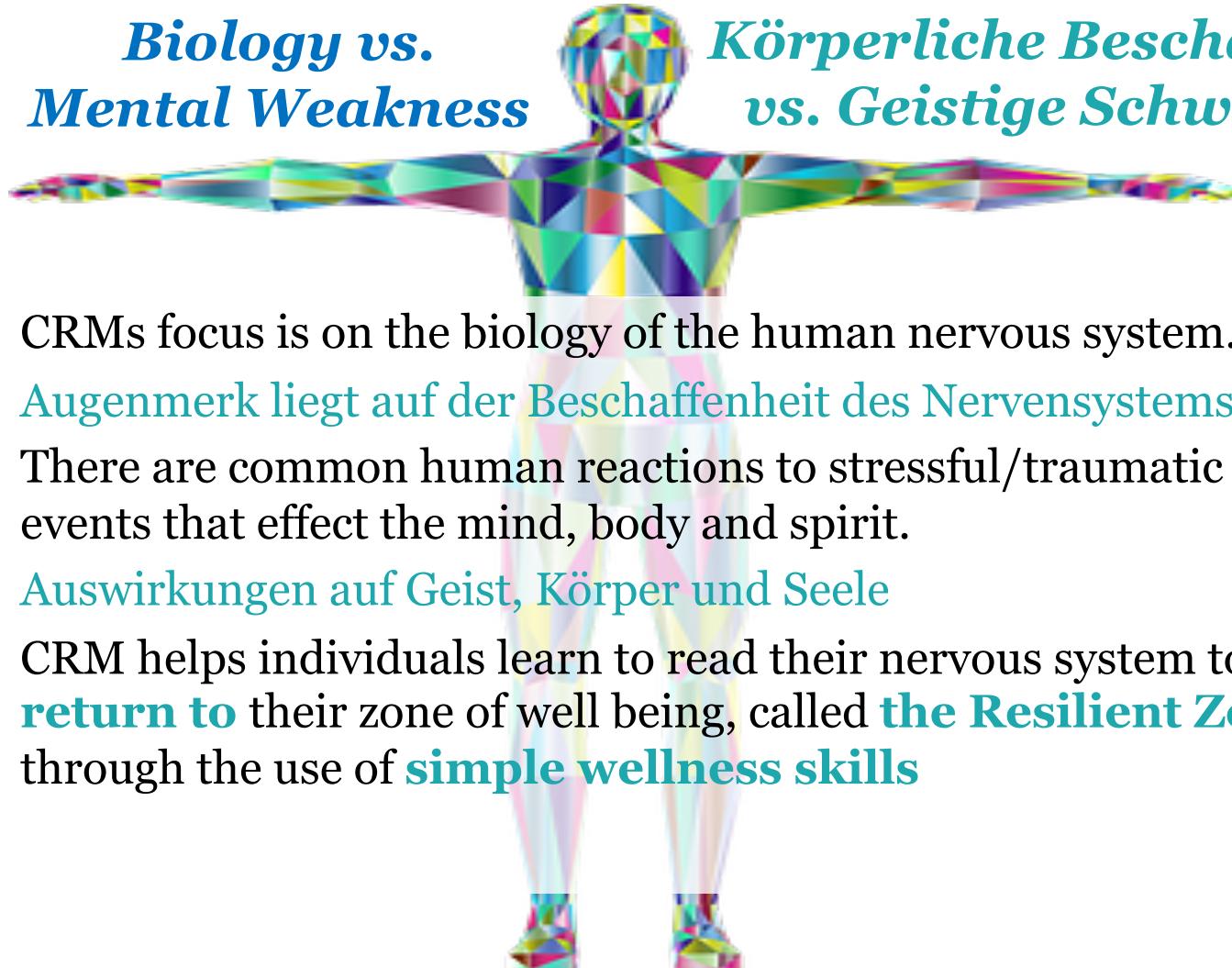
# KEY CONCEPTS 2

## von zentraler Bedeutung 2



## *Biology vs. Mental Weakness*

## *Körperliche Beschaffenheit vs. Geistige Schwächung*



- ❖ CRMs focus is on the biology of the human nervous system.
- ❖ *Augenmerk liegt auf der Beschaffenheit des Nervensystems*
- ❖ There are common human reactions to stressful/traumatic events that effect the mind, body and spirit.
- ❖ *Auswirkungen auf Geist, Körper und Seele*
- ❖ 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**

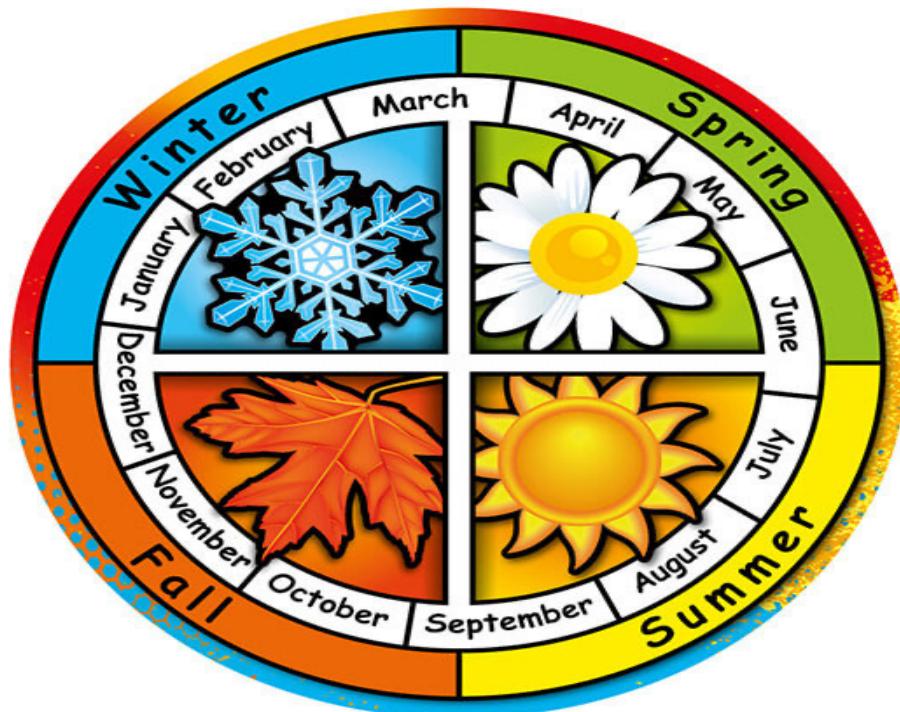


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## **Laws of Nature | Naturgesetze**

The natural rhythms in nature also exist within the human nervous system.

Das menschliche Nervensystem folgt dem natürlichen Rhythmus der Natur



We do not have to be trapped by the storms of our body: sensations of discomfort and pain. We can draw our **attention to sensations of well-being** and transform our experience.

Wir müssen nicht in den Stürmen unseres Körpers – Empfindungen von Unbehagen und Schmerz – stecken bleiben.

Wir können unsere **Aufmerksamkeit auf Empfindungen des Wohlbefindens lenken** und unsere Erfahrung transformieren.

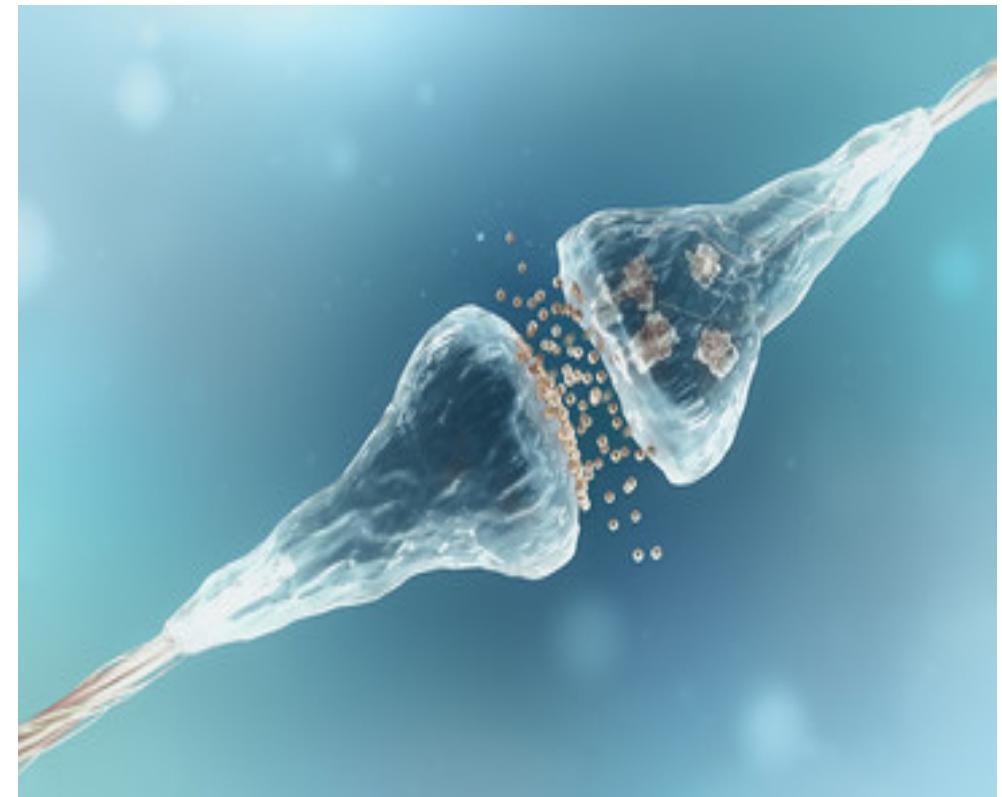


## ***Scientific Research About Building Resiliency*** ***Aufbau von Resilienz aus Sicht der Wissenschaft***

Brain cells that fire together  
wire together!

Carla Schatz

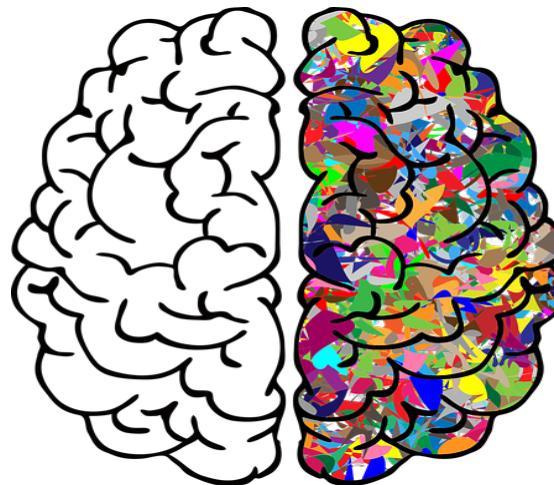
Gehirnzellen, die gemeinsam  
feuern, vernetzen sich!





## ***Scientific Research About the Brain*** **Gehirnforschung**

**“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)



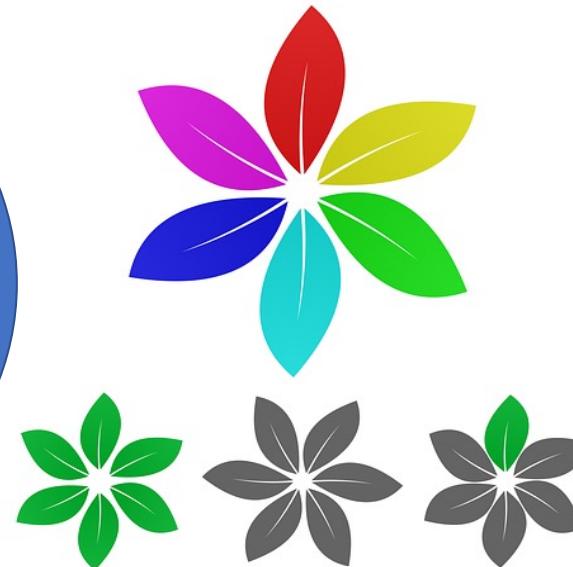
# The Community Resiliency Model





**Tracking is the foundation** for helping stabilize the nervous system

**Das Nachspüren bildet die Basis** für die Stabilisierung des Nervensystems



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

**Es geht darum, die Aufmerksamkeit auf Empfindungen zu lenken**  
**Was passiert in diesem Moment gerade im Körper?**



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## Track your Resources | Den Ressourcen nachspüren

SMELL   RIECHEN	SIGHT   SEHEN	TOUCH   BERÜHREN	TASTE   SCHMECKEN
			
SOUND	PLACES	PEOPLE	TRADITIONS
			

RESOURCES can be anything that can give an individual a sense of joy, peace, or calm  
Alles, was Menschen ein Gefühl von Freude, Frieden oder Ruhe gibt, sind RESSOURCEN

ADAPTED BY TRI FROM AN ASPIRANET IDEA

## Conversational CRM: Resiliency Questions | Resilienzfördernde Fragen

Crisis

- Can you tell me the moment you knew you had survived?
- Can you tell me the moment helped arrived?
- Who or what is helping you the most now?



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Loss | Verlust

- Can you tell me some of your meaningful memories?
- What did you like to do together?
- What kind of words of encouragement would they say to you during difficult times?



Questionable  
zu hinterfragen

- Consider what is helpful about a questionable resource?
- Überlegen Sie, was an einer fragwürdigen Ressource hilfreich ist





The image shows a person's hand holding a smartphone. The screen displays the main menu of the iChill app. At the top, there are two buttons: "HELP NOW!" in yellow and "ESPAÑOL" in pink. Below these are several menu items in white text on teal-colored rounded rectangles: "iCHILL OVERVIEW", "RESILIENT ZONE BEFORE", "SKILLS", "RESILIENT ZONE AFTER", and "RESILIENCY IMAGES". The background of the phone screen is teal. The overall background of the image is a blurred night scene with bokeh lights.

iChillapp.com

iChill