

## ELAINE MILLER-KARAS, M.S.W., L.C.S.W., S.E.P.

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Elaine Miller-Karas has lectured nationally and internationally on a wide variety of topics including women's health issues, culture and health, the psychosocial implications of diabetes and chronic illness, post-traumatic stress disorder and somatization and mind-body therapies. She also is adjunct clinical faculty at Arrowhead Regional Medical Center's Family Practice Residency Program, a community based program affiliated with the University of California, Irvine. She has had a special interest in the treatment of adults and children who have been exposed to trauma. Her efforts have included the co-creation of the Veterans Resiliency Model, an integrative somatic therapy, which has been piloted at the VA in Los Angeles.

Elaine co-created the Trauma Resiliency Model, Trauma Resiliency Model-Veteran, Trauma Resiliency Model-Warrior and the Trauma Resiliency Model-Community and co-founded the Trauma Resource Institute that teaches integrative treatment models to heal trauma to professionals and community health workers around the globe.

She has co-lead training teams to China in 2008, 2009 and 2010. This project, the Chinese Earthquake Relief Project was affiliated with the World Health Organization. Its purpose was to train medical personnel and counselors in the Trauma Resiliency Model in the area of the May 12, 2008 earthquake. She returned from Kenya, Africa in July 2009 where she introduced the Trauma Resiliency Model to the Kenyan Association of Professional Counselors. She will go to Haiti in March of 2010 to embark on implementing a training program in the aftermath of the catastrophic earthquake of January, 2010.

### PROFESSIONAL POSITIONS

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|---------------|--|
| 10/06-present | <u>Co-Founder and Co-Director</u> , Trauma Resource Institute, Santa Fe, New Mexico  |
| 9/06-present  | <u>Adjunct faculty</u> , Arrowhead Regional Medical Center, Family Medicine Residency Program, Colton, California                        |
| 1994 – 9/06   | <u>Associate Director of Behavior Science</u> – Arrowhead Regional Medical Center, Family Medicine Residency Program, Colton, California |

- ❖ Responsible for the development and implementation of the curriculum for the Family Medicine Residency Program's behavioral science program.
- ❖ My job duties include teaching seminars to the family medicine residents which cover a variety of topics including Mood Disorders, Anxiety Disorders, Somatization and Mind-Body Therapies, Spirituality and Medicine, Crisis Intervention, Recognition of Substance Abuse Disorders and Interventions, Recognition of Intimate Partner Violence, Child Abuse and Elder Abuse, Personality Disorders, Culture and Medicine, Death and Dying, The Grief Process, Professional Development, Normal Childhood Development and Childhood Disorders
- ❖ Responsible for conducting co-therapy sessions with the family practice residents and their patients in primary clinics. The goal of co-therapy is to teach basic counseling skills to the physicians in order to have them incorporate them into their practice

1994 - Present

Private Practice – Claremont, California

- ❖ Integrative Psychotherapy practice incorporating a wide variety of treatment modalities including Cognitive Behavioral Therapy, Brief Therapy, Family Therapy, Somatic Psychology, Eye Movement Desensitization Reprocessing (EMDR), body-centered psychotherapy, Guided Imagery, Somatic Experiencing® and Trauma Resiliency Model.
- ❖ My clientele includes children, adolescents and adults and I primarily work with those suffering from major depression, post-traumatic stress disorder and chronic medical conditions.

1992-1994

Clinical Coordinator, Social Work Services, Pomona Valley Hospital Medical Center, Pomona, California.

- ❖ Responsible for the supervision of the clinical services of the social work department.
- ❖ Developed and supervised The Caring Connection and Healing Hands, support groups for parents who had ill and dying children.
- ❖ Provided clinical social work services to the Women's Center, Neonatal Intensive Care Unit, Intensive Care Units and Emergency Department

- 1987-1992      Social Work Consultant and Outreach Educator, Stanford University, Mid-Coastal Perinatal Outreach Program, Palo, Alto, California
- ❖ Provided direct social work services to the Perinatal Program's High Risk Services
  - ❖ Developed and implemented teaching curriculum for community hospitals and Stanford University with regard to maternal-infant psychological and social issues
  - ❖ Consultant to community hospitals with regard to implementation of California Children's Services Social Work Guidelines
  - ❖ Participated as Stanford University's social work representative to the State of California's Maternal-Child Health Programs
- 1981-1986      Helping after Neonatal Death, Santa Clara County, California
- ❖ Founder and Executive Director
  - ❖ Facilitated support group for parents who experienced a miscarriage, stillbirth or infant death
  - ❖ Lectured to area hospitals with regard to Perinatal Bereavement
  - ❖ Individually counseled parents who experienced a pregnancy or infant loss
- 1981 - Present      Lecturer and Consultant, Lectures and consults on a variety of topics with regard to women's health and emergency response subsequent to catastrophic events.

## EDUCATION & DEGREES

San Jose State University, San Jose, CA, B.A. with Distinction, 1981  
 San Jose State University, San Jose, CA, M.S.W., 1987  
 Stanford University, Graduate Internship, 1987  
 Myers-Briggs Indicator Certification and Advanced Training, 1996 and 2000  
 Somatic Experiencing Practitioner, November 2004  
 EMDR Certification (in progress)

## HONORS

President's Scholar, San Jose State University,  
 March of Dimes, Award of Recognition  
 League of Women's Voters, Award of Recognition  
 Junior League, Award of Recognition

## MEDIA PRESENTATIONS:

Occupational Stress, KVCR Radio, KVCR PBS Television, May 2005  
KVCR PBS Television, September 28, 2005, ADHD

## CURRENT LICENSURE & CERTIFICATIONS

Certified Somatic Experiencing Practitioner, Foundation for Human Enrichment, 2004  
Licensed Clinical Social Worker, California License 15740  
MBTI Certified Instructor, 1996

## PRESENTATIONS & PUBLIC COURSES

I have presented nationally and internationally with regard to a variety of topics.  
The following are the topics presented with regard to treating traumatic stress:

### **Trauma Resiliency model formerly TRI-Trauma First Aide, Veterans' Resiliency Model & Traumatic Stress & PTSD Presentations:**

- Chinese Earthquake Relief Project Showcase Training, Beijing, China, January 2010
- Veterans' Resiliency Model Training, Part 1 and 2, Veterans' Administration, Department of Social Work, Los Angeles, California, February 12 and 19, 2010
- Chinese Earthquake Relief Project, Sichuan Province, followup trainings to followup on previous trainings, January 2010
- The Trauma Resiliency Model, Level 1 Training, Kenyan Association of Professional Counselors, Nairobi, Kenya, July 2009
- Introduction to the Trauma Resiliency Model, St Elizabeth's Academy, Kenya, July 2009
- Trauma Resiliency Model, Kripalu Meditation and Yoga Center, Level 1, April 2009
- China Chinese Earthquake Relief Program, co-sponsored by Chindex and WHO, trained doctors, teachers and nurses in the Trauma Resiliency Model, January and March, 2009 in the Sichuan Province.
- The Veterans Resiliency Model, Psychotherapy Networker Conference, Washington DC, March 27, 2009
- The Veterans Resiliency Model Introduction, Social Work Department, Veterans Administration, Los Angeles, California, February 2009
- Claremont Graduate University, Healing Trauma in Children, Nov. 6, 2008
- ISTSS, November 11, 2008, Trauma Resiliency Model and the treatment of complex trauma.
- China Cherp Program, co-sponsored by Chindex and WHO, trained doctors and nurses in the Trauma Resiliency Model, September 2008.
- USA Body Psychotherapy National Conference, *Trauma Resiliency Model*, July 2008
- Veterans Administration, Los Angeles, California, *Veterans' Resiliency Model*, July 2008-2009
- Department of Health, State of New Mexico, Santa Fe, New Mexico, *Trauma Resiliency Model*, July 2008
- APSAC Conference: *Trauma Resiliency Model: Working with Children*, June 2008 Phoenix, Arizona
- Pomona College, Psychology Seminar, April 2008

- Psychotherapy Networker Annual Conference, Washington, D.C., March, 2008, The Trauma Resiliency Model, An Introduction
- First International Conference on Somatic Experiencing, *Integrating Somatic Experiencing and EMDR, October 24, 2007, Oakland, California*
- Catholic Charities USA, *Keynote Address on Child Trauma*, Cincinnati, Ohio, September 14, 2007
- *Trauma First Aide*, 12th International Conference on Violence, Abuse, and Trauma, San Diego, CA, September 16, 2007
- *Somatization and Trauma in Primary Care*, International World Congress on Psychosomatic Medicine, Quebec City, Canada, August 30, 2007
- *Trauma First Aide*, Maple Counseling Center, Los Angeles, California, 2007
- *Trauma First Aide*, San Bernardino County, Department of Behavioral Health, March 2007
- *Clinic Retreat: Staff & The Neurobiology of Stress in Outpatient Mental Health*, February 2007
- *Trauma First Aide*, Phillips Graduate Institute, Trauma Resource Institute, June 2007
- *Trauma First Aide*, Catholic Charities, New Orleans and Baton Rouge, Louisiana, Trainings in February, May, July and August, 2006, October 2006
- *Treating Survivors of Katrina*, Arrowhead Regional Medical Center Lecture Series, April 17, 2006
- Psychotherapy Networker Annual Conference, Washington, D.C., March 18, 2006, *Using Somatic Experiencing in Treating Disaster Trauma*
- *Trauma First Aide®: Building Capacity Post Katrina*, New Orleans, Louisiana, February 2006
- *Introduction to Somatic Experiencing*, Claremont Forum, January 28, 2006
- International Society of Traumatic Stress Annual Conference, November 1-5, 2005, Poster Session - *Body-centered therapies post traumatic shock*
- Sweet Success Diabetes and Pregnancy Program, UC Irvine, *PTSD and Childbearing*, November 2005
- *Trauma First Aide®*: Claremont, California, October 2005
- Hadassa, September 22, 2005, *PTSD, Treating Tsunami Survivors and Somatic Experiencing*
- Kaiser Permanente, *Somatization, PTSD and Mind-Body Self Regulation*, September 19, 2005, Family Practice Residency Program, Fontana, CA
- Society for Teachers of Family Medicine, September 16, 2005, Chicago, Illinois, *Somatization, PTSD and Mind-Body Self Regulation*
- *Treating Tsunami Survivors, Post-Traumatic Stress Disorder*, Western University of Health Sciences, May 25, 2005
- *Treating Tsunami Survivors Fund Raiser*, Malibu, CA, May 2005
- *Introduction to Somatic Experiencing*, January 2005 and June 2005, Claremont, California
- *Treating Tsunami Survivors*, Arrowhead Regional Medical Center, Family Practice Residency Program, Colton, CA March 2005
- *Treating Tsunami Survivors*, The Meadows Conference with Peter Levine, March 2005
- *Treating Tsunami Survivors*, The Foundation of Human Enrichment, Trauma Outreach Program, March 2005
- *Treating Tsunami Survivors*, The Princess of Thailand Special Medical Unit, Thailand, January 2005
- *Somatization, PTSD and Primary Care*, Faculty Development, Family Medicine Residency Program, Arrowhead Regional Medical Center, November 2005

- *PTSD after Childbirth*, Stanford University, MCCPOP Conference, Monterrey, CA January 2003
- *PTSD after Childbirth Sweet Success National Conference*, UCI, Orange, California, November 2003
- *Somatic Experiencing*, Claremont Graduate University, Panel Discussion with Peter Levine, November 14, 2002

**Family Medicine Seminars, taught from 1994-1996 to Family Practice Residents:**

- Culture and Medicine
- Depression in Primary Care
- Mood Disorders in Primary Care
- Chronic Nonmalignant Pain
- Psychological Treatment of Sexual Disorders
- Perinatal Addiction
- Substance Abuse and the Family
- Child and Family Health
- Denver Development
- Adolescent Health
- Teen Pregnancy
- Psychological and Social Aspects of Diabetes and HTN
- Suicide
- Family Grief
- Acute Hospital Care, Behavioral Medicine Rounds
- Childhood Disorders
- DSM IV and diagnosis in Primary Care
- Psychosocial Components of Chronic Pain
- Anxiety Disorders, including diagnosis and treatment of Panic Disorder, Generalized Anxiety Disorder and Post-Traumatic Stress Disorder
- Child Abuse
- Family Oriented Primary Care
- Stress and medical care
- Family Systems
- Psychological Therapies, including EMDR & Somatic Experiencing
- EMDR and Chronic Pain
- Physician/Patient Communication
- Patient Cooperation
- Working with Difficult Patients
- Your Marriage and Significant Other During Residency
- Domestic Violence
- Coping with Difficult Patients
- Wellness Clinic, Motivational Interviewing
- Alcohol Abuse/Use Assessment and Intervention
- Physician Wellness – Reducing Stress in the Workplace and at Home

**Chronic Pain**

- Designed and implemented chronic nonmalignant pain training education for family practice residents. Conduct co-therapy sessions

with family practice residents with regard to chronic pain management in family practice health care setting. Demonstrate innovative therapies such as EMDR and Somatic Experiencing in the treatment of chronic pain.

### **Motivational Interviewing**

- Stanford University, MCCPOP, January 2000
- Sweet Success National Conference, San Francisco, CA October 2000
- UC Irvine Perinatal Outreach Program and Sweet Success, April 2001
- Navajo Nation, Gem Project, Farmington, New Mexico, July 2001
- Navajo Nation, Gem Project, Farmington, New Mexico, June 2002
- Southwest Diabetes Project, Gallup, New Mexico, September 2002
- Sweet Success National Conference, UCI, Orange, California, November 2003
- Harbor UCLA, Conference on Obesity, January 2004
- Sweet Success Diabetes Conference, November 2006

### **Adolescent Suicide**

- Pomona Valley Hospital Medical Center, October 1999
- Yellow Ribbon Campaign – presented a community wide adolescent suicide prevent
- Campaign to Claremont High School, San Antonio High School, El Roble Middle School, 2001, 2004
- City of Claremont City Council and School Board and the Parent-Teachers'
- Associations of the Claremont Unified School District, Academic year 2001-2002
- Rotary Club of Claremont, December 2002
- San Antonio High School, Claremont, CA Jan. 2004
- El Roble Middle School, Claremont, March 2004
- Claremont High School, Claremont, November 2004
- Parents Connection, Claremont High School, January 2005

### **Women and Depression**

- Long Beach Memorial Hospital, Perinatal Programs, September 2004
- 0-5 Conference, San Bernardino, California, sponsored by Knotts Family Homes through State of California grant, 2004
- Stanford University, MCCPOP Conference, Monterrey, CA January 2003
- Long Beach Memorial Hospital, Long Beach, July 2004
- Long Beach Memorial Hospital, Long Beach, California, September 2003
- Long Beach Memorial Hospital, Long Beach, California, September 2002
- Arrowhead Regional Medical Center, High Risk Behavioral Risk, OB Series, 1997-2003

- Sweet Success Express National Conference, Irvine, California October 2001

### **Perinatal Bereavement**

- Presentations given to Bay Area hospitals including San Jose Hospital, Good Samaritan Hospital, Kaiser Permanente, O'Conner Hospital, Santa Cruz Community Hospital, Valley Medical Center, El Camino Hospital
- National Perinatal Associations Annual Conference, October 1988
- Modesto City Hospital, October 1989
- Stanford University, Continuing Education Series, 1989
- Gary Collins Hour Magazine, Television Series October 1988
- Stanford University Distinguished Lecturer Series, January 1991
- Pomona Valley Hospital Medical Center Symposium, April 1993
- Glendora Community Hospital, February 1993
- Doctors' Hospital of Montclair, June 1993
- Santa Teresita Hospital, July 1993
- Corona Community Hospital, February 1994
- Channel 46 Community Service Station, March 1994
- Pomona Valley Hospital Medical Center, February 1994

### **Subsequent Pregnancy after Miscarriage, Stillbirth or Infant Death**

- Northern California SIDS Conference, October 1985
- Good Samaritan Hospital, June 1986
- MCCPOP/HAND Conference, February 1987

### **Childbirth and Early Parenting: Expectations vs. the Realities**

- Stanford University, MCCPOP, September 1986
- National Lamaze Association's Annual Conference, San Francisco, October 1988
- Merritt College of Nursing, 1988 and 1989

### **Psychosocial Assessment of the High Risk Patient**

- San Mateo County, Public Health Nurses
- Santa Cruz (County Prenatal Program)
- U C. San Francisco, Preterm Labor Conference, March 1989
- Preterm Birth Prevention, Harbor UCL4, Fresno, California, May 15, 1993
- Tokos, BabyLink, August 1993, Irvine, CA
- Pomona Valley Hospital Medical Center, Perinatal Symposium, April 1994

### **Psychosocial Assessment of Women with Diabetes**

- Washington Hospital, 1988
- Santa Mateo County Public Health Nurses, 1988

- Santa Clara County Public Health Nurses, 1989
- Santa Cruz County Public Health Nurses, 1990
- Monterey County Public Health Nurses, 1990
- Comprehensive Perinatal Services Program, Santa Clara County, 1989
- Health Officers of the State of California, Annual Meeting, October 1989
- MCCPOP, Annual Conference, January 1990
- Comprehensive Perinatal Services Program, Monterey County, April 1990
- Advances in Perinatal & Pediatric Nutrition, Stanford (University), July 1991
- National Association of Social Worker, Annual Conference, Orange County, April 1992
- U C Irvine, Sweet Success Educational Seminars, September 1993
- U C Irvine, Sweet Success Educational Seminars, February 1994
- Southern California 10 year Anniversary Diabetes and Pregnancy Conference, April 1994
- Sweet Success Express National Conference, Irvine, California, October 2001
- Sweet Success Express National Conference, Chicago, Illinois April 2002

#### **Cultural Aspects of Health Care**

- University of California, San Francisco, Diabetes and Pregnancy Northern California Conference, March 1990
- Monterey County, Public Health Nurses, 1990
- Southern California, Sweet Success Diabetes and Pregnancy Program, March 1991
- Hispanic Diabetes Society, March 1991
- Symposium Medicus, Diabetes and Pregnancy, San Diego, October 1991
- Western Conference on Perinatal Medicine Symposium Medicus, August 1992
- National Symposium of Women's Healthcare Symposium Medicus, September 1992
- Pomona Valley Hospital Medical Center, May 1993
- U.C. Irvine, Training Program Diabetes Educators, September 1993
- Stanford University, Conference re: Women and Lupus, November 1993
- UC Irvine, Training Program for Diabetes Educators, February 1994
- Western Conference on Perinatal Medicine Symposium Medicus. August 1994
- Stanford University, MCCPOP Annual Conference, January 1997
- Western University, School of Osteopathic Medicine, November 1998
- UC Riverside, School of Medicine, November 1998
- Cultural Aspects of Diabetes Care, Navajo Nation, Diabetes Conference, July 2002
- Culture and Perinatal Care, Sonoma Co. Home Visitors, March 2005

#### **Chemical Dependency**

- Psychosocial Assessment of the Chemically Dependent Patient
- Santa Cruz County Prenatal Program, 1988
- EL Camino Hospital's Staff Nurses, 1988
- Childbirth Educators of San Jose Metropolitan Adult Education
- San Mateo County Public Health Nurses, 1988
- MCCPOP, Stanford University's Annual Conference, 1989
- San Jose State University, School of Social Work, 1989
- San Jose State University, Counseling and Education Department, 1990
- Good Samaritan Hospital, March 1990
- Santa Cruz County, West Side Community Clinic, March 1990
- El Camino Hospital, 1990
- Watsonville Community Hospital, November 1990
- Santa Clara County Public Health Nurses, October 1990
- Monterey County Public Health Nurses, October 1990
- Stanford University Health Policy Forum, Prenatal Care-Can America Deliver, April 1991
- March of Dimes, Blue Shield Training "Baby & You ", June 1991
- Good Samaritan Hospital, August 1991
- Valley Medical Center, Ground Rounds, Winter 1991
- Valley Medical Center, Ground Rounds, March 1992
- Center for Health Training. Family Planning and Chemical Dependency Training, March 1992 and May 1992
- San Benito County, conference on Perinatal Substance Abuse, 1992
- SB 2669-Presley Implementation, Stanford University, MCCPOP Annual Conference March, 1992
- National Symposium of Women's Healthcare, San Diego, Symposium Medicus, Sept. 1992
- Glendora Community Hospital, June 1993
- Doctor's Hospital, Montclair, January 1994
- Corona Community Hospital, January 1994

#### **Co-dependency Among Helping Professionals**

- Stanford University, MCCPOP, May 1989 Conference
- Stanford (University, MCCPOP, September 1989 Conference
- Office of Education , Santa Clara County, December 1990
- Office of Education, Santa Clara County, September 1991

#### **Supporting Families in a Level II & III Nursery**

- MCCPOP Stanford University, January 1988
- Ethical Decision Making in Healthcare, El Camino Hospital, December 1990
- Caring for the Caretaker, MCCPOP,
- Stanford University Annual Conference, January 1991
- Stanford University, March 1993
- Pomona Valley Hospital Medical Center, April 1995
- Stanford University, MCCPOP Annual Conference, January 1997

- Caring Connection, Pasadena, April 1998
- Pomona Valley Hospital Medical Center, October 1999
- Parkside Hospital, Riverside, Perinatal Symposium, Spring 1999

### Women and HIV

- MCCPOP Annual Conference, 1990
- Good Samaritan Hospital, San Jose 1992

## Publications

- To the Rescue, Stories by Health Care Workers at the Scenes of Disaster, 2010, Kaplan Publications
- The Trauma Resiliency Model Workbook, published 2010
- The Veterans' Resiliency Model Workbook, published 2010
- Depression during the Perinatal Period, *Sweet Success Express*, Spring 2004
- Depression during the Perinatal Period, Long Beach Memorial Hospital, *Sweet Success Program Newsletter*, 2004
- Working with Young Parents in the NICU, published by *Mid-Coastal California Perinatal Outreach Program*, Stanford University, Spring 1997.
- Culture and Perinatal Care, *MCH*, State of California, 1996
- Special Moms, Special Babies, published by Mead Johnson Nutritionals through Stanford University, 1992, a baby care book for mothers in recovery
- Socioeconomic Factors contribute to Prematurity and Low Birth Weight, *Maternal and Child Health Resources*, State of California, Summer 1993
- Labels are for Jars, Not for Children, published, *Santa Clara County Interchange*, May 1991 and *Stanford University*, Winter 1993
- Cultural Aspects of Bereavement, published *H.A.N.D.*, Spring 1991
- Ethnicity and Healthcare, published *Stanford University MCCPOP*, Spring 1990, Reprinted San Diego Regionalization Program, Fall 1991
- Prospectives for Health Providers, Helping Families subsequent to Miscarriage, Stillbirth or Infant Death, Published in *Periscope*, a publication of the California Perinatal Association, 1990 & *Stanford University MCCPOP*, 1989.
- Psychosocial Aspects of HIV Infection in Women of Childbearing Age, published *Stanford University, MCCPOP*, 1988
- Perinatal Social Work, published *Stanford University, MCCPOP*, 1988
- Health Providers' Manual for Helping after Neonatal Death, 1987, marketed through the *Centering Corporation*.
- Miscarriage, the Unrecognized Loss, published *H.A.N.D.*, 1986.
- Subsequent Pregnancy after a Miscarriage, Stillbirth or Infant Death, published *H.A.N.D.*, 1985

