



Fairfield University
EGAN
School of Nursing
& Health Studies

Community Resiliency Model®: Teacher Training Certification Course

November 8-12, 2018

Limited to 30 Participants

Cost \$1,600

**Fairfield University
Fairfield, Connecticut**

**\$1,000 Veterans/Students
*CEs**

The Community Resiliency Model® (CRM) Teacher Training Certification Course trains community members to not only help themselves, but to help others within their wider social network. The primary focus of the training program is to educate participants about the biology and neurophysiology of trauma and stress as well as how to teach simple biologically-based wellness skills. The training encourages applications from both licensed and non-licensed people who work with individuals who work with communities who have experienced highly stressful and/or traumatic events. First responders, law enforcement, fire, veterans, nurses, physicians, clergy, therapists, social workers, case managers, peer counselors and students are welcome to apply.

The goal of the Community Resiliency Model® is to help to create “trauma-informed” and “resiliency-informed and focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using a simple skills-based approach.

The approach has been used across the lifespan which children, adults and seniors. Community Resiliency Model® Teachers are bringing the wellness skills to schools, community-based programs, veterans and their families, law enforcement and first responders throughout the United States and other parts of the world.

The training program includes learning the skills through teachings, experiential exercises, discussion and student teaching. The program has been shared with diverse cultures worldwide and encourages the concepts of cultural humility in the teaching approach. The training includes teaching strategies to use with children and adults.

The goals of the Certification Course are as follows:

1. The participants will be able to describe the six skills of the Community Resiliency Model®.
2. The participants will be able to demonstrate three teaching methods for teaching the three core skills (Tracking, Resourcing and Grounding).

3. The participants will be able to write at least two individualized CRM® lesson plans for their population.
4. The participants will be able to demonstrate methods for teaching CRM® skills (Gesturing, Help Now, Shift and Stay).
5. The participants will be able to list two or more ways to teach the CRM® skills in group formats.
6. The participants will be able to discuss the three ethical considerations in teaching CRM® skills.
7. The participants will be able to describe two research outcomes about the Community Resiliency Model®.
8. The participants will be able to discuss three ways to bring cultural competency into a CRM® skills training.

CRM® Teacher Training programs have been conducted worldwide in varied locations, including the Philippines, Japan, Northern Ireland, Trinidad, St. Vincent, England, Haiti, Turkey, Germany, Mexico, Samoa, the United States, Kenya, Tanzania, Rwanda, Uganda, Somalia and Guatemala. CRM® training has been offered at Walter Reed National Military Medical Center's Annual Conference and the Department of Defense named the wellness skills (CRM®) of the Trauma Resiliency Model® a promising practice.

Faculty

Elaine Miller-Karas, a licensed clinical social worker, is the co-founder and Executive Director of the Trauma Resource Institute. Her mission through the nonprofit she co-founded is to bring compassionate healing to the world community, one person at a time, one community at a time. Elaine's book, *Building Resilience to Trauma, the Trauma and Community Resiliency Models* details the two models she has co-created. The Community Resiliency Model® has been called a vehicle for the democratization of mental health. She is passionate about bringing simple resiliency-focused interventions to children and adults, based on cutting edge neuroscience. Elaine has led projects in the aftermath of natural and human made disasters within the United States, the Philippines, Northern Ireland, Iceland, Germany, Haiti, China, Mexico, Guatemala, Nepal, Turkey, Rwanda, Tanzania and Kenya. Elaine is a founding member of the International Transformational Resiliency Coalition bringing mental health interventions to the world community as a result of climate change. She is also a Skoll Global Forum Social Entrepreneur.

To Apply: Go to <https://www.traumaresourceinstitute.com/crm-trainings/2018/11/08-fairfield-ct>

For more information, email: kwheeler@fairfield.edu

Once you have applied and been accepted, a link will be sent to you so you can register.