

MEET OUR TRM CONSULTANTS

We invite you to continue to strengthen your Trauma Resiliency Model (TRM)[®] skills by attending a consultation group or individual consultation with one of our highly skilled and knowledgeable TRM Consultants. Below you will find information about our consultants, their specialty areas, and the services they offer.

Some TRM Practitioners[™] are in the process of certification and are required to complete various steps with TRM Consultants. These groups are independently operated by TRM Senior Trainers or TRM Consultants and are accessible virtually and/or in person. Please note that TRM Consultants negotiate their own fees independent of the Trauma Resource Institute, and we encourage you to contact consultants directly about any questions you may have.

QUESTIONS?

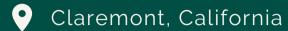
For general questions about TRM consultation services, or becoming a Certified TRM Practitioner, please contact the TRM Training and Support Specialist for the Trauma Resource Institute, Rebecca Cleland, LMFT, at rcleland@communitytri.com

ELAINE MILLER-KARAS, LCSW

TRI's Co-Founder and Director of Innovation

TRM SENIOR FACULTY, CERTIFIED CONSULTANT, AND KEY DEVELOPER OF THE TRAUMA RESILIENCY MODEL





Elaine Miller-Karas, LCSW, is co-founder and Director of Innovation of the Trauma Resource Institute and adjunct faculty at Loma Linda University. Elaine is the key developer of the Trauma Resiliency Model (TRM). Elaine created the curriculum for TRM and has trained TRM practitioners internationally. She has held leadership roles in international disaster-recovery projects in North America, Central America, Europe, Asia, Africa, and the Caribbean Islands. Elaine's book was selected by the United Nations and Taylor and Francis's curated online library as one of the innovations helping meet the United Nations Sustainable Development Goals. She has a special interest in working with individuals with dissociative conditions like Dissociative Identity Disorder and PTSD. Elaine has worked internationally with individuals from diverse cultures, abilities, religions, and ethnicities. She has integrated TRM into other models like CBT, M.I. and EMDR. Her bi-cultural heritage informs her work.

GROUP CONSULTATION:

Group meets online via Zoom every month on a Thursday from 9:30 am - 11:30 am Pacific. Elaine and Jessica Waterson run this group. They have extensive knowledge and experience with TRM with individuals facing an array of mental health conditions, including PTSD, Dissociative conditions, Depression, Anxiety, Addiction/Dependency, and Chronic Pain. The group is a combination of clinical case consultation, demonstrations, and breakout group practice. Elaine and Jessica's style is interactive and collaborative. They both strive to provide a space for dynamic interchanges.

Additional Group: 90-min monthly skills practice group, with breakout rooms, where clinicians can practice and receive guidance from Elaine and Jessica. The practice group is held one Thursday per month from 9:30am to 11:00am Pacific time, for a fee of \$100.

\$ \$125

2 hours

Monthly, Thursdays

\$100

1.5 hours

Monthly, Thursdays

INDIVIDUAL CONSULTATION: N/A

JENNIFER BURTON-FLIER, LMFT

TRM SENIOR FACULTY, CERTIFIED CONSULTANT









Website

Jennifer Burton Flier, LMFT, CDWF has been involved with TRI since its inception and was part of developing the Community Resiliency Model (CRM)®, assisting Elaine Miller-Karas with the first trainings offered in San Bernardino County. She assisted the team after the terrorist attack in San Bernardino, was on the training team after the PULSE attack in Florida, and was on the team assisting after the fires in Malibou Lakes. Jennifer has taught with Elaine Miller-Karas in many parts of the country and was able to travel with the team to teach in Belfast as well. Jennifer had the honor of co-writing a chapter on adult attachment in Elaine's book as well as collaborating on the update of the chapter in 2022. She has taught TRM Levels 1 and 2 many times, both in-person and online. She co-led TRM consultation groups for many years with Jan Click and Nancy Sokolow. Jennifer's private practice has been completely telehealth (in CA) since the start of the pandemic. She predominantly works with teens and adults, some couples, and families as well with a specialization in trauma and attachment issues. In practice for 20+ years, she previously worked for nine years at Sherman Oaks Hospital Partial Hospitalization and Intensive Outpatient Program serving adults suffering from chronic mental illness. Amongst many trainings post-licensure, she is certified in EMDR, Expressive Arts Therapy, and Brené Brown's Daring Way™ and Rising Strong™ Models. She is also trained in Level 1 of Brainspotting and completed Neuroaffective Touch training this year. TRM is foundational in her utilization of any other modality.

GROUP CONSULTATION: N/A

INDIVIDUAL CONSULTATION:

Jennifer shares, "As senior faculty with TRI, I bring a depth of experience in TRM and work very collaboratively with consultees. I combine psychoeducation, answering questions, in-vivo skill practice, and case consultation to provide comprehensive consultation. With skills practice, I would advise using "real play" vs role play for the consultee to experience the depth of the modality."



\$225 Sliding Scale on Case by Case



50 min



TBD

NANCY SOKOLOW, LCSW

TRM SENIOR FACULTY, CERTIFIED CONSULTANT





Santa Monica, California

Nancy Sokolow, LCSW, has been a TRM and CRM Senior Faculty and International Trainer with the Trauma Resource Institute since 2010. Nancy is EMDR and Flash trained. She has been practicing for 25 experienced in addictions, eating disorders. vears. She is depression/anxiety, inpatient psychiatric care, sexual trauma, and complex developmental trauma. She works with teens and adults.

GROUP CONSULTATION:

Led by Nancy Sokolow and Jennifer Hines, this group meets online every other month, Saturdays 10:00 am-12:00 pm, Pacific. A minimum of 5 participants are required. Group activities will include case consultation, continuing education of the skills, skills practice, and demonstrations when applicable.



\$150



2 hours



Every other month, Saturday

INDIVIDUAL CONSULTATION:

Online and in-person, 50-minute individual case consultation or client role practice consultation. \$175 for individual consultation services.



\$175



50 min



TBA

WRITTEN CASE VIGNETTE: \$150 Fee

JAN CLICK, MSW, LCSW

TRM SENIOR FACULTY, CERTIFIED CONSULTANT









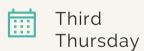
Jan Click, LCSW, has been in practice for over 40 years. She has been with TRI in this role since 2011. She coordinated the Veteran's Extension Project for TRI's project with San Bernardino County in 2011-2012. Jan was part of the integrated somatic therapy consultation group with Elaine Miller-Karas prior to TRI being formed. Jan worked at the VA for 32 years treating combat and military trauma, including military sexual trauma. She is currently in private practice in the Santa Clarita Valley. Her specialty is working with clients with complex trauma, depression, anxiety, grief, and loss. Ms. Click is an EMDR Certified Therapist and an EMDR Approved Consultant. She is a Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® Senior Trainer and Consultant. Jan is also a Certified Daring Way TM Facilitator (CDWF) and has been trained in the DARe model (Dynamic Attachment Repatterning experience) by Diane Poole Heller.

GROUP CONSULTATION:

This is a free, monthly 60-minute group phone consultation for practitioners working with veteran and active-duty military populations. This group meets on the third Thursday of the month at 10:00 am, Pacific. Group reviews cases and discusses general questions related to CRM and TRM. Email Jan to be on the mailing list.

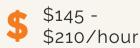






INDIVIDUAL CONSULTATION:

Online, \$145-210/hour. 50-minutes offered via telephone, FaceTime, Zoom, or Simple Practice. Review cases and discuss general questions related to CRM and TRM. Review written case vignettes. Jan shares, "I work in a collaborative way, jointly determining what is the best learning format for the practitioner."







WRITTEN CASE VIGNETTE: \$145-210/hour

JESSICA WATERSON, LMFT

TRM SENIOR FACULTY, CERTIFIED CONSULTANT







Website

Jessica Karas Waterson, M.A. LMFT, started working with the Trauma Resource Institute in 2007 where she assisted at a grassroots conference in Nairobi, Kenya. She started facilitating TRM in 2011. She has been a TRM/CRM Senior Trainer since 2015. She currently has a private practice in Claremont CA, where she works in person and through Zoom. She specializes in treating adults who have complex trauma, anxiety, depression, dissociative disorders, adjustment disorders and chronic pain. Jessica began her therapeutic journey in 2008 where she worked at a psychiatric inpatient/forensic hospital. She then went on to work as the lead therapist at a residential treatment center which specialized in treating addiction/dependency and chronic pain. Jessica is EMDR trained, and often integrates TRM with EMDR. When she is not teaching at a TRM/CRM training for TRI, or seeing clients in private practice, Jessica spends time with her husband, 5-year-old daughter, and 2 dogs.

GROUP CONSULTATION:

Group meets online via Zoom every month on a Thursday from 9:30 am -11:30 am Pacific. This group is led by the key developer of TRM, Elaine Miller-Karas, and Jessica. They both have extensive knowledge and experience with TRM with individuals facing an array of mental health conditions, including PTSD, Dissociative conditions, Depression, Anxiety, Addiction/Dependency and Chronic Pain. The group is a combination of clinical case consultation, demonstrations and breakout group practice.

Additional Group: 90-min monthly skills practice group, with breakout rooms, where clinicians can practice and receive guidance from Elaine and Jessica. The practice group is held one Thursday per month from 9:30am to 11:00am Pacific time.

INDIVIDUAL CONSULTATION:

Online or in-person, individual case consultation or client role consultation. Client role practice can include practicing all 9 skills of TRM with Jessica. This will help the client explore one's own nervous system and gain valuable insight tracking the sensations of wellbeing.

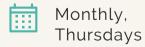












\$150 - 180 Sliding Scale

60 min

TBD

DANA EISENBERG, LCSW

TRM SENIOR FACULTY. CERTIFIED CONSULTANT



danaeisenberglcsw@gmail.com



(406) 239-1106



Missoula. Montana



Website

Dana has been working as a Clinical Social Worker since 2000. Her work with TRI began approximately 10 years ago and she now serves as a Senior Trainer for CRM and both levels of TRM. Dana shares, "TRM and CRM have been foundational to my current somatic perspective on trauma and treatment. In recent years I've trained extensively in attachment work with Diane Poole Heller and parts work with Janina Fisher. TRM integrates beautifully with both these and many other approaches. I love being part of TRI's teaching team. I'm also committed to independently offer CRM workshops whenever there is an opportunity to offer access to important wellness skills outside of the clinical realm." Dana's experience includes doing intensive in-home work and outpatient work with with outpatient high-risk families and children, providing clinical treatment to youth in a group home, and serving as a school-based mental health therapist. Additionally, Dana served as a school counselor for many years, with 7+ of those years on the Flathead Indian Reservation. Since 2016 she has focused on private practice working primarily with adults.

GROUP CONSULTATION:

Dana's group typically meets on the second Tuesday of the month. This group splits the time between addressing questions and specific about consultation, demonstrations with participants in the client role, and skills practice with participants.



\$100



90 min



2nd Tuesday of the month



\$100



50 min



Mondays & Fridays

INDIVIDUAL CONSULTATION:

We will discuss where you are in your TRM journey/training and what your goals are for the work together and go from Individual case consultation or consultation is offered primarily on Mondays and Fridays. On short notice, Dana might also have openings on Tuesday, Wednesday or Thursday.

SUSAN REEDY, M.A. LMFT

TRM SENIOR FACULTY, CERTIFIED CONSULTANT





Susan Reedy, M.A., LMFT, has been licensed since April 2004 with a private practice in Arcadia, CA. After taking TRM in 2010, Susan now teaches TRM Level 1 and 2 and CRM Teacher Trainings. She specializes in Child-Centered Play Therapy and has been trained in the DIR Model of Stanley Greenspan and Serena Wieder, working with children with developmental delays, ASD, sensory regulation issues, and trauma histories. Susan brought the wellness skills of CRM into her work with students at Mayfield Junior School in Pasadena, CA, where she was a guidance counselor for 13 years. In 2019, she presented the CRM skills at the Attachment and Trauma Network's Trauma-Sensitive Schools annual conference in Atlanta. In 2020, she collaborated with Elaine Miller-Karas to develop the Community Resiliency Model: Family Resiliency Program. She has conducted training for schools in Wake County, NC, Atlanta, GA, Riverside County, CA, and Fresno, CA. She is a frequent speaker at local schools, sharing CRM skills with educators. She also hosts an annual Play Therapy seminar at Azusa Pacific University, supporting incoming graduate students as they begin their school-based internships.

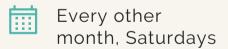
GROUP CONSULTATION:

Group consultations are every other month on Saturday afternoons from 3:00 pm-6:00 pm, Pacific. Group is cofacilitated with TRI Consultant Malia Gallegos, LMFT. This group typically begins with some skills practice, providing time for case consultation, and then spending time practicing both in the client and practitioner role.

*Sliding scale of \$80 for associates not yet licensed.







INDIVIDUAL CONSULTATION:

During an individual consultation, Susan's goal is to offer the TRM practitioner a space to further their psychoeducation around specific TRM skills (especially the trauma reprocessing skills) and offer time for a case consultation. Her specialty is working with children and loves to teach practitioners methods of introducing TRM skills into sessions with children and families.



\$100



50 min



TBD

MELISSA BOLEY, LCPC

TRM SENIOR FACULTY, CERTIFIED CONSULTANT



Melissaboleylcpc@gmail.com



(208) 726-7584



Bellevue, Idaho



Website

Melissa Boley is a Licensed Clinical Professional Counselor. Melissa began her work with Trauma Resource Institute in 2014. She has taught CRM trainings in Nepal, Philippines, Serbia and the United States. She is a Senior Faculty and Facilitator with TRI in TRM and CRM. Melissa uses TRM and CRM on a daily basis with her clients and for self-care. Melissa began her work in social services as an undergraduate in 1978 and graduate level work with a degree in Counseling Psychology in 1986. She has been in private practice since 1989. Melissa is a Certified EMDR therapist, a Somatic Experiencing Practitioner, advanced teaching assistant for the Somatic Experiencing Trauma Institute, and is certified in Trauma Touch work with the Somatic Experiencing Trauma Institute. Melissa works with children, adults and families. Melissa has a broad range of populations and expertise. She spent 6 years working as an Outward Bound Instructor in the mountains of New Mexico, and the North Cascades. Most courses were designed for incarcerated youth. She has worked in lock up facilities and was Program Director for a crisis residential center for children in Seattle. Melissa is the director and developer of her own programs. She founded the Sexual Abuse Family Recovery Program, High Conflict Divorce Workshops for Children and Parents, Sun Valley Steadfast Retreat for Women Survivors of Sexual Abuse, and Designing Your Family Culture Workshops. Melissa has studied Equine psychotherapy and is an Equine Mental Health Specialist.

GROUP CONSULTATION:

N/A

INDIVIDUAL CONSULTATION:

Online or in-person \$125 for 60-minute individual consult. In Individual consults we combine personal attachment styles, and ideas on how to weave TRM skills into a natural rhythm of each meeting along with other modalities.



\$125



60 min



TBD

WRITTEN CASE VIGNETTE:

Fee TBD

ANTONIA BOUYER, LMFT

TRM FACILITATOR, CERTIFIED CONSULTANT



antoniabouyerlmft@gmail.com



Valencia, California

Antonia Bouyer, LMFT, has 30-plus years of experience. She experienced her first Trauma Resiliency Model training course from the Trauma Resource Institute in 2014 and continues to refine her skills and teach others as a Facilitator for TRM 1, TRM 2, and as a teacher of the Community Resiliency Model. Her faith in Jesus Christ impacts her work. She grew up in the church and enjoys assisting clients to integrate their faith in counseling services upon their request. Antonia uses wellness skills to assist clients in learning how to manage symptoms of distress caused by relationship issues, grief, loss, stress, anxiety, depression, trauma, etc. Antonia also taught MFT students as an adjunct faculty member at Pacific Oaks College in the School of Cultural & Family Psychology in their Trauma Cohort. Antonia is also a Certified TRM Consultant and coleads a Black, Indigenous, People of Color (BIPOC) TRM Consultation Group; Certified TRM Practitioner, Certified CRM Teacher, EMDR Trained and uses Health Rhythms an evidenced-based protocol that helps decrease stress using drums. She has served as President of the San Fernando Valley chapter of the California Association of Marriage & Family Therapists (CAMFT) and as a Director at the State level of CAMFT.

GROUP CONSULTATION:

Please contact La Shonda and Antonia at colemanlcsw@gmail.com or antoniabouyerlmft@gmail.com with any questions. We hope that you will join us!

The BIPOC TRM Consultation Group meets online monthly with a different topic each meeting. This group is specifically for BIPOC (Black, Indigenous, People of Color) who desire to develop their clinical skills using the Trauma Resiliency Model as they work with their clients. It is also for those who may not be BIPOC, but are interested in learning to work with BIPOC. The TRM skills are included throughout the Consultation Group. While addressing various topics, all participants take turns using the skills. The group is co-facilitated by Antonia Bouyer, LMFT, and La Shonda Coleman, LCSW.



\$115



2 hours



2nd Saturday of the month

INDIVIDUAL CONSULTATION: N/A

LA SHONDA COLEMAN, LCSW

TRM FACILITATOR, CERTIFIED CONSULTANT





Los Angeles, California

La Shonda Coleman, LCSW, Ph.D. Candidate was trained in TRM in 2010 and CRM in 2019, becoming a facilitator for both. La Shonda is an award-winning international speaker, administrator, and educator. Her leadership in the areas of Health, Wellness, and resilience La Shonda earned her Master of Social Work degree at the University of Southern California and has cultivated an expertise in the areas of somatic-based therapeutic healing. She is the Founder of Trauma & Healing In Colour (THIC), a program designed to empower people to flourish amidst adversities through education, training, and wellness programs. In 2019, La Shonda earned her certification as a wellness champion and yoga teacher, completing 200 hours of education and training through Breathe for Change, an organization aimed at fostering wellness and resilience in communities. In 2020, La Shonda went on to earn her certification in Mind, Body Wellness, and Social-Emotional Learning to promote well-being. La Shonda serves as a senior trainer for organizations such as the Trauma Resiliency Institute, A Window Between Worlds (AWBW) and Mentors in Violence Prevention (MVP) Strategies and the Racial Solidarity Project (RSP).

GROUP CONSULTATION:

Please contact La Shonda and Antonia at colemanlcsw@gmail.com or antoniabouyerlmft@gmail.com with any questions. We hope that you will join us!

The BIPOC TRM Consultation Group meets online monthly with a different topic each meeting. This group is specifically for BIPOC (Black, Indigenous, People of Color) who desire to develop their clinical skills using the Trauma Resiliency Model as they work with their clients. It is also for those who may not be BIPOC, but are interested in learning to work with BIPOC. The TRM skills are included throughout the Consultation Group. While addressing various topics, all participants take turns using the skills. The group is co-facilitated by Antonia Bouyer, LMFT, and La Shonda Coleman, LCSW.



\$115



2 hours



2nd Saturday of the month

INDIVIDUAL CONSULTATION: N/A

MALIA GALLEGOS, M.A. LMFT

TRM FACILITATOR, CERTIFIED CONSULTANT



(213) 293-9923

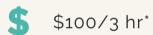
• Eagle Rock, California

Website

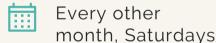
Malia Gallegos, LMFT, has a private practice in California. Malia's first TRM training was in 2015 and has since become a TRM Facilitator, Consultant, and forever student since 2019. Her approach is body-based, somatic, psychodynamic, expressive, and resiliency-informed. She specializes in working with adults of all ages living with Complex Trauma, Dissociative Disorders, Anxiety, and Family of Origin Concerns. She is a Certified Trauma Resiliency Model Practitioner, Certified Eating Disorder Specialist, and Certified Movement Analyst. She recently completed Advanced Certificate Studies in Trauma and Dissociation through International Society for the Study of Trauma and Dissociation and 9 months of Somatic Abolitionism Training with Education for Racial Equity.

GROUP CONSULTATION:

Group consultations are every other month on Saturday afternoons from 3 pm-6 pm, Pacific time. Group is cofacilitated with TRI Consultant Susan Reedy, LMFT. This group typically begins with some skills practice, providing time for case consultation, and then spending time practicing both in the client and practitioner role. 1 and 2 hr Los Angeles in person practice groups now forming.







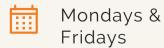
*Sliding scale of \$80 for associates not yet licensed.

INDIVIDUAL CONSULTATION:

Online, 50-minute case consultation and practice in the client role on a sliding scale (\$150-200). Malia shares, "As a consultant, I believe in a non-hierarchical approach and I work in a collaborative way, allowing practitioners to develop their own style of tracking, scaffolding choices, and finding ways to apply the TRM model to their own areas of interest. I can also offer applications of TRM to areas of relevance where I have expertise such as with adults with dissociation, body observation, and relational/attachment dynamics."







JENNIFER HINES, LCSW

TRM FACILITATOR. CERTIFIED CONSULTANT



jenniferhineslcsw@hushmail.com



(424) 254-9295



Los Angeles, California



Website

Jennifer Hines is a Licensed Clinical Social Worker who has been practicing since 2007. She was trained in TRM in 2016 and has been working with TRI as a Consultant and Facilitator. Jennifer is experienced working with sexual assault, child sexual assault, terrorist attacks, natural disasters, child abuse. developmental injury and trauma, attachment, and substance abuse. Jennifer's goal with clients is to have a client-centered approach working together to help the client regulate and understand their nervous system. She invites and encourages compassionate curiosity around patterns of behaviors, often seeking to explore utility, building other skills that might be more effective or more tolerated by clients and their loved ones. In addition to TRM and CRM, Jennifer is trained in EMDR, Flash, Attachment-Focused EMDR, DARe (Dynamic Attachment Repatterning experience), and Sensorimotor Psychotherapy L1+2.

GROUP CONSULTATION:

Led by Nancy Sokolow and Jennifer Hines, this group meets online every other month, Saturdays 10:00 am-12:00 pm, Pacific. A minimum of 5 participants are required. Group activities will include case consultation, continuing education of the skills, skills practice, and demonstrations when applicable.



\$150



2 hours



Every other month, Saturday

INDIVIDUAL CONSULTATION:

Online, \$175 for 60-minutes individual case consultation. discussion of choice points, role/real play client role consultation, and skills building.



\$175



60 min



TBA

WRITTEN CASE VIGNETTE: \$150 Fee

TINA M. SNYDER, LCSW

TRM FACILITATOR, CERTIFIED CONSULTANT



Syracuse, New York



★ tsnyder5@mail.naz.edu

Tina Snyder, LCSW, completed the TRM-1 and TRM-2 training in 2013. She became a Certified TRM Practitioner, TRM Facilitator, TRM Consultant, and Certified CRM Teacher and CRM Facilitator. Tina saw how well the concepts and skills fit into her own holistic, strength-based therapeutic approach. She is a practicing psychotherapist at Catholic Charities Onondaga County and in private practice in Syracuse, New York. Her clinical experience includes working with adults, adolescents, children, and families, many of whom have experienced significant trauma. Tina received her MSW Degree at the Greater Rochester Collaborative Social Work Program of Nazareth College & The College at Brockport, her BSW Degree, with a minor in Psychology and Gerontology, at Nazareth College of Rochester, and an A.S. Degree in Human Services, with a minor in Psychology, at Onondaga Community College. She has completed the Fairy Tale Model and Progressive Counting certificate program for trauma therapy with adults, adolescents, and children through The Trauma Institute/Child Trauma Institute, of Greenfield, MA. She has also completed training in DARe, FOCUS Family Resilience Provider, Circle of Security, Seeking Safety, Brazelton Touchpoints, and Incredible Years. Prior to completing her college education, Tina was employed as a legal assistant for more than 20 years, providing support and advocacy for clients from underserved populations.

GROUP CONSULTATION:

This online, monthly group offers TRM Skills practice (dyads/demos), case presentation, case consultation, discussions regarding the integration of TRM Skills into practice - what's working/what challenges have arisen, and building/strengthening TRM skills. An open group with a max capacity of 6 attendees.



\$50



90 min



Monthly

\$50 fee with sliding scale

INDIVIDUAL CONSULTATION:

Online, 60-minutes offering case consultation or client role practice consultation. \$100 fee with sliding scale.



\$100



60 min



TBD

WRITTEN CASE VIGNETTE: Fee TBD