Community Resiliency Model Online | Orientation

The Community Resiliency Model (CRM)® trains community members to not only help themselves, but to help others within their wider social network. The primary focus of CRM is to educate individuals about the biology and neurophysiology of trauma, stress and resilience as well as teach simple biologically-based wellness skills, which can help re-set and stabilize the nervous system.

Through CRM, individuals learn to read sensations connected to their own well-being, which TRI calls the “Resilient Zone”. CRM’s goal is to help 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 this skills-based approach.

During this 3-hour webinar, Elaine Miller-Karas, TRI’s Co-Founder and Director of Innovation, Vision, and Creativity, and Michael Sapp, TRI’s CEO, will orient you to the key concepts and skills of the Community Resiliency Model®. These skills will help you learn how to calm down when you are upset so you can engage the challenges you face from the best part of yourself.

August 26, 2020
5am-8am (Pacific)
For registration information visit: https://bit.ly/31odDPd