

# *Community Resiliency Model®*

## *Teacher Training*

### *on the COAST*

*With Elaine Miller-Karas, MSW, LCSW, SEP*

**Where:** CV Starr Center, 300 South Lincoln St. Fort Bragg, CA

**When:** May 8-11, 2018, Tues. - Fri. 9am-5pm

***Cost?: Out of county? \$ 225 Registration Fee***

*-CEUs are available for \$25 from TRI*

*- materials provided and are included in the fee*



**WHAT?:** The COMMUNITY RESILIENCY MODEL® (CRM®) is a skills-based wellness and prevention program that provides a biological, non-

stigmatizing perspective on normal human reactions to stress and trauma. The primary focus of this **stabilization program** is to re-set the natural balance of the nervous system. CRM® is both restorative and preventive. Using the wisdom of their own bodies, people often experience **rapid relief from symptoms** accompanied by **increased sense of control** over future wellness.

**Who Should Attend?:** Any individual that has an interest in teaching others how to use CRM skills either in a personal, private or public setting.

**Course Content:** The Community Resiliency Model® Teacher Training (CRM®TT) consists of a four-day training and follow-up consultation to ensure proficiency in the skills and in teaching CRM®.

Trainees learn the six skills of the Community Resiliency Model® (CRM®) and the key concepts of CRM®. Upon successful completion of the training, participants may be provisionally certified as Community Resiliency Model® Teachers if proficiency is demonstrated.

- To complete the certification process, provisional CRM® Teachers **must**:  
**Attend two of the three-monthly follow-up** sessions during the first three months following the training either in person or by Zoom/Skype.

*\*Technical assistance for the follow-up sessions is also offered by phone, Zoom/Skype and by email.*

Summary of Commitment:

- Complete the take-home self-evaluation  
Provide an outline of one projected CRM® Training;
- Prepare a strength-based personal story to interweave into the trainings;
- Prepare a referral list of local mental health practitioners and clinics;
- Provide a 30-minute video of teaching for community, if requested by your CRM® Master Trainer.

**\*Individuals who attend the May 8-11th Teacher Training will also sign a Memorandum of Understanding to maintain their certification through TRI for at least 2 years. There is an understanding that once certified, trainers will conduct trainings with a teaching partner within your community. Attendance does not guarantee a person will be made a CRM® Teacher.**

**PREREQUISITES: CRM® Level 1 Skills One-Day or Two-Day Training or  
TRM® (Trauma Resiliency Model) Level One Training.**

**Don't wait to register!**

<https://crmteachertrainingfortbragg.eventbrite.com>

[menaka@mendochildren.org](mailto:menaka@mendochildren.org).

**(707) 462-4453**

**Only 20 spaces are available.**

**Registration indicates agreement to attend the entire training.**

[traumaresourceinstitute.com/crm](http://traumaresourceinstitute.com/crm)

*Elaine Miller-Karas LCSW, Executive Director and co-founder of the Trauma Resource Institute, the co-creator of the Community and Trauma Resiliency Models® and author of Building Resilience to Trauma, the Trauma and Community Resiliency Models. Elaine has spearheaded trainings in the US working with diverse communities including members of the Cheyenne and Blackfeet in Montana and international trainings in many countries around the world, including Nepal, Tanzania, Kenya, Rwanda, South Africa, Haiti, the Philippines, Guatemala, Northern Ireland, Germany and Turkey.*

