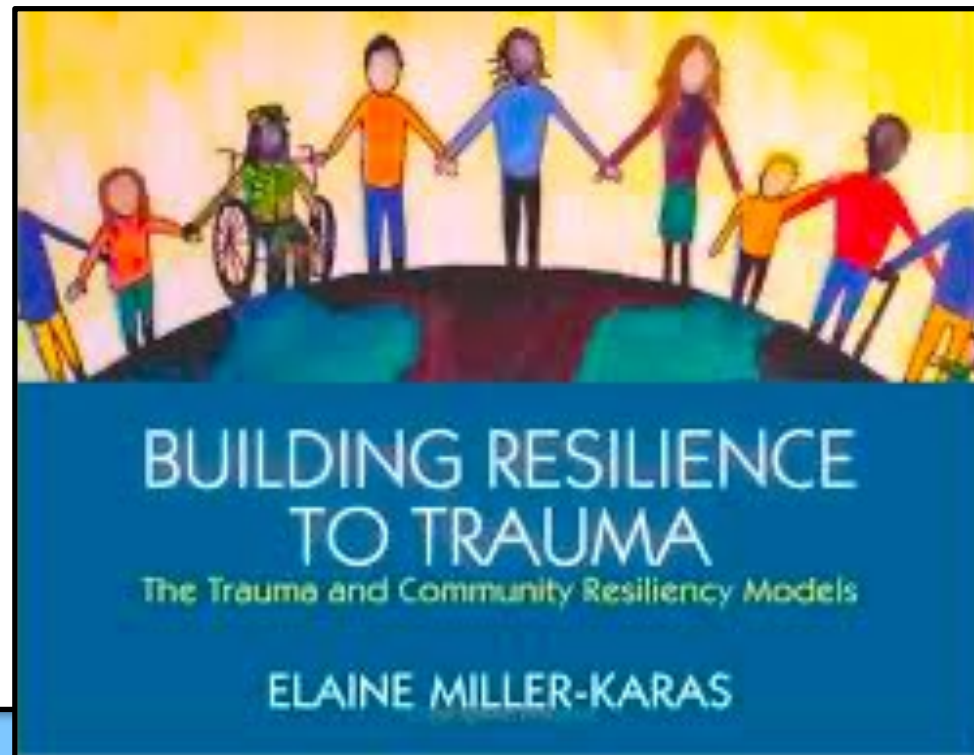


# The Community Resiliency Model (CRM)

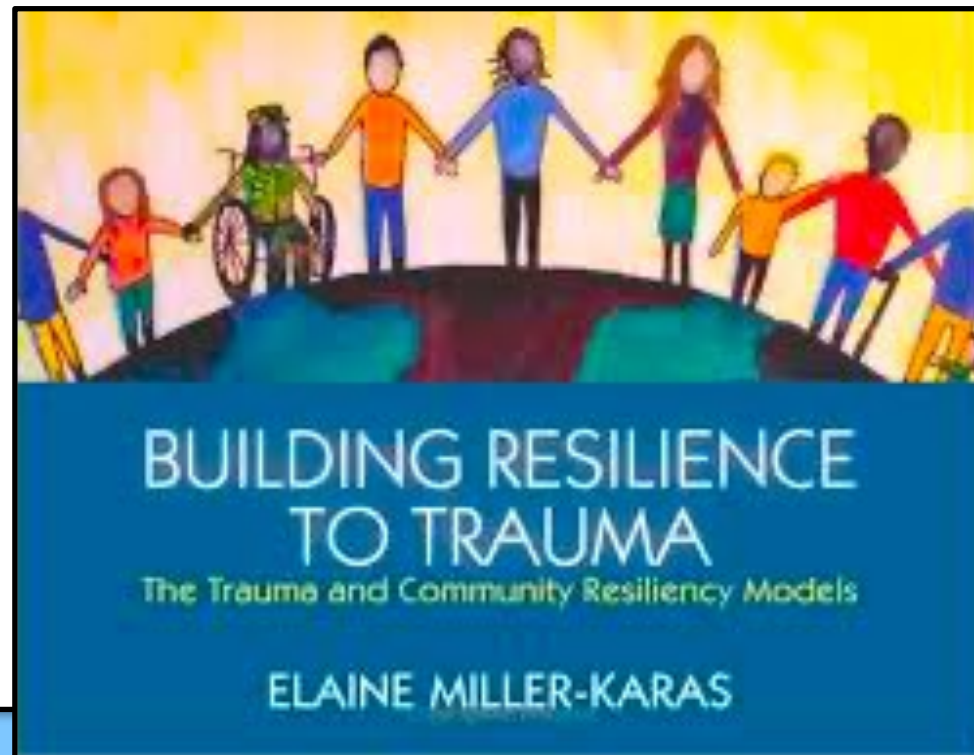
## Simple practices to support mental health and well being

*Slides by Clare Norelle, based on the work of Elaine Miller-Karas and the Trauma Resource Institute*



**The Community Resiliency Model (CRM)** is used around the world during and after natural disasters, wars, and other hard experiences, to help people stay strong and healthy in their bodies, hearts, and minds.

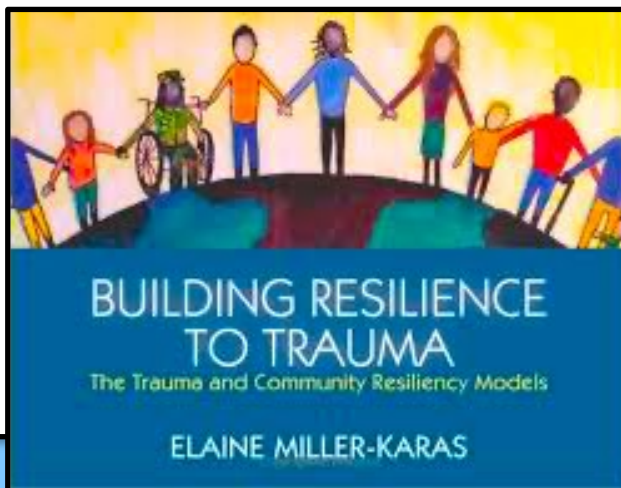
*CRM combines simple practices from psychotherapy and mindfulness meditation with education about the nervous system and biological aspects of mental health.*



*This set of slides is adapted from the work of Elaine Miller-Karas, who developed the Community Resiliency Model at the Trauma Resource Institute.*

*These slides are meant for people who want to explore CRM for their own use, or share it with others informally; in the Community Resiliency Model such people are called CRM guides. To learn more about CRM you can also read Miller-Karas's book, *Building Resilience to Trauma*.*

*To become a CRM teacher or trainer, or learn about CRM trainings, you can go to the Trauma resource Institute website, at:*  
<https://www.traumaresourceinstitute.com/crm>



## **The Community Resiliency Model, or CRM, can help you:**

- Pay attention to how you're feeling in your body, heart, and mind
- Notice when you feel calm and okay
- Notice when you start to feel too activated (maybe overwhelmed by anxiety, fear, or anger)
- Notice when you start to feel too slowed down (maybe frozen or stuck in depression, fear, or sadness)

## **The Community Resiliency Model, or CRM, can help you:**

- Learn skills that help you move from feeling too activated or too slowed down, to feeling more okay more of the time.

## **CRM may also help you:**

- Break out of cycles of thinking, feeling, or acting that aren't helping you.

**It's hard to think or even talk your way out of harmful patterns.**

**CRM Skills give your nervous system opportunities to practice doing and feeling other things, working with your body to change your mind.**

The purpose of CRM Skills isn't to change **which** feelings you might feel.

**With CRM Skills you can still feel things like anger, sadness, grief, the need to take action or the need to rest.**

**CRM skills are meant to help you feel what you feel,  
but in ways that are manageable for you.**

This helps your body stay healthier. It helps you be able to see more clearly what's happening, and think more clearly about how you want to respond to things that happen.



If you share CRM skills with other people, it's important to do it through **invitation and choice**: inviting people to try the skills that they choose to, and supporting them in skipping any that they don't want to do. The same is true if you're exploring these on your own.

**It's also important to remember that people's nervous systems respond differently to things.** Instead of telling someone that an activity will be relaxing, you might encourage them to explore what they feel in their own body, and notice what's true for them.

## **There are three main parts to this presentation:**

**Part A: The CRM Zones:** This part explains the basics of the Community Resiliency Model, and the three Zones of the nervous system that we work with in the model.

**Part B: The CRM Skills:** This part has six sections—one section for each of the CRM Skills, explaining the skill and offering several activities or exercises for exploring it on your own or with other people.

**Part C: How CRM Works in Your Nervous System:** This part explores the neurobiology and research that explain how the CRM Skills work with your nervous system.

*You're welcome to explore these materials at your own pace, and in any order that appeals to you.*

You can benefit from exploring and learning the CRM Skills in Part A and Part B, without ever reading Part C, about how CRM works in your nervous system. **The first two parts will be easier to read and digest for most people, and the skills and activities will work just as well, whether or not you read Part C.**

Still it can be helpful to understand what's going on in your body and nervous system. So **if you have the time and interest, you might explore Part C more slowly at some point, if you like.**

If you want to break these materials into friendly-sized chunks, you might do something like this, possibly over eight to twelve days, or over eight to twelve weeks:

**Day/Week 1: Read section A, The CRM Zones,** and write or talk about your responses to the questions in the section. (Maybe one day, or one week)

**Days/Weeks 2 - 7: Read section B, The CRM Skills, maybe exploring one skill each day or each week,** doing one or two of the exercises described in each skill section, and writing or talking about what you notice, what you like or dislike, and any questions you might have. (Six days or weeks)

**Days/Weeks 8 - 12: Read section C, How CRM Works in Your Nervous System, writing or talking about any responses or questions you might have.** (One to five days or weeks—or none, if the biological basis for CRM doesn't matter to you)

Or, you might choose to read through all of the materials at once, choosing a few exercises to try, and seeing what works for you.

Again: you're welcome to take this at any pace that keeps you curious and wanting to explore further... and maybe even having fun with it.