Objectives

1. Describe the impact of stress and trauma on mental and physical health and potential mechanisms of healing via sensory-motor awareness

2. Explore how current socio-environmental challenges fit into CRM’s framework for understanding stress and trauma.

3. Apply the core skills of the Community Resiliency Model to self and others: tracking, resourcing, grounding, and Help Now!

The presenters have no conflicts of interest to disclose.
RESILIENCY QUESTIONS

What or who is helping you the most right now?
What or who is giving you strength?
What or who has helped you get through hard times in the past?

RESILIENCY PAUSE

Resiliency Pauses can help bring you back into a balanced state in mind and body.

During the current pandemic and climate of social injustice it is so important to ask a resiliency-focused question:

What else is true?
3 Types of ACEs

The Wellness Skills can be easily learned by children and adults.
**FACTS ABOUT CRM?**

- CRM skills were initially used during environmental disasters
- CRM skills are appropriate amongst diverse cultural groups
- CRM content is appropriate across the lifespan and amongst unique groups

---

**The Community Resiliency Model**

- **GROUNDING**
- **RESOURCING**
- **HELP NOW!**
- **SHIFT & STAY**
- **GESTURING**

Free app “ichill”
Or
www.ichillapp.com
KEY CONCEPT
THE RESILIENT ZONE

The Resilient Zone- “OK” Zone

GOAL: TO WIDEN YOUR RESILIENCY ZONE

(c) Trauma Resource Institute
Narrow Resilient Zone: small stressors can bump a person into the Low/High Zone

Wide Resilient Zone: greater capacity to stay within your Resilient Zone even when faced with life stressors

Tracking the Autonomic Nervous System

**Sympathetic** Prepares for Action

- The SNS controls organs during times of stress
- Breathing rate
- Heart rate
- Pupils Dilate
- Blood Pressure
- Sweating
- Stress Hormones
- Digestion
- Saliva

**Parasympathetic** Prepares for Rest

- The PNS controls the body during rest
- Breathing rate
- Heart rate
- Pupils Constrict
- Blood Pressure
- Sweating
- Stress Hormones
- Digestion
- Saliva
Traumatic/Stressful Event or Stressful/Traumatic Reminders

Stuck in High Zone
- Emotional: Rage/Fear, Avoidance
- Depression/Sadness
- Isolated
- Avoidance
- Grief
- Guilt
- Shame
- Apathy
- Anxiety
- Physical: Numb/Fatigue, Physical Pain, Rapid heart rate
- Breathing problems
- Tight Muscles
- Sleep Problems
- Stomach Upset
- Hypervigilance
- Trembling
- Behavior: Isolation, Tantrums, Self-Injury
- Violent behaviors
- Addictions
- Eating Disorders
- Abusive Behaviors

Stuck in Low Zone
- Depression/Sadness
- Isolated
- Exhaustion/Fatigue
- Numbness
- Resilient Zone

COMMON REACTIONS
- Thinking: Paranoid, Nightmares, Dissociation, Forgetfulness, Poor Decisions, Distorted Thoughts, Suicidal/Homicidal
- Emotional: Rage/Fear, Avoidance, Depression, Grief, Guilt, Shame, Apathy, Anxiety
- Physical: Numb/Fatigue, Physical Pain, Rapid heart rate, Breathing problems, Tight Muscles, Sleep Problems, Stomach Upset, Hypervigilance, Trembling
- Behavior: Isolation, Tantrums, Self-Injury, Violent behaviors, Addictions, Eating Disorders, Abusive Behaviors
- Relationships: Angry at others, Isolation, Missing work, Overly Dependent, Irritability

Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett/Adapted by Elaine Miller-Karas
KEY CONCEPT
THE SKILLS

SKILL 1:
Tracking
(Reading Sensations)
We can learn to discern the differences between sensations of distress and well being.

When we do....

We begin to have CHOICE of what to pay attention to on the inside

Tracking is noticing or paying attention to what is happening inside your body at the present moment

Determining if the sensation is pleasant, unpleasant or neutral

Sitting or staying with sensations that are pleasant or neutral

Curiosity questions:
What do you notice on the inside?
Are the sensations pleasant, unpleasant or neutral?
Learning Sensation Words:

- **Vibration**: Shaking, twitching, trembling, fast/slow
- **Size/Position**: Small, medium, large, up/down, center
- **Temperature**: Cold, hot, warm, neutral
- **Pain**: Intense, medium, mild, throbbing, stabbing
- **Muscles**: Tight, loose, calm, rigid
- **Breathing**: Rapid, deep, shallow, light
- **Heart**: Fast, slow, rhythmic, flutters, jittery
- **Taste**: Spicy, sweet, sour, juicy, bland
- **Density**: Rough, smooth, thick, thin
- **Weight**: Heavy, light, firm, gentle
SKILL 2: Resourcing

RESILIENCY QUESTIONS

What or who is helping you the most right now?
What or who is giving you strength?
What or who has helped you get through hard times in the past?

1. For a moment we will pause to INVITE you to call to mind your answers to the resiliency questions.
2. As you think about this strength, what do you notice happening in your body?
**RESOURCING**

A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.

- A Resource can be real or imagined
- A Resource can be internal or external

---

**Conversational CRM: Resiliency Questions**

Notice if you see a shift from a narrative of trauma to a narrative of resiliency

- **Crisis**
  - Can you tell me the moment you knew you had survived?
  - Can you tell me the moment helped arrived?
  - Who or what is helping you the most now?

- **Loss**
  - Can you tell me some of your meaningful memories of her/him?
  - What did you like to do together?
  - What kind of words of encouragement would s/he say to you during difficult times?

- **Questionable**
  - Consider what is helpful about a questionable resource?
A randomized controlled trial to test the effectiveness of a 3-hour Community Resiliency Model® class

Findings

77 nurses (40 CRM and 37 nutrition)

CRM group

Moderate-to-large effect sizes

- increased well-being, resiliency
- decreased secondary traumatic stress, and physical symptoms.

What did the nurses do?

just pushing up against a wall.
I touch the fabric of my scrubs to ground myself
just being still with myself and noting sensations

When?

...... during ‘clinical stressful/scary’ situations with patients.
...... in the midst of the chaos
...... I feel myself getting upset .... if I’m feeling anxious or unsettled.
...... during codes, and when dealing with dying patients
...... after a difficult shift at work
...... after a traumatic or distressing experience

Thank you!

lgrabbe@emory.edu

CRM Part 2 Next Week
Don’t miss it!!