

## Schedule

Thursday 9am-5pm

### Cost:

CAMFT: \$125

PO Faculty & Alumni \$100

Current PO Students \$75

General Public \$150

(Please note on registration form if you are CAMFT, PO Faculty, Alumni or Student. Thank you.)

Additional \$15 for  
CEUS (6.5 credit)

### Contact:

Deenise Kosct

[traumaresourceinstitute@gmail.com](mailto:traumaresourceinstitute@gmail.com)

408-315-6499

## CRM® Skills Training (1 day) Pasadena, CA, September 29, 2016



Continuing Educations Credits provided by Commonwealth Educational Seminars programs are designed to provide CE credit for Psychologists (APA), Social Workers (ASWB Approved) Certified Counselors (NBCC Approved for home Study), Licensed Professional Counselors (LPCC), Licensed Mental Health Counselors (NBCC Approved for home study), Licensed Marriage and Family Therapists, Nurses, Registered Dietitians (CDC) and Massachusetts Nursing Home Administrators. For more information contact: Deenise Kosct.

## Community Resiliency Model® Skills Training (1 day)

The CRM® Skills Training will teach participants six wellness skills our goal is to help to create "trauma informed" and "resiliency-informed" individuals and 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 skill-based approach.

CRM® has largely been used with individuals and communities, which have been marginalized either by economic challenges, ethnicity, natural and human-made disasters. CRM® has been used worldwide in varied locations following human-made and natural disasters.

There is a substantial and growing evidence base for the efficiency of CRM® in reducing anxiety, depression, somatic symptoms and hostility indicators (State of California, Mental Health Act, CRM® Innovation Project, 2013).

The participants learn the key concepts and the six-wellness skills through a combination of lecture, discussion and skills practice in small groups. At the end of the training, participants will identify:

1. the six basic skills of the Community Resiliency Model®
2. how to create a self-care plan
3. two or more ways CRM® skills can help stabilize the human nervous system
4. the autonomic nervous system and its relevance to trauma
5. one or more methods of how to bring CRM® skills into the community
6. the three organizing principles of the brain

**Trainer:** Elaine Miller-Karas, LCSW, the executive director and co- founder of the Trauma Resource Institute, the co-creator of TRM and author of the recently released book entitled *Building Resilience to Trauma*.

### Location:

University Club of Pasadena  
175 N. Oakland Avenue  
Pasadena, California 91101

**Free Valet Parking Available**

### Additional Information:

Lunch and refreshments will be provided.

**Spaces Limited to 50 participants only**