Trauma Responsive Skills Framework and the Community Resilience Model ©

Introduction

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www.traumaresourceinstitute.com
www.communityresiliencymodel.com
Objectives

- Introduce the trauma responsive skills framework: safety, connections, self-management
- Introduce the Community Resilience Model ©
- Define the Resilient Zone
- Define Stuck On and Stuck Off
- Introduce and practice the skills of *Resourcing and Tracking*
- Introduce and practice the skill of being a Resilience Guide
Draw a PICTURE of…

Something that makes you feel calm, joyful, or contented….or confident, strong, and alive

It could be….

• A PERSON
• A PLACE
• An ACTIVITY you enjoy
• An INTERNAL strength
• An EXTERNAL support

AS YOU DRAW, NOTICE WHAT’S HAPPENING ON the INSIDE.
Resource Intensification

GET INTO GROUPS OF 3-4 PEOPLE
INTRODUCE YOURSELF and SHARE YOUR RESOURCE

Ask 3 or 4 additional questions about the resource.

Focus on the sensory experience.

Resource intensification strengthens the elements of the resource in order to override attention that automatically goes to unpleasant sensations.
**TRACKING is paying attention to sensations in the moment**

- Tracking is the foundation for helping stabilize the nervous system.
- Tracking helps children and adults learn to tell the difference between sensations of distress and upset and sensations of balance and well-being within the nervous system.
- Exploring sensations connected to well-being is key to helping one feel better in mind, body and spirit.
- Tracking is used with all the skills.
The Skills of the Community Resilience Model (CRM)
Benefits of Resourcing and Tracking

- Resourcing and tracking build a sense of internal strength and resiliency and reinforces a sense of one’s own abilities and capacities.

- Pleasant and/or neutral sensations connected to individualized resources can bring a direct experience of well-being that helps stabilize the nervous system.

- A person can experience new hope that there are other sensations that can help bring them back into their Resilient Zone.
Safety

Regulation

Connections
SAFETY is the FIRST Step….

Children and adults who have survived childhood and ongoing trauma tend to exemplify the following traits related to safety:

- **Hypervigilance** (Always on alert, waiting for the next disaster)
- **Inability to trust** the word and presence of other adults (Relational challenges and isolation)
- **Need to exert control** in every situation
- Challenges in **deferring to authority or overly compliant**
- Difficulty **managing own physiology** and emotional activation (Flooded or Disconnected)
Two Models

Community Resilience Model (CRM)
- Wellness Model
- Can be learned and used by anyone
- Teaches 6 Wellness Skills to enhance well-being

Trauma Resilience Model (TRM)
- Clinical Model
- Used by clinicians
- Teaches the 6 CRM skills, plus 3 clinical skills
Interventions Are Easy To Learn

- A set of six wellness skills taught to members of the community that bring the body and mind back into balance.

- You don’t have to talk about the past
- Even if reading and writing are difficult
- Useful for people of different cultures and ethnic backgrounds
- Can be used with different ages
- [www.ichillapp.com](http://www.ichillapp.com) on the web.
The Primary Focus is BIOLOGY NOT MENTAL WEAKNESS
A Portal to Healing
Biology vs. Mental Weakness

- Traumatic and stressful experiences can result in a biological process where the human nervous system resets to be in a state of distress even though there are no ongoing external stressors or threats.

- Although insight about life experiences is helpful, it may not result in feeling more balanced in mind, body and spirit.

- Stressful reactions often cannot be “talked away” but they can be “sensed away” by using CRM skills.

- People learn that common reactions are facts of biology, not mental weakness.
Resilience is the GOAL

• Being resilient is the ability to manage the ups and downs of everyday life with the skills and tools we have available to us.

• Being resilient is not just surviving, but thriving after difficult or challenging times.

• Being resilient is being able to bounce back after tragedy and loss.
Why do we develop Resources to track our Neutral and Pleasant sensations?

Brain cells that fire together wire together! Carla Schatz
# Perspective Shift

*Adapted by Elaine Miller-Karas TRI© from a Slide by Jane Stevens (ACES Connection)*

<table>
<thead>
<tr>
<th>Traditional</th>
<th>Trauma-Informed</th>
<th>Resiliency-Informed</th>
</tr>
</thead>
<tbody>
<tr>
<td>• People are bad.</td>
<td>• People are suffering.</td>
<td>• People are resilient.</td>
</tr>
<tr>
<td>• People need to be punished.</td>
<td>• People need an effective intervention.</td>
<td>• People need our compassion as they learn new skills.</td>
</tr>
<tr>
<td>• People just don’t care.</td>
<td>• Many people care, but lack understanding and skills.</td>
<td>• Any person can learn self-regulation skills based on science</td>
</tr>
<tr>
<td>• We need to stop making excuses for people.</td>
<td>• We need to learn how trauma impacts a child’s and adult’s development.</td>
<td>• We need to learn how skills of well-being can reduce suffering.</td>
</tr>
<tr>
<td>• What is wrong with you?</td>
<td>• What happened to you?</td>
<td>• What is right with you? What are your strengths?</td>
</tr>
</tbody>
</table>
What is the Resilient Zone?

- A state of well-being in mind, body and spirit
- When in the Resilient Zone one is able to handle the stresses of life
  - You can be annoyed or even angry but do not feel like you will lose your head
  - You can be sad but not feel like you will be washed away by the river of sorrows

(c) Trauma Resource Institute
Things happen in life and our thoughts, feelings and reactions move around in the OK ZONE

- Excited
- Worried
- Relaxed
- Happy
- Calm
- Tired
- Sad
- Angry
- Scared
Some have a very shallow Resilient Zone where even small stressors bump you out of the Zone.

Some have a deep Resilient Zone where there is a higher tolerance for a wide range of stressors.
Traumatic/Stressful Event or Stressful/Traumatic Triggers

Stuck in High Zone
- Edgy
- Irritable
- Mania
- Anxiety & Panic
- Angry outbursts
- Pain

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

Resilient Zone

Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett

www.healthfederation.org
Are you in your ZONE?

The Community Resiliency Model

- Traumatic or Stressful Event
- The Resilient Zone

- Stuck on HIGH Hyper-arousal
- Amped Up Hyper-vigilant Nervous Irritable Angry Rage Pain

- Stuck on LOW Hypo-arousal
- Learning can happen only when you are in your zone.
- Sadness Isolation Exhaustion Fatigue Numbness Pain
HOW CAN WE HELP CHILDREN or ADULTS WIDEN THEIR RESILIENCE ZONES?

• CALM the physiology FIRST.
• Teach and model using calming tools and sensory supports—eventually these are self-directed.
• Highlight strengths and give the child a sense of AGENCY
• Have many tools that work with various brain regions (Cortex, Limbic, Survival (Brainstem))
Developing the Language of Sensation

- A sensation is a physical experience in the body.

- Sensation originates in billions of receptors distributed in every part of the body.

- Life experiences, including our thoughts and feelings, have a corresponding sensation within the body.

Yellow shows regions of increased sensation while blue areas represent decreased feeling in these composite images. Image created by Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari Hietanen.

www.healthfederation.org
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A Healthy Nervous System

arousal-activation

sympathetic

settle

parasympathetic

Normal Range

DO NOT DUPLICATE
**Tracking the Autonomic Nervous System**

**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

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Tracking Exercise

- Hold the item in your hand
- As you hold the item in your hand, is it smooth, rough, scratchy, soft?
- As you look at it, what do you notice on the inside?
- When you smell it, is it sour, sweet, salty, metallic?
- Does it have a taste? Can you describe it?
- Does it make a sound? Can you describe it?
Resourcing

- **External Resources** include positive experiences and memories and can include the people, places, activities, skills, hobbies, spiritual guides and animals that give you joy, peace or calm.

- **Internal Resources** include an individual’s:
  - Personal characteristics such as kindness, compassion and humor.
  - Body resources such as strong legs, body’s ability to heal from illness, etc...

- **Imagined Resources** - i.e. super heroes or super powers, characters from books, imaginary scenarios, etc.
The person who helps a child or an adult learn to track is called a CRM guide.

The CRM Guide helps the person become more aware of his/her sensations in the present moment by using invitational rather than directive language.

The Guide:
- Does not interpret or assume meaning
- Asks open-ended questions
- Gives the child or adult time for sensations to develop
- Is non-judgmental
- Does not direct, but observes and stays one step behind
CRM Guides may interweave skills in a conversational way when talking to someone who may be in a state of distress, we call this CONVERSATIONAL CRMMING.

The CRM Guide may ask:

- What or who helps you get through hard or stressful times?
- OR
- What or who helps calm you or uplifts you during difficult situations?

**CRM Nugget**

- What helps you?
  - My dog Max
<table>
<thead>
<tr>
<th>Stress &amp; Trauma</th>
<th>Resiliency</th>
<th>Release</th>
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</thead>
<tbody>
<tr>
<td>Shallow Breath</td>
<td>Deeper Breath</td>
<td>Shaking</td>
</tr>
<tr>
<td>Rapid Heart Rate</td>
<td>Slower heart rate</td>
<td>Trembling</td>
</tr>
<tr>
<td>Tense Muscles</td>
<td>Relaxed Muscles</td>
<td>Burping</td>
</tr>
<tr>
<td>Pain</td>
<td>Grounded</td>
<td>Yawning</td>
</tr>
<tr>
<td>Cold/chill</td>
<td>Calm</td>
<td>Heat/warmth</td>
</tr>
<tr>
<td>Numbness</td>
<td></td>
<td>Vibration/tingling</td>
</tr>
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- For some people, even sensing pleasant or neutral sensations can trigger unpleasant, even painful sensations
- If you find yourself sensing uncomfortable sensations, you can try to bring your attention to pleasant or neutral sensations
- If this is too difficult, you can stop
Resource Intensification

Create a Resource Box

Create a Book of Resources
Discussion of a Resource can sometimes shift out of pleasant sensations and into difficult memories and/or uncomfortable body sensations.

This is OK. Resources can have many parts:
- Gently invite the person to shift back to the positive aspects of the resource.
- Invite awareness to part of the body that feels more comfortable or neutral.
- Often the person can learn to hold both parts of the resource and this actually strengthens the resource.

If this is too hard, ask whether a different resource might be easier to work with.
Building Community Resilience

How can I use the skills of Resourcing and Tracking to support well-being in my current work or community role?

IDENTIFY 2 or MORE

What else will I take away from today’s workshop?

SHARE WITH A PARTNER
GET the iChill App—It’s FREE!

www.ichillapp.com
THANK YOU!

• Please take a moment to fill out the evaluation