Weaving the Community Resiliency Model (CRM)® Wellness Skills into Clinical Practice

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11:00am – 12:30pm
https://weillcornell.zoom.us/j/92812036154
Meeting ID: 928 1203 6154
Password: 12345

1.5 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information

Abstract:
The Community Resiliency Model (CRM) is a comprehensive framework and intervention approach that focuses on both the mind and body, specifically designed to assist individuals and communities in cultivating resilience when confronted with stress, trauma, and adversity. This evidence-based practice has gained widespread adoption in numerous hospitals across the United States. CRM draws upon a diverse range of disciplines, including neuroscience, somatic psychology, and trauma-informed care, to provide a holistic approach to resilience-building. Its primary objectives are to empower individuals in regulating their nervous systems, mitigate the impact of trauma, and elevate their overall well-being. In this discussion, we will delve into the fundamental principles and skills of CRM, exploring ways to seamlessly integrate these essential skills into your clinical practice and harness them for self-care purposes.

Learning Objectives:
1. Discuss research findings about the Community Resiliency Model.
2. Explain three key concepts of the six skills of CRM.
3. Identify one or more clinical applications of the CRM wellness skills.

References: