

Social Work Grand Rounds

WCM Department of Psychiatry
Psychology CE Announcement

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

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Tuesday, March 5th, 2024

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

SPEAKER: Elaine Miller-Karas, L.C.S.W. has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Elaine Miller-Karas, LCSW, is a social worker, trauma therapist, author, lecturer, consultant, Voice America radio show host, Psychology Today blogger, and social entrepreneur. She is the co-founder and the Director of Innovation of the Trauma Resource Institute. She is the key developer of the Trauma and Community Resiliency Models. The models have been introduced to over 75 countries. Elaine's book, *Building Resiliency to Trauma, the Trauma and Community Resiliency Model* (2023), was selected by the United Nations and Taylor and Francis curated online library as one of the innovations helping meet the United Nations Sustainable Development Goals. Earlier in her career, she was the Associate Director of Behavioral Health and Teacher of Family Medicine at Arrowhead Regional Medical Center's Family Practice Residency Program. Ms. Miller-Karas has consulted with universities, hospitals, mental health organizations, and governmental agencies with regard to trauma and resiliency-informed interventions. Her conference presentations have included Oxford University's Skoll World Forum, the United Nations, the Society for Teachers of Family Medicine, Resiliency 2023, Medscape, Psychotherapy Networker, the Global Fund, and the Centers for Disease Control.

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:

1. Miller-Karas, E. (2015). *Building resilience to trauma: The Trauma and Community Resiliency Models*.
2. Grabbe, L., Higgins, M., Baird, M., & Pfeiffer, K. M. (2021). Impact of a resiliency training to support the mental well-being of front-line workers. *Medical Care*, 59(7), 616–621. <https://doi.org/10.1097/mlr.0000000000001535>
3. Grabbe, L., Higgins, M., Baird, M., Craven, P. A., & Fratello, S. S. (2020). The Community Resiliency Model[®] to promote nurse well-being. *Nursing Outlook*, 68(3), 324–336. <https://doi.org/10.1016/j.outlook.2019.11.002>