16-211, 221, 231b Three Day Course: Trauma Resiliency Model Part 1, 2, and 3
Elaine Karas, M.S.W., L.C.S.W., S.E.P.,
Lois Bass, L.I.C.S.W.
Thursday-Saturday, June 23-25, 2016  9:00 a.m. – 4:00 p.m.

Course Description
The Trauma Resiliency Model (TRM) is a biologically-based interventions based upon current neuroscience. TRM explains the common responses after a traumatic experience from a biological perspective, which reframes the human experience from what is often one of shame and pathology to one of hope and biology. TRM offers concrete and practical skills to restore resiliency coupled with education about the biology of trauma. TRM includes wellness skills used for self-care. There is a rapidly growing body of neuroscience research showing that the part of the brain responsible for verbal processing and introspection are not functioning at their optimal level when under stress and after traumatic events. Thus, there is a need for interventions, which incorporate a focus on the biological basis of threat, fear, and resiliency. The Key Concepts of TRM will be presented along with the rationale and introduction of the 9 skills of TRM. Attendees will have an opportunity to practice TRM skills. This training is TRM Level 1.

Faculty: Elaine Miller-Karas, L.C.S.W., is the executive director and co-founder of the Trauma Resource Institute. She has co-created the Trauma and Community Resiliency Models. Elaine has presented at major conferences including the Trauma and Resilience Conference, the 64th Annual Conference on Global Affairs, ISTSS and the Psychotherapy Networker. Her book, Building Resilience to Trauma: The Trauma and Community Resiliency Models, was published by Routledge in 2015. She has taken her work to Thailand, Haiti, the Philippines, Nepal, Turkey, China, Kenya, Tanzania, Rwanda and the United States. She has a private practice in Claremont, California.

Lois Bass, L.I.C.S.W., Somatic Experiencing Practitioner®, Amherst, MA. – Faculty Field Advisor and an Associate Adjunct Faculty member, Smith College School for Social Work. She has been a clinical social worker since 1979 and has worked in school settings, community mental health agencies and, for the past twenty years in private practice, specializing in issues of developmental and shock trauma. She completed her Somatic Experiencing® training in 2004 and has been assisting at trainings for the past three years. She has a part-time therapy practice in NYC and has been doing mental health relief work in New Orleans since Hurricane Katrina in 2005.

Learning Objectives
After attending this seminar, participants will be able to:

1. Identify the concept of “Appropriate Technology”
2. Identify one or more reasons why knowledge of the autonomic nervous system is important in treating clients with PTSD
3. Identify the Resilient Zone
4. Identify the concept of Memory Capsule and how it relates to traumatic memory
5. Identify and distinguish the differences between Explicit and Implicit Memory.
6. Will be able to describe and practice the nine skills of TRM.
7. Will identify a self-care plan using TRM skills
8. Will be able to identify the importance of the survival brain in the treatment of trauma.
Bibliography

- Jean Baptiste, Agathe, Haiti Earthquake Relief Project’s Training Evaluation, 2010, UUSC. (Jean Baptiste currently works in Haiti for the United Nations)


- Miller-Karas, E (2015), Building Resilience to Trauma: The Trauma and Community Resiliency Models, Routledge, NY, NY.

- Miller-Karas and Leitch, Psychotherapy Networker, October 2011, It Takes a CommunityTherapy-as-usual can't serve the needs of our returning troops

