



TRAUMA RESOURCE
INSTITUTE

TRAUMA RESILIENCY MODEL (TRM)[®] LEVEL 1 | BELLEVUE (SUN VALLEY), ID

SENIOR TRAINERS:

MELISSA BOLEY, LCPC

LAURIE STRAND, LCSW

Trauma Resiliency Model Level 1 Training is a three-day course designed to teach clinicians how to help children, teens, and adults who are experiencing traumatic stress reactions stemming from traumatic experiences. TRM Level 1 describes the neurobiology of threat and fear and how clinicians can help clients restore balance to their nervous system by implementing a biological approach to restore healing in the mind and body. This is accomplished by helping clients expand interoceptive awareness by learning to distinguish sensations of well-being from sensations of distress. TRM presents nine skills using a scaffolding paradigm to help practitioners learn how to create a clinical treatment plan integrating the skills into practice. TRM Level 1 describes the foundational roots of the model which is based upon neuroception, neuroplasticity, co-regulation, solution-focused psychotherapy, somatic-based therapies, the regulatory capacity of the autonomic nervous system, and the growing field of interoceptive awareness. Using a mind-body approach, TRM is both a model for trauma reprocessing as well as a model promoting client self-care. The clinician learns the basic concepts of TRM and how to introduce the concepts and the skills to clients. TRM helps develop the clinician's understanding of the myriad of ways that trauma is defined including diagnostic criteria, historical, intergenerational and cumulative traumas. The concept of "intersectionality" is highlighted to bring the clinician's awareness to the variety of ways that clients identify in their lived experiences and additional factors that contribute to honoring cultural humility in practice.

October 20 - 22, 2023 | 9am - 5pm

Use the password "TRI2022!" to register here:

<https://www.traumaresourceinstitute.com/trainings-waitlist/trm-level-1-trm-0131>

18.5 CEs



In support of improving patient care, this activity has been planned and implemented by CME Outfitters, LLC and the Trauma Research Institute is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

[For information about continuing education credits, please see: traumaresourceinstitute.com/ces-information](https://www.traumaresourceinstitute.com/ces-information)

Accommodations for the Differently Abled

Trauma Resource Institute's training facilities are accessible to all individuals. Individuals needing special accommodations, please contact: Anthony Martinez at amartinez@communitytri.com.

Refund Policy: If you cannot attend the training you have registered for, we can transfer your registration fee to another future training. In order to receive a refund less \$100.00 administrative and processing fee, you must give 3 weeks' advance notice of the start of your intended training. If you have questions regarding the training, please contact our Public Training Coordinator, Anthony Martinez, at (909) 294-9434 or by email at amartinez@communitytri.com.

****For more information about scholarships please email Anthony Martinez at amartinez@communitytri.com****

AGENDA*

Day 1

- Welcome to Training
- Introduction of Participants
- Goals of TRM
- Common Reactions to Trauma and Stress
- Foundational Roots of TRM
- Key Concepts 1: Resilient Zone
- Key Concepts 2: The Nine Skills of TRM Overview
- Skill 1: Tracking
- Skill 2: Resourcing
- Skill 3: Grounding
- Demonstration of Skills 1-3 + Discussion
- Skills Practice

Day 2

- Questions and Comments from Day 1
- Resiliency Pauses/Conversational Resourcing
- Key Concepts 3:
 - Definitions of Trauma
 - ACES
 - Intergenerational/Historical Trauma
 - Intersectionality
- Skill 4: Gesturing
- Skill 5: Help Now!
- Key Concepts: Organizing Principles of the Brain
- Skill 6: Shift & Stay
- Key Concepts: Explicit/Implicit Memory
- Demonstration with 6 skills + Discussion
- Skills Practice

Day 3

- Questions and Comments from Day 2
- Skill 7: Titration
- Skill 8: Pendulation
- Demonstration + Discussion
- (2) Practice Sessions
- Key Concepts: Survival Responses
- Skill 9: Completing Survival Responses
- Ethics
- Research & Resources
- Evaluations and Closure

***Order of the agenda items is subject to change based on participant report.**

OBJECTIVES

At the conclusion of this program, participants will be able to:

- Identify three or more key concepts of the Trauma Resiliency Model
- Explain three or more ways traumatic experiences affect the mind and body based on current scientific research.
- Describe the parasympathetic and sympathetic arms of the autonomic nervous system including the impact on traumatic stress symptoms.
- Describe how to assess Post-Traumatic Stress Disorder based on the DSM V criteria.
- Define historical, cumulative, and intergenerational trauma.
- Explain the concept of "intersectionality" and its application to clinical practice.
- Describe the Adverse Childhood Experiences hallmark research and its application to TRM.
- Describe the research about Positive Childhood Experiences and their influence on Adverse Childhood Experiences.
- Explain the nine skills of the Trauma Resiliency Model.
- Participants will engage in practice sessions demonstrating the use of the nine skills
- Describe the first six skills of the Trauma Resiliency Model, also known as the Community Resiliency Model (CRM)®.
- Identify three or more ways to integrate TRM skills into clinical practice.
- List two or more ethical considerations with regard to implementing TRM.

There is no known commercial support or conflict of interest for this program.



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