Trauma Resiliency and Veterans

Presented to Compassionate Care Conference
By
Bill Cross PhD LMFT
Natural Great Perfection

- This is the Perfect Time
- This is the Perfect Place
- This is the Perfect Teaching
- This is the Perfect Teacher
- This is the Perfect Student
RIGHT NOW & ALWAYS
• What is the Best Way to Help Veterans?
LISTEN
Keep In Mind

• Veteranus
• Separateness
• Little Preparation for Returning
• Survivor Guilt
• Heightened Sense of Conflict
• Stories: Truth?
  Timing
* Machismo and Stigma
Presented by Bill Cross  Master Trainer
Trauma Resource Institute
www.communityresiliencymodel.com
www.traumaresourceinstitute.com

Community Resiliency Model™

Adapted by Elaine Miller-Karas
from the original work of Elaine Miller-Karas and Laurie Leitch
The Trauma Resource Institute
A Nonprofit Corporation

Our Vision
To create resiliency informed and trauma informed individuals and communities.

Our Mission
A commitment to bring wellness skills, based on cutting edge neuroscience, to our world community, one person at a time, one community at a time.
**Goals of CRM**

*To create resiliency and trauma informed communities*

<table>
<thead>
<tr>
<th>Individual</th>
<th>Community</th>
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<tbody>
<tr>
<td>To widen the “resilient zone” so one is better able to handle life stressors</td>
<td>To create a cadre of CRM-informed community members who are educated in</td>
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<td>To reset the nervous system to bring it back into balance after stressful/traumatic events</td>
<td>the biology of traumatic stress reactions</td>
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<tr>
<td>To intercept the hijacking of the NS by learning skills for self-care</td>
<td>the biology of resiliency</td>
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<td>To integrate the CRM skills into the activities of daily living</td>
<td>To widen the “Resilient Zone” in individuals, family members and the extended community</td>
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What is the Community Resiliency Model?

- Set of six Wellness Skills
- Resets the natural balance of the nervous system
- Brings awareness to a person’s ability to come back into his or her Resilient Zone
Traumatic/Stressful Event
or
Stressful/Traumatic Triggers

Stuck in Low Zone

Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness

Stuck in High Zone

Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain

Resilient Zone

Graphic adapted from an original graphic of Peter Levine/Heller, original slide design by Genie Everett
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.
Who can CRM help?

- Individuals & Community
- For Self-Care
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

- Educational materials have been developed (iChill App, wristbands, resiliency pens) that reinforce the wellness skills
- [www.ichillapp.com](http://www.ichillapp.com) on the web.
CRM Key Concepts

“It is about biology - not human weakness.”
Laws of Nature

The Nervous System: Autonomic Nervous System

Body-based therapies

Research about how stress and trauma effect the brain
Trauma/Stress

TOO much & TOO fast!
or
Too Little or Too Much for Too Long!

Perception is key
When the nervous system is overwhelmed, individuals can lose the capacity to stabilize and regulate themselves.
Skills of the Community Resiliency Model
Community Resiliency Model Skills

**TRACKING**
Paying attention to sensations

**GROUNDING**
Being fully present in the moment

**RESOURCING & RESOURCE INTENSIFICATION**
Using positive or neutral life experiences to create pleasant or neutral sensations

**GESTURES & MOVEMENTS**
Bringing calming & protective movements to awareness

**SHIFT AND STAY**
Shifting to a resource and staying in the resource state

**HELP NOW!!**
Strategies to get back to R-Zone
Community Resiliency Model Skills

THE BASIC THREE

**GROUNDING**
Being fully present in the moment

**TRACKING**
Paying attention to sensations

**RESOURCING & RESOURCE INTENSIFICATION**
Using positive or neutral life experiences to create pleasant or neutral sensations
How often have you been in your Resilient Zone today?

Never  Occasionally  Sometimes  Frequently  All the Time
1  2  3  4  5
THE BODY HAS A WISDOM THAT WORDS CANNOT SPEAK

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We know that about 85 percent to 90 percent of people who kill themselves have an underlying psychiatric illness, often depression, frequently unrecognized and untreated. Stigma is the premier culprit, and in the house of medicine, shame about seeking professional help is rife. As a specialist in physician health, I know this firsthand. I have lost too many doctor patients and dear colleagues to suicide. “Why Do Doctors Commit Suicide?,” by Pranay Sinha (Op-Ed, Sept. 5), is a heartfelt and honest testimonial to the two young physicians who recently died here in New York City. He is spot on when he describes the doubts and fears that are ubiquitous in newly minted physicians and the dangerous isolation that can occur. He advocates a medical culture that stresses openness about vulnerabilities and fosters connection.

I salute his initiative and take it one step further. We who are the supervisors and mentors of these young doctors must set an example. We, too, need to share our insecurities — old and new — and unmask our humanity. This includes disclosing our own psychiatric treatment. This kind of intimacy and lovingkindness will help save lives.
Physical
- Numb
- Fatigue
- Physical Pain
- Tight Muscles
- Sleep Problems
- Stomach Upset
- Hypervigilance

Emotion
- Rage
- Fear
- Grief
- Guilt
- Shame
- Apathy
- Anxiety
- Avoidance
- Depression

Thinking
- Paranoid
- Nightmares
- Dissociation
- Forgetfulness
- Poor Decisions
- Distorted Thoughts
- Suicidal/Homicidal

Spiritual
- Hopelessness
- Loss/Increase of Belief
- Deconstruction of Self

Behavior
- Isolation
- Self-Injury
- Addictions
- Eating Disorders
- Abusive Behaviors

Common Reactions
- Trauma & Stress
Post Traumatic Growth

Positive psychological and spiritual change experienced as a result of the struggle with highly challenging life situations.

What are some of the ways that you or those that you work with have experienced post-traumatic growth?
Resilience

“Is an individual’s and community’s ability to identify and use individual and collective strengths in living fully in the present moment, and to manage the activities of daily living.”  Miller-Karas (2013)