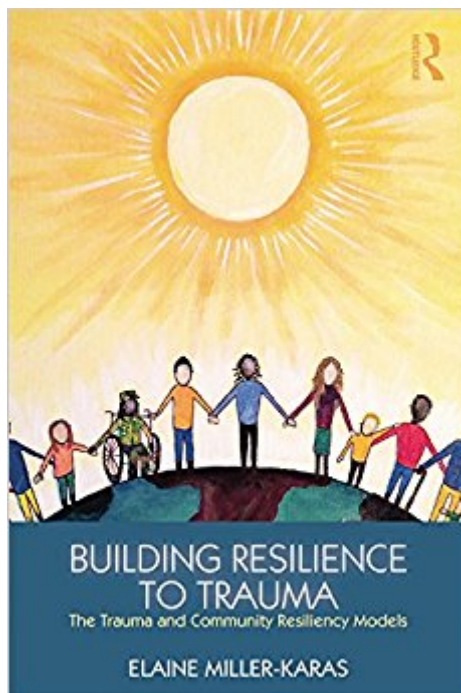




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# Building Resilience To Trauma: The Trauma And Community Resiliency Models



## Synopsis

After a traumatic experience, survivors often experience a cascade of physical, emotional, cognitive, behavioral, and spiritual responses that leave them feeling unbalanced and threatened. Building Resilience to Trauma explains these common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. It also presents alternative approaches, the Trauma Resiliency Model (TRM) and the Community Resiliency Model (CRM), which offer concrete and practical skills that resonate with what we know about the biology of trauma. In programs co-sponsored by the World Health Organization, the Unitarian Universalist Service Committee, ADRA International and the department of behavioral health of San Bernardino County, the TRM and the CRM have been used to reduce and in some cases eliminate the symptoms of trauma by helping survivors regain a sense of balance. Clinicians will find that they can use the models with almost anyone who has experienced or witnessed any event that was perceived as life threatening or posed a serious injury to themselves or to others. The models can also be used to treat symptoms of vicarious traumatization and compassion fatigue.

## Book Information

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## Customer Reviews

Building Resilience to Trauma is a wonderful and useful book. I have seen how learning and using the Nine Skills has had a profound impact on people suffering from trauma and emotional dis-regulation. It is very helpful that Miller-Karas gives so many examples - they really highlight the concepts being discussed and bring trauma treatment to life. The idea of beginning with the end of the trauma story - where there is a sense of survival and possibly help that came - before getting into the trauma narrative makes so much sense. Learning about the neurobiology was very informative. I highly recommend this book for anyone interested in or suffering from trauma and emotional overwhelm. It is a great tool for parents to use - helping regulate themselves before interactions with their kids so they are coming from their most resilient place. Children who learn these self-regulation skills will be better able handle adversity and stress.

Powerful book! We all have a body, a nervous system. That is what unites us all on this planet. When we know how to regulate our nervous system as our life unfolds, or after highly stressful or traumatic experiences, we can thrive and live our best life. Be there for ourselves and for others. Unfortunately stress and trauma(s) can throw us out of our "resiliency zone" and, to no fault of our own, we can end up being stuck outside our zone; sometimes for hours or days and unfortunately sometimes for years on end. This book is a smart read. I believe it should be a "must read" for all in the helping profession: from nurses and doctors to firemen, clergy and military personnel, and of course, for therapists and first respondents. Only by learning to better self regulate our nervous system can we truly be there to help those in need of support. This book and the skills it teaches is practical. It is a brilliant synthesis of the smart and dedicated minds and researchers at the cutting edge of trauma work. The Trauma Resiliency Model informs my work with all of my clients. When I see the sad stories of police brutality in the news, my heart aches for both the victims and the aggressors. I can't help but to think that many of these policemen are stuck on high and need help in learning to discharge their own traumas; and the immense stress they face day in and day out. Only then will they be able to return to their own resiliency zone and be there for othersâtruly serve and protectâas they once pledged to do.

Elaine Miller-Karas' and her co-writers have done an exceptional job synthesizing the complex methods of somatic therapies into concrete, user friendly strategies. Both models emphasize

resiliency-building skills that empower people to be able to self-regulate their own nervous systems. The Trauma Resiliency Model is focused upon helping mental health professionals learn simple biological skills to integrate into their clinical practice. The Community Resiliency Model is designed as a peer-to-peer wellness practice and can be used with any age (from the youngest to the oldest). I especially enjoyed the examples from the international work. Reading this book laid out a step-by-step map on how to use the skills with my clients. I particularly found Chapter 9 which provides scripted interventions that I can not only use in group settings but with my individual clients very helpful. I have taught the skills to my clients. My clients have shared with me that they use the skills in their every day life and they now have the power to self-regulate.

Excellent read! Elaine Miller-Karas takes you on a journey throughout the world and explains trauma reactions in the body physiologically and biologically. Miller-Karas highlights stories about resilience and how resilience and hope can be found anywhere in the world no matter what horrible tragedies someone or whole communities have been through! The skills that people learn from The Trauma Resiliency Model and the Community Resiliency Model help people regulate their nervous systems and re-connect with sensations of wellness! The skills from these two models are practical, to the point and easy to understand and most importantly they bring hope forward in people who have lost all hope. I highly recommend this book to anyone that is looking to understand more about trauma, psychology and the body! This book can be helpful if you are someone who has suffered from trauma or if you are a practitioner treating people with trauma!

This is an absolutely outstanding book for anyone who has suffered any level of any trauma, as well as academics and professionals in the psych or medical community, community leaders, first responders and others looking for a better understanding of trauma. The authors take the complex, highly-misunderstood subject of trauma and very simply explain the critical physiological basis, how we can heal, and why we haven't for so many years. The global work the TRI does is also truly mind blowing - they're a powerful force of good and offer hope in the world.

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