

## **Resiliency Focused Adults, Children and Communities: Building Resiliency to Trauma**

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 and CRM will be presented along with the rationale for and introduction of the skills. Participants will practice the core skills.

**Elaine Miller-Karas**, LCSW, 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 international conferences including the Trauma and Resilience Conference, Berlin, Germany, the 64th Annual Conference on Global Affairs, ISTSS and the Psychotherapy Networker. She has taken her work to Nepal, Great Britain, Tanzania, Haiti, the Philippines, Turkey, China, Guatemala, Kenya, Rwanda and the United States.