

Community Resiliency Model



February 5, 2019 | 9:00 am - 4:30 pm

Learn skills to stabilize the nervous system, reduce anxiety, anger and depression, assist in facing challenges, and create a renewed sense of hope for you and your family.

The Community Resiliency Model® (CRM) provides skills for self-care and to share with your community. It teaches you how to balance a nervous system impacted by personal or community-level trauma (such as violence, poverty, racism and homophobia).

The goal of CRM® is to create trauma-informed and resiliency-focused communities that share a common understanding of the impact of trauma and chronic stress on the nervous system. The easily learned and shared techniques give community members the skills to restore and increase resiliency.

You will learn the six wellness skills designed to help adults and children track their own nervous systems in order to bring the body, mind and spirit back into greater balance.

This dynamic training includes experiential activities and learning through movement, so please come prepared to participate. Suitable for all ages and physical abilities.

Topics include:

- The biology of traumatic/stressful reactions
- Tracking - noticing our feelings and where they reside in our bodies
- Grounding - getting centered
- Resourcing - summoning internal calm
- Gesturing - the emotional charge of gestures

CRM® comes from the Trauma Resource Institute.

For more information visit www.traumaresourceinstitute.com.



Fees

Early Bird \$95, Standard \$125

Group fee is \$75 per person, there is a minimum of 3 people to qualify
Partial scholarships available, visit our website for details

Time & Location

9:00 am - 4:30 pm, registration starts at 8:30 am

The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012
Free parking is available at The California Endowment

Continuing Education

For each training, 6 CE credits are available for an additional \$30.

Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

For additional requests, accommodations, questions, or grievances about a training contact us at training@echotraining.org or (213) 484-6676