



Elaine Miller-Karas: The Community Resiliency Model: The Embodiment of Individual and Community Change



Elaine Miller-Karas MSW, LCSW, is the Co-Founder and Director of Innovation, Vision, and Creativity for the Trauma Resource Institute. She is the author of *Building Resilience to Trauma*, the Trauma and Community Resiliency Models. To date her models have been brought to over 39 countries. Discover the Community Resilience Models where participants will explore the six wellness skills and so much more.

TOP EMBODIMENT TIP: Pay attention to the sensations on the inside, connect it to your well being and know that you are going to have sensations of distress and that you have a choice. You can move into paying attention to your well being to cultivate the garden of wellness in all of us.

The Community Resiliency Model: What is It?

- Resiliency Pauses can help bring mind, body and spirit back into balance, through discovering your pause.
- Cultivates hope; it is in all individuals & communities. Healing happens by changing the conversation and the lens.

Science: Making it Simple

- All individuals have access to the language of our biology and a framework to help understand the human experience. Discover Neuroplasticity and neurogenesis. Breakdown Biology vs. Pathology.

Playing Fields: Resilience Zones

- Common reactions to stressful and traumatic events, explore returning to the resilient zone and not getting stuck.
- What can you experience in the resilience zone, in the high and low zone, and understand the common language.

The Autonomic Nervous System: How to Read It

- Laws of Nature and rhythms; the sympathetic and parasympathetic nervous system are described in simple terms. Learn the common reactions: What happens when you get stuck. What is too much, too little?

Wellness Skills: Set of Resilience Skills

- Learn the different skills and how to integrate them into your life. Help children across lifespans and cultures with varied literacy abilities. Learn about intersectionality and ACE takeaways; how these impact resiliency.
- These skills encourage empathy, compassion, and sustainability for global change.

Resources:

- ❖ **Books:** *Building Resilience to Trauma: The Trauma and Resiliency Models (2015)*
- ❖ **Website:** www.traumaresourceinstitute.com seelearning.emory.edu <https://iChill.com>
- ❖ **Social:** Facebook: Instagram: Twitter
- ❖ **References:** Steve Hoskinson organicintelligence.com iChill App available on Android & Apple (English & Spanish)



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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)

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