Community Resiliency Model Skills Training

Residence Inn Marriott - Bozeman
April 24, 9 a.m. – 5 p.m. and April 25, 9 a.m. – 4 p.m.

Workshop facilitators: Dana Eisenberg, LCSW, Bertie Brown, and Francine Roston

The Community Resiliency Model (CRM) was developed by the Trauma Resource Institute (TRI), a nonprofit organization which cultivates trauma-informed and resiliency-focused individuals and communities worldwide. This CRM workshop trains participants not only help themselves, but to help others within their wider social network.

CRM educates individuals about the biology and neurophysiology of toxic stress and trauma as well as teach simple biologically-based wellness skills, which can help re-set and stabilize the nervous system. Through CRM, individuals learn to read sensations connected to their own well-being, which TRI calls the “Resilient Zone”. CRM’s goal is to help to create “trauma-informed” and “resiliency-informed and focused” communities that share a common understanding of the impact of trauma and toxic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

Participants will learn the key CRM concepts and skills through a combination of lecture, discussion and skills practice. At the end of the training, participants will identify:

* Six basic skills of the Community Resiliency Model
* How to create a self-care plan
* Two or more ways CRM® skills can help stabilize the human nervous system
* The autonomic nervous system and its relevance to trauma
* One or more methods of how to bring CRM® skills into the community
* Three organizing principles of the brain

CRM is a “research-informed” intervention, as evidenced by the Loma Linda University School of Behavioral Health (LLUSBH), Emory University, Fairfield University and a State of California Mental Health Services Act Innovation's Project.

Lead Facilitator:
Dana Eisenberg, LCSW, received her Master’s in Social Work (MSW) at the University of Michigan in 1999. Her clinical practice initially focused on high needs children and families and she provided therapy in group home, outpatient, school and in-home settings. Dana now brings CRM skills to her clients in private practice and as a trainer for professional and community groups in Montana and beyond.
Registration Form

__ I will attend the Community Resiliency Model Skills Training April 24 - 25 in Bozeman

Name__________________________________________

Address________________________________________

_____________________________________________________________________________________

Phone__________________________________________

E-mail__________________________________________

__ Enclosed please find my payment of $110 member to cover the cost of the workshop.
Lunch will be provided.

Partial scholarships are available if needed. Please call (406) 586-2455 for more details.

__ Enclosed please find my payment of _____ to cover the cost of the retreat. I would like to request a partial scholarship of _____ to cover help cover the $110 cost.

Email bsawyer@hopamountain.org with any questions.

Mail the registration form with payment by April 1 to:

Hopa Mountain
234 E. Babcock, Suite E
Bozeman, MT 59715