



TRAUMA RESILIENCY MODEL LEVEL 1 TRAINING AUGUST 11-13, 2017 PHILADELPHIA, PENNSYLVANIA

SCHEDULE

Friday/Sat 8am-5pm
Sunday 8am-4pm

COST: \$650.00

18.5 CEUS (additional cost
for CEUs \$25)

To register and pay, visit our
website at

www.traumaresourceinstitute.com

For more information, contact
Deenise Kosct, Training
Coordinator:

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408-315-6499

Location Contact:
Kate Connolly 267-253-0821

kate.connolly418@gmail.com

Location of training:

St. Joseph University

McShain Hall

5th Floor

Philadelphia, Pennsylvania

Why participate in TRM Training?

- To increase understanding about how to integrate biological-based interventions into the treatment of clients with traumatic stress injuries
- For those who work cross-culturally
- To learn wellness skills that can help with vicarious trauma
- To learn how to more gently process traumatic experiences without re-traumatizing the client

The training is a three-day course designed to teach skills to clinicians working with children and adults with traumatic stress reactions. TRM explores the biology of fear and threat and the automatic, natural survival responses that occur when faced with a life-threatening and/or dangerous situation. The concept of resiliency is explored and how to restore balance to the body and the mind after traumatic experiences. The training is a combination of lecture, discussion and small group practice.

At the end of this training, participants will be able to:

1. describe three or more key concepts of the Trauma Resiliency Model
2. describe three or more ways traumatic experiences affect the mind and body based on current scientific research.
3. describe the parasympathetic and sympathetic arms of the autonomic nervous system and their impact on traumatic stress symptoms.
4. describe TRM's definition of trauma.
5. describe and implement the nine skills of the Trauma Resiliency Model.
6. describe the 6 skills of the Community Resiliency Model.
7. identify 2 or more ethical considerations with regard to implementing TRM

Trainers: Elaine Miller-Karas, LCSW, the executive director and co-founder of the Trauma Resource Institute, the co-creator of TRM and author of the recently released book entitled *Building Resilience to Trauma*.

Dr. Cross has extensive experience treating trauma & other mental health conditions. He is a veteran & has special interest in serving our veterans & their families.

Dr. Fish, is a clinical psychologist, with extensive experience in a wide variety of treatment modalities and populations. He is especially interested in the effective integration of behavioral and physical healthcare and enhancing the health and welfare of medical providers. He is the Clinical Director and Co-owner of Psychological Health Care, PLLC, in Syracuse, N.Y.

CONTINUING EDUCATION: 18.5 Continuing Education Credits, Continuing Education Credits provided by Commonwealth Educational Seminars (CES). Programs are designed to provide CE credit for Psychologists, Social Workers and Nurses. Licensed Professional Counselors and Licensed Marriage & Family Therapists CE approval varies per state. Please see the following link for specific information regarding professions and states: www.commonwealthseminars.com

Note: additional \$25 charge for CEUS with Commonwealth for Psychologists CEU Credits. Please pay directly on website or send