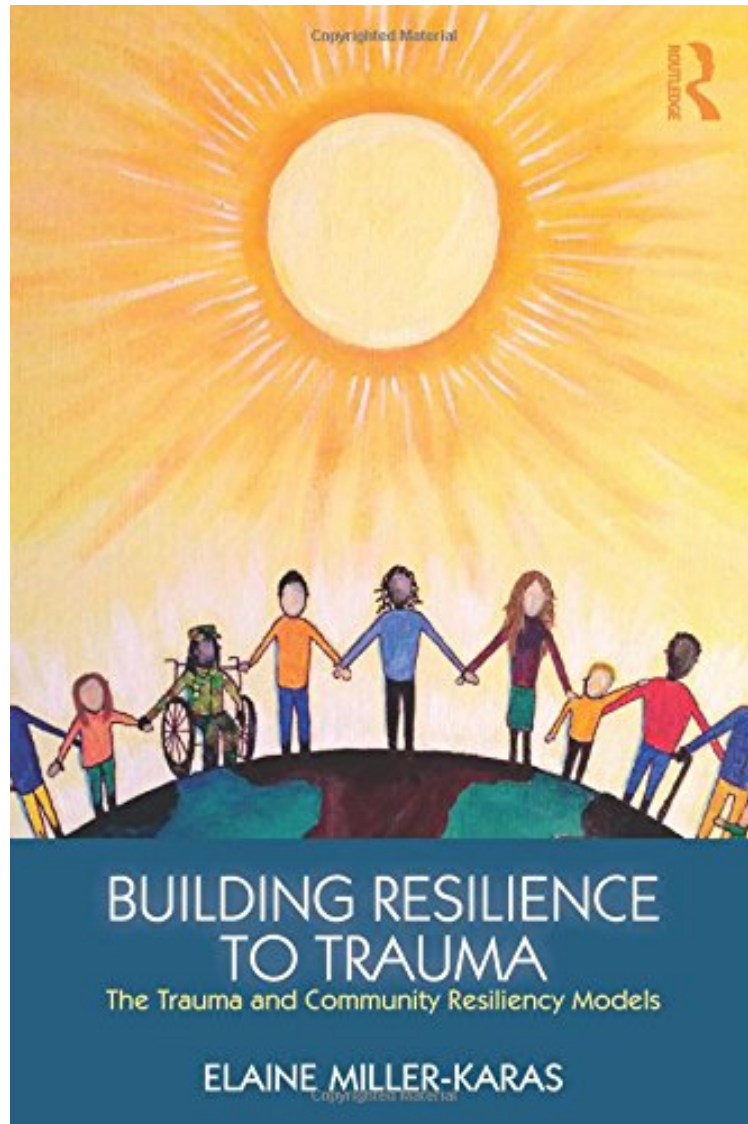


(Library ebook) Building Resilience to Trauma: The Trauma and Community Resiliency Models

Building Resilience to Trauma: The Trauma and Community Resiliency Models

Elaine Miller-Karas

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#86663 in Books Elaine Miller Karas 2015-03-07 2015-03-03 Original language: English PDF # 1 9.00 x .53 x 6.001, .72 #File Name: 0415820588234 pages Building Resilience to Trauma The Trauma and Community Resiliency Models | File size: 78.Mb

Elaine Miller-Karas : Building Resilience to Trauma: The Trauma and Community Resiliency Models before purchasing it in order to gauge whether or not it would be worth my time, and all praised Building Resilience to Trauma: The Trauma and Community Resiliency Models:

8 of 8 people found the following review helpful. Building Resilience to Trauma is a wonderful and useful book By

Kim Cookson Building Resilience to Trauma is a wonderful and useful book. I have seen how learning and using the Nine Skills has had a profound impact on people suffering from trauma and emotional dis-regulation. It is very helpful that Miller-Karas gives so many examples - they really highlight the concepts being discussed and bring trauma treatment to life. The idea of beginning with the end of the trauma story - where there is a sense of survival and possibly help that came - before getting into the trauma narrative makes so much sense. Learning about the neurobiology was very informative. I highly recommend this book for anyone interested in or suffering from trauma and emotional overwhelm. It is a great tool for parents to use - helping regulate themselves before interactions with their kids so they are coming from their most resilient place. Children who learn these self-regulation skills will be better able handle adversity and stress. 5 of 5 people found the following review helpful. A Must Read For All By C. Nathan Bergeron Powerful book! We all have a body, a nervous system. That is what unites us all on this planet. When we know how to regulate our nervous system as our life unfolds, or after highly stressful or traumatic experiences, we can thrive and live our best life. Be there for ourselves and for others. Unfortunately stress and trauma(s) can throw us out of our "resiliency zone" and, to no fault of our own, we can end up being stuck outside our zone; sometimes for hours or days and unfortunately sometimes for years on end. This book is a smart read. I believe it should be a "must read" for all in the helping profession: from nurses and doctors to firemen, clergy and military personnel, and of course, for therapists and first responders. Only by learning to better self regulate our nervous system can we truly be there to help those in need of support. This book and the skills it teaches is practical. It is a brilliant synthesis of the smart and dedicated minds and researchers at the cutting edge of trauma work. The Trauma Resiliency Model informs my work with all of my clients. When I see the sad stories of police brutality in the news, my heart aches for both the victims and the aggressors. I can't help but to think that many of these policemen are stuck on high and need help in learning to discharge their own traumas; and the immense stress they face day in and day out. Only then will they be able to return to their own resiliency zone and be there for otherstruly serve and protectas they once pledged to do. 4 of 4 people found the following review helpful. THE SKILLS IN THIS BOOK CHANGED MY LIFE AND HOW I VIEW TRAUMA IN MYSELF AND IN THE WORLD! HIGHLY RECOMMEND!! By Jessie Michelle Excellent read! Elaine Miller-Karas takes you on a journey throughout the world and explains trauma reactions in the body physiologically and biologically. Miller-Karas highlights stories about resilience and how resilience and hope can be found anywhere in the world no matter what horrible tragedies someone or whole communities have been through! The skills that people learn from The Trauma Resiliency Model and the Community Resiliency Model help people regulate their nervous systems and re-connect with sensations of wellness! The skills from these two models are practical, to the point and easy to understand and most importantly they bring hope forward in people who have lost all hope. I highly recommend this book to anyone that is looking to understand more about trauma, psychology and the body! This book can be helpful if you are someone who has suffered from trauma or if you are a practitioner treating people with trauma!

After a traumatic experience, survivors often experience a cascade of physical, emotional, cognitive, behavioral, and spiritual responses that leave them feeling unbalanced and threatened. Building Resilience to Trauma explains these common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. It also presents alternative approaches, the Trauma Resiliency Model (TRM) and the Community Resiliency Model (CRM), which offer concrete and practical skills that resonate with what we know about the biology of trauma. In programs co-sponsored by the World Health Organization, the Unitarian Universalist Service Committee, ADRA International and the department of behavioral health of San Bernardino County, the TRM and the CRM have been used to reduce and in some cases eliminate the symptoms of trauma by helping survivors regain a sense of balance. Clinicians will find that they can use the models with almost anyone who has experienced or witnessed any event that was perceived as life threatening or posed a serious injury to themselves or to others. The models can also be used to treat symptoms of vicarious traumatization and compassion fatigue.

"My enjoyment of this book grew the further I got into it. The opening chapters aim to educate the reader in the body's biological response to trauma. What I like most about this book is that it goes beyond the one-to-one framework of therapeutic intervention and explores the benefits of community work. It also flags up the fact that, with simple education about the body's response to trauma, individuals can be empowered to help themselves and others." Emma Bell, Private Practice "Body-based trauma interventions, combined with psychoeducation about the biology of trauma, dramatically expand the options for trauma symptoms reduction and healing especially when the story is inaccessible or difficult to tell. This superbly written book clearly explains these interventions so that clinicians and lay people alike can benefit. Practical, clear, compassionate . . . a major contribution to the trauma and resilience literature!" Glenn R. Schiraldi, PhD, LTC (USAR, Ret.), founder of Resilience Training International and author of The Post-Traumatic Stress Disorder Sourcebook and The Complete Guide to Resilience "Finally, a sober voice breaks through the agony of armchair approaches in a trauma-filled culture. A first of its kind, this book translates cutting-edge neuroscience into the latest practical tools for trauma treatment. Elaine Miller-Karas deftly presents the TRM and CRM models in an

engaging way that can be immediately applied in community and clinical settings. The author shortcuts needless jargon and includes real-life cases tested from her work in the trenches—the Haiti earthquake, combat veterans from Vietnam and Iraq, Typhoon Yolanda in the Philippines, and the aftermath of the Boston marathon bombing. Without a doubt, the examples, techniques, illustrations, cases, and exercises included in this breakthrough book make it a lively, one-of-a-kind read that all trauma-healing professionals will want to have in their personal libraries." Bryan E. Robinson, PhD, professor emeritus at the University of North Carolina, Charlotte, a licensed psychotherapist, and author of *Chained to the Desk: A Guidebook for Workaholics, Their Partners and Children, and the Clinicians Who Treat Them*, 3rd edition "In this book, Elaine Miller-Karas combines her rich global experience in implementing TRM with the latest research on the brain, nervous system, and trauma to offer practical tools and applications for building resilient individuals and communities. *Building Resilience to Trauma* will be instrumental to clinicians worldwide in truly helping those who have experienced or witnessed traumatic events." Peggy Rowe Ward, MEd, EdD, senior dharma teacher in the tradition of Thich Nhat Hanh, director of the Mindfulness and Education Project at the American School of Bangkok in Thailand, and author of *Loves Garden* and *Making Friends with Time*. About the Author Elaine Miller-Karas, LCSW, is the executive director and co-founder of the Trauma Resource Institute and is adjunct faculty at Loma Linda University's School of Social Work and Social Ecology.