Overview of the Trauma Resource Institute (TRI)’s Community Resiliency Model (CRM)

TRI is a nonprofit organization that cultivates trauma-informed and resiliency-focused individuals and communities worldwide so they can recognize the signs of trauma, respond and resist re-traumatization. TRI’s public-health-focused CRM® has been developed to help individuals understand the biology of traumatic stress reactions and learn specific skills to return the body, mind and spirit back to balance after experiencing traumatic events in self-care and care for others. Incorporating these skills has often helped people have a renewed sense of hope. The Partnership to Advance Tribal Health (PATH) uses CRM® resources and approaches to support people receiving care and working in Indian Health Service (IHS) facilities and communities.

TRI’s Vision

- Every individual, child and adult have a natural-born resiliency and can learn an array of self-help skills that can restore resiliency and hope after a highly stressful and/or traumatic event.
- When a traumatic event has resulted in symptoms, individuals are entitled to treatment that is gentle, effective and culturally sensitive.
- Education and intervention about the common reactions to traumatic experiences must be available to diverse populations and cultures.
- Treatment of individuals suffering from traumatic stress reactions must be accessible and affordable to all members of society.

The Community Resiliency Model®

CRM® trains community members to not only help themselves, but also help others within their wider social network. The primary focus of CRM® is to educate individuals about the biology and neurophysiology of toxic stress and trauma and to teach simple, biologically based wellness skills that can help re-set and stabilize the nervous system.

Through CRM®, individuals learn to read sensations connected to their own wellbeing, which TRI calls the “Resilient Zone.” The goal is to help create trauma- 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 and hope can be restored using this skills-based approach.

CRM® is truly important to all, particularly to communities facing historical, intergenerational and current traumas such as the worldwide pandemic.

-Trained CRM® teacher

For more information, see TRI’s CRM teacher training program

For more information:

Visit the TRI website for CRM: https://www.traumaresourceinstitute.com/
Or contact PATH: PATH@comagine.org