

# COMMUNITY RESILIENCY MODEL (CRM)



The Community Resiliency Model (CRM), developed by the **Trauma Resource Institute** in Claremont, California, introduces a paradigm shift in how individuals understand their own responses to stress and trauma. The six wellness skills are excellent for self-care and help to expand resiliency over time while also interrupting unpleasant responses to stress such as anger, anger, and anxiety, and possibly mitigating uncomfortable somatic symptoms such as pain, upset stomach or headaches.

## CRM includes six wellness skills:



**Tracking:** Paying attention to bodily sensations helps individuals recognize signs of distress or well-being, allowing them to manage their responses more effectively.



**Resourcing:** Identifying and recalling positive people, places, or experiences provides comfort and strengthens a sense of safety and stability.



**Grounding:** Focusing on the present moment through sensory awareness, such as noticing textures or sounds, helps reduce stress and increase a sense of calm.



**Gesturing:** Recognizing and using natural self-soothing movements, like placing a hand on the heart or stretching, supports relaxation and emotional regulation.



**Help Now!:** Engaging in quick, practical strategies, such as sipping water or naming objects in a room, provides immediate relief when feeling overwhelmed.



**Shift & Stay:** Intentionally shifting attention to positive sensations and staying with them for a moment strengthens resilience and emotional well-being.

Each skill helps us tune into our nervous system and better regulate our emotions during challenging moments.

CRM is **evidence-based** has been shown to be an effective tool for healthcare providers, frontline workers, and other professionals experiencing burnout, including education professionals. The model is increasingly integrated into diverse settings to support communities facing chronic stress, trauma, and adversity.

CRM training is offered in two formats: a **1-hour Introduction**, which provides an overview of the model, and a **3-hour Workshop**, which offers an in-depth exploration.

The CRM Introduction lays the foundation for self-care using body-based wellness skills. Participants will learn about the neuroscience that informs CRM and will be invited to engage in light practice with 1-2 wellness skills. Presenters will discuss how to introduce CRM skills within diverse settings and while working with a variety of populations.

The CRM Workshop will guide participants toward expanding their own wellbeing while also equipping them with tools to guide others through the six CRM wellness skills. Extended practice in small groups and CRM Guide materials are provided.

## Evidence Base:

Please refer to a **[listing of CRM research and publications.](#)**



## Next Steps:

- For information on national CRM trainings, visit the **Trauma Resource Institute**.
- To learn more or request a CRM training in Georgia, please visit **[Center for Interrelational Science and Pediatrics](#)** or **[Community Resiliency Model Georgia](#)**.
- Questions? Contact us at **[info@resilientga.org](mailto:info@resilientga.org)**.

