

Learn About Resiliency Training

Kindly Submitted by:

Linda Grabbe, PhD, FNP-BC, PMHNP-BC, FAAN
Community Resiliency Model Certified Teacher
CRMGeorgia, LLC

www.crmgeorgia.com

Community Advanced Practice Nurses, Inc.

Professor Emeritus, Nell Hodgson Woodruff School of Nursing

Emory University

lgrabbe@emory.edu

Dr. Grabbe is a board-certified Family Nurse Practitioner and Psychiatric/Mental Health Nurse Practitioner. She has provided primary and mental health care to homeless populations in Atlanta for 20 years. **She is a Certified Community Resilience Model (CRM) trainer and is blending this cutting-edge resiliency model with Dialectical Behavior Therapy (DBT) Skills training for homeless youth.** Dr. Grabbe is interested in the neurobiology of trauma and resilience, body-based approaches for trauma, innovative interventions for resiliency, and nurse wellness and well-being. She has been a Peace Corps Medical Officer in Kazakhstan and U.S. Embassy Nurse Practitioner in Cote d'Ivoire.

<https://podcasts.apple.com/us/podcast/resiliency-within/id1549279508>

Apple Podcasts on Resiliency

104 episodes

Elaine Miller-Karas will amplify the message of hope, healing and resiliency she has learned from our world community as she has traversed the globe after human made and natural disasters. Hope often springs forth in response to suffering and trauma. Our beliefs and our wellbeing are being challenged during these unprecedented times.

The program Resiliency Within is about cultivating individual and community resiliency. Resiliency is the capacity to lean into our strengths with compassion during the most challenging of times and to remember what else is true? about our lived experience. Her guests are inspiring global leaders actively promoting healing and resiliency from a variety of backgrounds. The goal is to spread wellbeing and give individual and community examples to inspire how wellness skills, including ones based upon neuroscience and the biology of the human nervous system, can be integrated into one's life, family and community during challenging times.

Community Resiliency Model (CRM) found at:

<http://crmgeorgia.org/>

We are eager to tell you about the Community Resiliency Model (CRM),[®] a unique self-care program from the Trauma Resource Institute that teaches individuals how to access their own internal strengths to withstand stress. We are currently teaching in sites across Georgia and the United States. Please explore our website for more information.

Mission:

To build an overarching program of positive health and well-being in the State of Georgia through:

- Community Resiliency Model (CRM)[®] training to providers of care and community members
- Capacity building through community partnerships
- Expansion of CRM's evidence base with translation and communication of research findings. We will accomplish our mission

by building networks that leverage our CRM teaching expertise and expanding the cadre of CRM certified teachers throughout Georgia. Based on our research to date, CRM significantly decreases physical and mental stress symptoms and increases the sense of well-being.

Vision:

CRMGeorgia aims to shift deficit-based perceptions of mental health to an understanding of well-being in its broadest sense. The self-care, resiliency, and use of internal resources of CRM will promote a greater sense of well-being and emotional stability for the citizens of Georgia and beyond.

CRMGeorgia is a central hub in the State of Georgia to advance trauma- and resiliency-informed CRM trainings to individuals and groups in neighborhoods, communities, schools, law enforcement, healthcare, social services, corrections, and many other settings.

CRMGeorgia focuses on biologic responses to stress and trauma and biologic skills to cope with life's challenges. CRM concepts and skills are based on the neuroscience of trauma and resiliency.

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