

Comprehensive Resource Model

Presenter: Lisa Schwarz, M.Ed



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Lisa Schwarz, M.Ed. is a Pennsylvania state licensed psychologist, consultant, and international educator based in Pittsburgh, Pennsylvania and Beulah, Colorado. She is the developer of the Comprehensive Resource Model (CRM) and has spent the past 25 years dedicating her work to creating innovative methods for working with dissociative disorders (including medical/somatic dissociation), attachment disorders, and gestational trauma. She is a certified Trauma Model practitioner from the Colin Ross Institute, trained in Robert Schrei's Sourcepoint Therapy, and practices Usui Reiki. Lisa's clinical work and teaching provides a combination of psychotherapy, neuroscience, and spirituality in facilitating holistic healing from traumatic events. She is the primary author of "The Comprehensive Resource Model: Effective Techniques

for Treating Complex PTSD" (Routledge 2017) with CRM featured as the cover story in Newsweek in April 2017.



Workshop Summary:

As many forms of therapy have emerged as treatment approaches for anxiety and trauma symptoms, the expressive arts and it's intermodal use of different artistic practices such as visual art, music, poetry and dance, remains a rich, essential and effective treatment when working with trauma survivors experiencing post traumatic stress symptoms. Art making gives us an opportunity to witness the intangibles within us providing ways that help trauma survivors transform pain, suffering and despair as they reshape their relationship and responses to traumatic experience. A prominent tool for stabilization and recovery from trauma symptoms, the expressive arts supports new growth experience towards healthy change in thinking, emotional awareness and actions. It therefore fully aligns with the various ways we process traumatic events through body, cognition, behaviour and emotion relation. This workshop will provide a rich learning experience through hands on art activities, case studies and process discussion that will add to your repertoire when working with children, adolescents and adults. Designed for all listening professionals who work with individuals experiencing post traumatic stress symptoms, it will immerse participants in a variety of expressive arts approaches that create change and complement mind-body, somatic and sensory integration when working with individuals living with post trauma responses.

Comprehensive Resource Model, Basic Certification Training

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The Comprehensive Resource Model for the Treatment of Complex PTSD provides the neurobiological scaffolding that allows for fear responses to be extinguished while the client is fully present in the moment. The CRM provides the opportunity for re-connection to one's true self; to the meaning of the truth of one's life; and to the ability to embody love in one's actions. Remembering and reconnecting to our internal as well as ancestral resources and joy is as important to this process as is the integration of traumatic and painful memories through the removal of the distressing emotions they have been carrying. This method of resourcing allows for a healing alchemy: the experience of re-connecting to the innate resources in the soma within the context of our pain allows for the transformation of suffering from emotional and behavioral fight-flight-freeze to the manifestation of our spiritual purpose through action while living in a human, physical body. This is what we desire, what we are looking for, consciously or unconsciously.

The focus of the training is the use of internal resources and eye position resource spots across the dissociative spectrum (from the mild, non-life interfering dissociation that we all experience at some point in our lives to Dissociative Identity Disorder). Activating the innate, organic healing energy grid within the body, enhancing dormant neurobiological attachment processes/attunement, and identifying and connecting with core self and spiritual essence allows for the power and augmentation of one's potential to heal and be healed.

CRM has a number of influences and antecedents. In CRM, eye position is used to anchor positive physiological states such as those induced by attunement and attachment, connection to true self, and mindfulness to energetic activity in the soma. This allows processing of traumatic material without decompensation through flooding or other overwhelming experience. Another antecedent is ego state therapy. Each ego state involved in a particular therapeutic task is resourced in a way that allows natural processing to flow. New information can then emerge, allowing the client to orient to the past experience from a fresh perspective where new truths can unfold organically. The entire therapeutic session is based in somatic attunement – a deep awareness of the client's body state encouraged by the therapist's mindful focus on self and client. Practitioners of all therapeutic approaches may find it particularly useful to add the CRM techniques to their particular modality.

The Comprehensive Resource Model for treating posttraumatic disorders resulting from early attachment trauma and/or subsequent abuse is derived from a number of sources and also includes original material.. CRM was also heavily influenced by the trauma model described by Colin Ross (1997) which includes cognitive restructuring and psychodynamic insights. CRM includes new and original perspectives and techniques and has a step-by-step approach defined in written protocols so that psychotherapists can be trained in the application of this.

This is a four day training which incorporates didactic teaching with demonstrations, practicums, and case consultation.

2019 Attachment and Trauma Trainings ~ CRM Certification Training Registration Form

January 23-26, 2019 St. Catharines Golf and Country Club



Please send registration form and payment etransfer to reception@attch.org, cheque, or money order made payable to:

Attachment & Trauma Treatment Centre for Healing (ATTCH)
95 Niagara Street, St. Catharines, ON L2R 4L3

Email: reception@attch.org

Phone: (905) 684-9333 Fax: (905) 684-6217

Name: _____

Email: _____

CRM Registration

4 day Training. Early registration: \$1155 + HST. After December 01, \$1255+ HST

This 4-day training is a pre-requisite for all other CRM training phases. Training days will run from 9:00 am till 6:00 pm except for the first day, which will start at 8:30 am for registration check-in.

There will be morning and afternoon breaks of 15 minutes each, and a lunch break of an hour and a half.

CRM Trainings are intended exclusively for professionals who are trained, licensed mental health professionals (i.e. counsellors, psychotherapists, psychologists, psychiatrists, Community Psychiatric Nurses, etc.). By signing up for the training, you will confirm that this is applicable to you. If you are a student in a mental health program who is interested in attending please [contact us directly](#).

By registering for this training you agree to the following cancellation policy:

"In case of written cancellation of the contract up to 2 months prior to the training, I will be refunded the full seminar fee minus an administrative fee of \$30. In case of cancellation up to 1 months prior, I will be refunded 50% of the seminar fee. In case of later cancellation or not showing up, I must pay the full seminar fee unless I provide a substitute."

******(Correspondence and confirmation will be processed through email. Please ensure we are added to your mailing list to ensure receipt of emails)

Quality trauma and attachment assessment, treatment, & evidence-based training

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