County of San Bernardino ▪ Department of Behavioral Health

Presents…

Trauma Resiliency Model (TRM)

Level 1

Basic TRM Training

About This Course:

The Trauma Resiliency Model (TRM) training is a **3-day course** designed to teach skills to stabilize ones nervous system to reduce and/or prevent the symptoms of traumatic stress. This model has been used successfully with adults and children and is being utilized at Juvenile Hall, triage, CCRT, disaster response, FSP, outpatient therapy, and CWIC. TRM is an integrative (mind-body approach), which focuses on the biological foundation of trauma and the reflexive, defensive ways the body responds to threat and fear. Although this training does not directly address alcohol and drug treatment, trauma often results in substance use/abuse.

Learning Objectives

1. Identify the way shock, trauma, developmental trauma, and cumulative trauma affect the nervous system.
2. Utilize the 6 basic skills of the TRM to stabilize the nervous system.
3. Understand how to integrate the skills of TRM into their current work setting and therapeutic approached.
4. Identify 3 ways to use TRM for self-care.
5. Demonstrate effective practice skills using the TRM Method

Additional learning objectives may be obtained by phone or email at: 800-722-9866 or training@dbh.sbcounty.gov

All presenters are approved TRM trainers. Names and credentials are available 4 weeks prior to training date, please call 800-722-9866 for information.

Register Now!

Log on to Essential Learning : http://dbh.training.essentiallearning.com
If you need assistance with registration, please contact the Training Institute!

When: 10/8/13, 10/16/13, 10/24/13
Time: 8:00 AM – 4:00 PM
Where: DBH-Training Institute

CE/CEU/CEH Information

Psychologist CE Credits: San Bernardino County Department of Behavioral Health is approved by the American Psychological Association to sponsor **16.75** hours of continuing education for psychologists. San Bernardino County Department of Behavioral Health maintains responsibility for this program and its content."Participants must attend training in its entirety to receive credits."
BBS: San Bernardino County Department of Behavioral Health, board-approved provider number 3766, "Course meets the qualifications for **17** hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences."
CBRN:"Provider approved by the California Board of Registered Nursing Provider Number CEP 15400, for **21** hours."
CAADE: County of San Bernardino Department of Behavioral Health, "Provider is approved by CAADE, the CAADE provider number CP10 786 C 0709 for **15** CEHs awarded."

BEHAVIORAL HEALTH

For alternate communication methods please call 800-722-9866