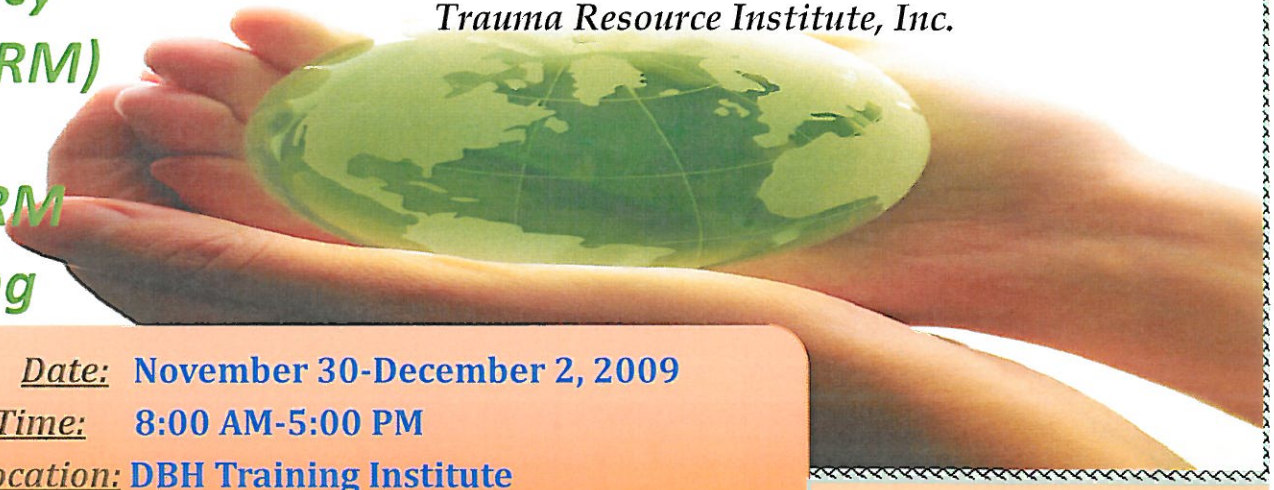
Trauma Resiliency Model (TRM)

Basic TRM Training

Presented by:
County of San Bernardino – Department of Behavioral Health
and
Trauma Resource Institute, Inc.



Date: November 30-December 2, 2009
Time: 8:00 AM-5:00 PM
Location: DBH Training Institute
1950 Sunwest Ln., Ste. 200
San Bernardino, CA 92408

Trainers:
Karen Banker, LCSW, Certified TRM Instructor
Carol Davis, RN, LCSW, Pre-Certified TRM Instructor
Lovelyn Santos, SW II, Pre-Certified TRM Instructor

CEU's/CE's Approved for:

Trauma Resource Institute, board-approved provider number PCE#4016, "This course meets the qualifications for **18.5 hours** of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences."

18.75 hours CEs are also available for Psychologists who attend the full 3 days of training. Partial days/CEs are ***NOT*** available. San Bernardino County Department of Behavioral Health is approved by the American Psychological Association to sponsor continuing education for Psychologists. The San Bernardino County Department of Behavioral Health maintains responsibility for this program and its content.

TRM Learning Objectives:

Participants will be able to:

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 approaches.
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: 909-873-4421 or training@dbh.sbcounty.gov)

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.

To Register:
Log onto the Essential Learning website at: http://training.essentiallearning.com/dbh. If you need assistance with registration, please call 800-722-9866 or email training@dbh.sbcounty.gov