

**The Comprehensive Resource Model® (CRM)** was developed by Lisa Schwarz, M.Ed.

CRM is a neuro-biological based Trauma Treatment Model meant to re-connect those suffering from Complex PTSD back to who they were before the trauma occurred. *The truth of our lives is such that every one of us carries a level of post traumatic stress.* The CRM approach to repairing the mind-body connection is a breakthrough development in the field of psychotherapy.

**CRM®** involves breathwork, attunement to self and other, grounding, embodiment, sacred geometry, sound healing, ancestral, generational, and even light-being resources in an organic and non-intimidating fashion. From session to session the client is taught how to build a scaffolding of inner resources which assures a safe space to express the root of the trauma. *This model fosters independence and self-reliance, rather than a dependence on the therapist.* The goal of CRM is to help clients neurologically re-member who they truly are (authentic self) which allows them to live this life in a deeply connected, embodied, loving and peaceful state.

**CRM®** targets traumatic experiences by bridging the most primitive aspects of the person and their brain (midbrain/brainstem), to their purest, healthiest parts of the self. This bridge catalyzes the mind and body to access all forms of emotional trauma and stress by utilizing layers of internal resources such as attachment neurobiology, breathwork skills, somatic resources, our connection to the natural world, toning and sacred geometry, and one's relationship with self, our intuition, and higher consciousness. The sequencing and combination of these resources, and the eye positions that anchor them, provide the opportunity for unbearable emotions and pain to be stepped into and felt fully while the client is fully present and aware moment to moment which changes how the memories affect the person.

The new perspective obtained when the pain is stepped into allows a new orienting towards the emotions that have stayed, perhaps under the surface, since the time of the traumas. This provides a mismatch experience where the neurobiological confusion that arises when the body activation of "The pain is so unbearable I can't possibly step into it" occurs closely in time before resource-based processing that leads to "I've just stepped into the pain and it looks different now. I've survived and it is bearable". The mismatch occurring when the trauma memory has been activated concurrently with an opposing tolerable experience of that memory promotes reconsolidation of the memory so that it is laid down again in the brain's memory systems without the distress it previously carried. Thus, it is argued that **CRM®** is a memory reconsolidation therapy in which the crucial mismatches happen at the brainstem, rather than the cortical, level.

**CRM®** uniquely accesses and clears the origin of the split-second moments of intolerable affect that result in defense responses which lead to life-interfering symptoms, addictions, and disconnection from self and others. The potential for clearing neurobiological debris from the nervous system clears the way for positive neuroplasticity and personal expansion whether

that is seen as spiritual or otherwise, and which is separate from one's history of pain and woundedness.

Work is done from the time of conception through the present and includes methods for working with generational trauma out of the realm of the client's conscious knowledge. This is a heart-centered approach in which clients are guided to re-member who they really are and to learn to embody their true authentic self in their day to day lives.

*Written by Lisa Schwarz*