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HEALTH & WELLNESS



**Resiliency Within**  
Building Resiliency during Unprecedented Times

**Elaine Miller-Karas**

**TRAUMA RESOURCE INSTITUTE**

For more information on resiliency workshops visit:  
[www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com)

**Resiliency Within**  
Monday at 1 PM Pacific  
**March 6th 2023: BUILDING RESILIENCY TO TRAUMA, 2ND. EDITION**

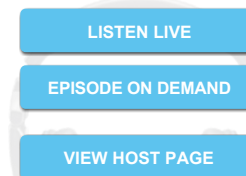
Elaine Miller-Karas, LCSW, will discuss the second edition of her book, Building Resiliency to Trauma, with Dr. Michael Sapp, the CEO of the Trauma Resource Institute. During and after a traumatic experience, survivors experience a cascade of physical, emotional, cognitive, behavioral, relational, and spiritual responses that can make them feel unbalanced and threatened. The second edition of Building Resiliency to Trauma explains common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. Using two evidence-informed

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Monday at 1 PM Pacific Time  
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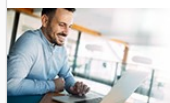
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