

<参考資料：雑誌掲載済みのCRMについての研究論文（2023/6現在）>

Freeman K, Baek K, Ngo M, Kelley V, Karas E, Citron S, & Montgomery S. (2021) Exploring the Usability of a Community Resiliency Model Approach in a High Need/Low Resourced Traumatized Community. *Community Ment Health J.* **58**(4),679-688

Grabbe L, Higgins MK, Baird M, Craven PA, & San Fratello S. (2020) The Community Resiliency Model® to promote nurse well-being. *Nurs Outlook.* **68**,324–336.

Grabbe L, Higgins MK, Baird M & Pfeiffer KM. (2021) Impact of a Resiliency Training to Support the Mental Well-being of Front-line Workers. Brief Report of a Quasi-experimental Study of the Community Resiliency Model. *Medical Care*, **59**(7), 616-621

Grabbe L, Higgins MK, Jordan, D, Noxel L, Gibson B & Murphy J. (2021) The Community Resiliency Model®: A Pilot of an Interception Intervention to Increase the Emotional Self-Regulation of Women in Addiction Treatment. *Int J Ment Health and Addiction.* **19**, 793–808

Habimana S, Biracyaza E, Habumugisha E, Museka E, Mutabaruka J, & Montgomery SB. (2021) Role of Community Resiliency Model Skills Trainings in Trauma Healing Among 1994 Tutsi Genocide Survivors in Rwanda. *Psychology Research and Behavior Management.* **14**, 1139–1148

Leitch L, Miller-Karas E. (2009) A case for using biologically-based mental health intervention in post-earthquake china: evaluation of training in the trauma resiliency model. *Int J Emerg Ment Health.* **11**, 221–233.

Nummenmaa, N, Glereana, E, Harib,R, & Hietanend, JK.(2013) Bodily maps of emotions. *Psychological and Cognitive Sciences.* **111** (2) 646-651.

2023@Center for HEART

<CRMを用いたウクライナ支援についての記事>

Miller-Karas, E. (2022a) Reflections from a Therapist Treating Ukrainian Survivors. *Psychotherapy Networker.*

<https://www.psychotherapynetworker.org/blog/details/2061/wartime-trauma-treatment>

Miller-Karas, E. (2022b) Providing Support to Ukraine During War with Telemental Health Using the Community Resiliency Model to Reduce Toxic Stress. *Psychology Today*.

<https://www.psychologytoday.com/gb/blog/building-resiliency-trauma/202204/providing-support-ukraine-during-war-telemental-health?eml>

<その他参考文献>

Elaine Miller-Karas (2023) *Building resilience to trauma. The trauma and Community Resiliency Models*. New York, NY: Routledge

西村もゆ子(2023) 喪失体験への身体的アプローチ 山口智子（編）喪失のこころと支援—悲嘆のナラティブとレジリエンス 遠見書房 pp.137-144.

<アプリ>

iChill（無料。英語、スペイン語のみ）

<https://www.ichillapp.com/>