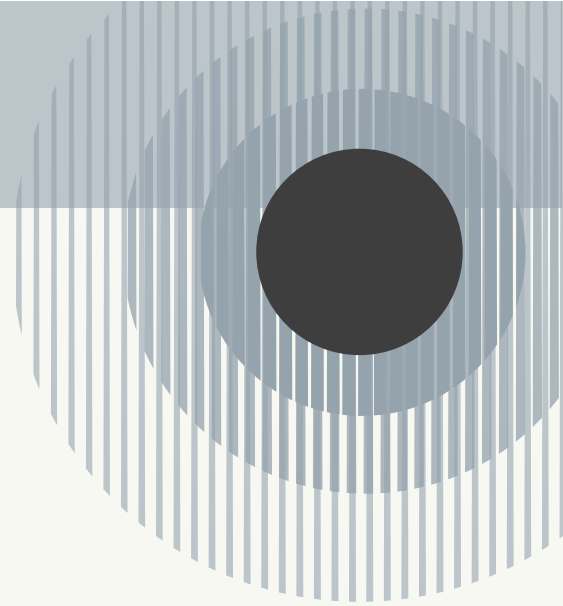


Comprehensive Resource Model (CRM) Therapy



“Heal from the Core.
Access Your Innate Capacity to Thrive.”

What Is CRM?

The **Comprehensive Resource Model (CRM)**, by **Lisa Schwarz, M.Ed.**, is a neurobiological treatment approach that allows the mind and body to access and heal emotional trauma and stress through layers of internal resources. By releasing distress from the nervous system, CRM has the potential to resolve physical and emotional symptoms **while reconnecting you to your pure essence** — the self that exists beyond pain and woundedness.

How CRM Works

CRM layers internal and external resources to create safety and stability, including:

- Breath & somatic grounding
- Connection to self and others
- Eye positions that engage healing neural circuits
- Symbolic imagery and energetic field work

With these tools, you can process trauma without overwhelm and release deeply stored emotional pain safely.

Who CRM Supports

- Early developmental & attachment trauma
- Dissociation & internal parts work
- PTSD & complex trauma
- Anxiety, grief, & identity fragmentation
- Leadership stress & burnout

Why Choose CRM?

- Builds safety and regulation before processing trauma
- Works with the whole brain-body system
- Integrates fragmented parts of self
- Strengthens long-term resilience & relational capacity

CRM Intensives – Deep Healing, Fast

Take your transformation further with CRM Intensives:

- Extended sessions for rapid processing
- Targeted work for complex trauma
- Safe, structured, and deeply restorative

Experience Transformational Healing

Whether for trauma recovery, leadership stress, or deeper self-connection, CRM provides a pathway to sustainable, embodied healing and wholeness.

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