

Trust-Based Relational Intervention®

Introduction & Overview

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Introduction to TBRI®

1. What is TBRI®?
2. Who uses TBRI®?

Risk Factors & Relational Trauma

- Difficult pregnancy
- Difficult birth
- Early hospitalization
- Abuse
- Neglect
- Trauma
- System Effects

What Can We Do?

1. Increase Attachment
 - a. Trust
 - b. Self-worth
 - c. Self-efficacy
2. Develop Sensory Competency
3. Increase Social-Emotional Competency
4. Understand Brain Chemistry and Development

TBRI® Principles & Strategies

Connecting Principles

Mindful Awareness

1. Understanding The Attachment Cycle
2. Practicing Mindfulness
 - a. Noticing child's cues allows you to be proactive
 - b. Noticing your own triggers allows you to act rather than react - Ask yourself:
 - i. Is this about my child, me, or my own history?
 - ii. What am I bringing to the table?
 - iii. In my current state?
 - iv. With my own history?

The Four Features of Secure Relationships (Cassidy, 2001) –

1. The ability to:
 - a. Give care
 - b. Receive care
 - c. Negotiate your needs
 - d. Express your autonomous self

Engagement Strategies

- Behavior Matching
- Healthy Touch
- Eye Contact
- Playful Interaction
- Voice Quality

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Empowering Principles

Wisdom of the Body – Physiological Strategies

1. Supporting the Body's Physiological Needs
 - a. Hydration
 - b. Blood Glucose
 - c. Nutritional Balance
 - d. Sleep
2. Supporting the Body's Sensory-Motor Needs
 - a. Physical Activity
 - b. Play
 - c. Healthy Touch
 - d. Sensory Processing Needs
 - e. Self-Regulation*

Wisdom of Places – Ecological Strategies

1. Contexts of Experience
 - a. Settings – the “place to stand”
 - b. Climates – tone and atmosphere
 - c. Artifacts – focus and meaning
2. Flows of Experience
 - a. Touchpoints – optimal moments for intervention
 - b. Timing – patterns of life and living
 - c. Completion – closure and satisfaction
3. Joints of Experience
 - a. Transitions – threat to Felt Safety provided by the order of Executive Functioning
 - b. Rituals – values, cuing for transition, reminding of connection before transition
 - c. Scaffolding – appropriate support for optimal development in the ZoPeD
 - i. Individual System
 - ii. Family System
 - iii. Ecological System

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Correcting Principles

- Three Pillars of Traumawise Care
- Mental Models of Discipline - Willful Disobedience v. Survival Behavior

Proactive Strategies

1. Life Value Terms
 - a. Choices
 - b. Compromises
 - c. Re-Dos
2. Nurture Group

Responsive Strategies

1. The IDEAL Response®
 - a. Immediate (3 seconds or less)
 - b. Direct (Engagement Strategies)
 - c. Efficient (Levels of Response™)
 - d. Action-based (Behavioral Scripts)
 - e. Leveled at the behavior, not the child
2. Levels of Response™
 - a. Level 1: Playful Engagement
 - b. Level 2: Structured Engagement
 - c. Level 3: Calming Engagement
 - d. Level 4: Protective Engagement

Next Steps

- For more training opportunities - Rena.M.Dupuis@tcu.edu
- All Rise (Court Documentary) - <https://allriseforchildren.com/>
- For Teens - <https://child.tcu.edu/store/other-resources>
- For more information about TBRI
 - TBRI Podcast <https://child.tcu.edu/podcast/#sthash.n2PG0Z8c.dpbs>
 - Transforming Cultures of Care <https://child.tcu.edu/csey/#sthash.ccJftC2.dpbs>
 - TBRI 101 - <https://child.tcu.edu/tbri101/>
 - TBRI & Trauma-Informed Classrooms - <https://child.tcu.edu/tbritic/#sthash.RB8iuCl3.dpbs>