



**"TBRI isn't the words.
TBRI is what people do when
they understand the words."**

— Dr. David Cross



History of Our Work in Three Phases





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TBRI is...

ATTACHMENT-BASED
TRAUMA-INFORMED
WHOLE-CHILD
EVIDENCE-BASED
MULTI-SYSTEMIC

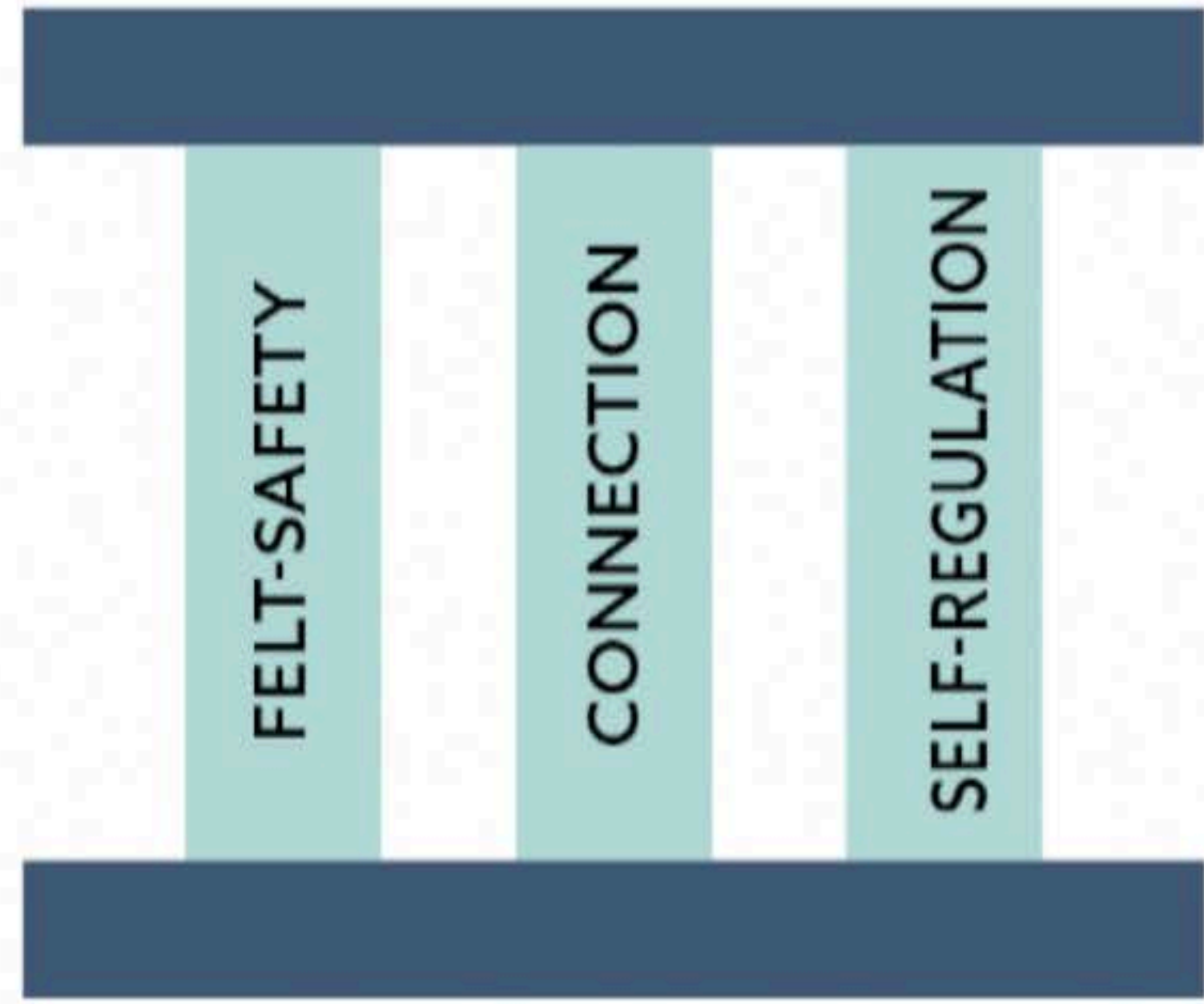


Attachment-Based

A SECURELY ATTACHED CHILD WILL STORE AN INTERNAL WORKING MODEL OF A RESPONSIVE, LOVING, RELIABLE CAREGIVER AND OF A SELF THAT IS WORTHY OF LOVE AND ATTENTION AND WILL BRING THESE ASSUMPTIONS TO BEAR ON ALL OTHER RELATIONSHIPS.



Trauma-Informed





Evidence-Based



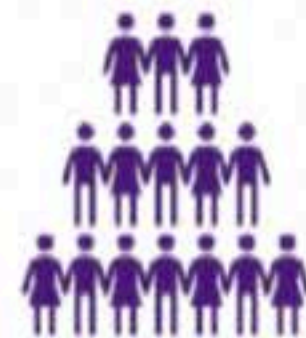
Intervention Research

What adaptations are needed for different populations, contexts, and cultures?



Caregiving-Model Research

How can systems of care infuse TBRI into every environment and interaction with a child?



Implementation Research

How do agencies and communities overcome challenges and infuse TBRI into practice?

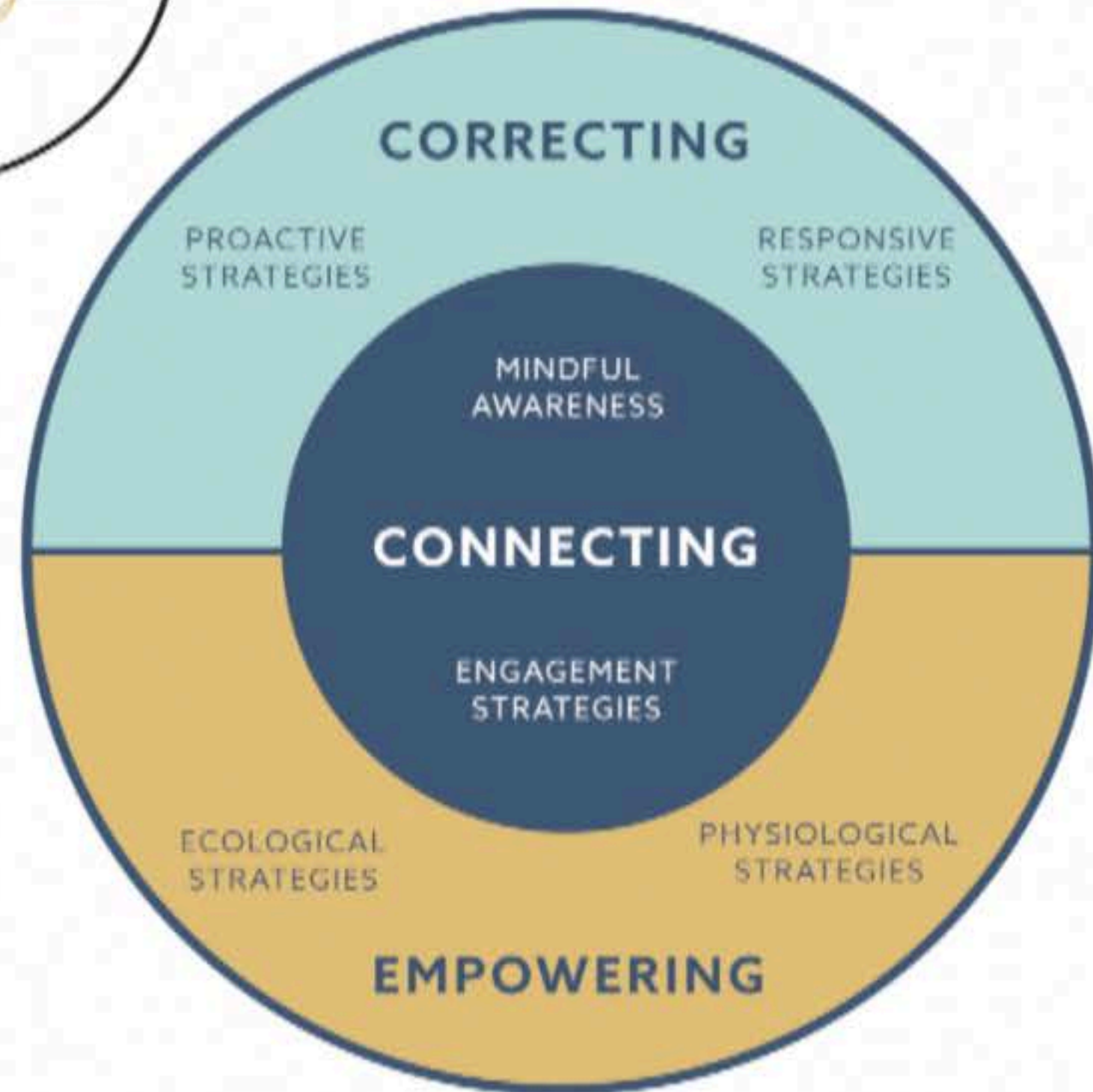


Training Evaluation

How can KPICD better support ongoing efforts to learn and implement TBRI?

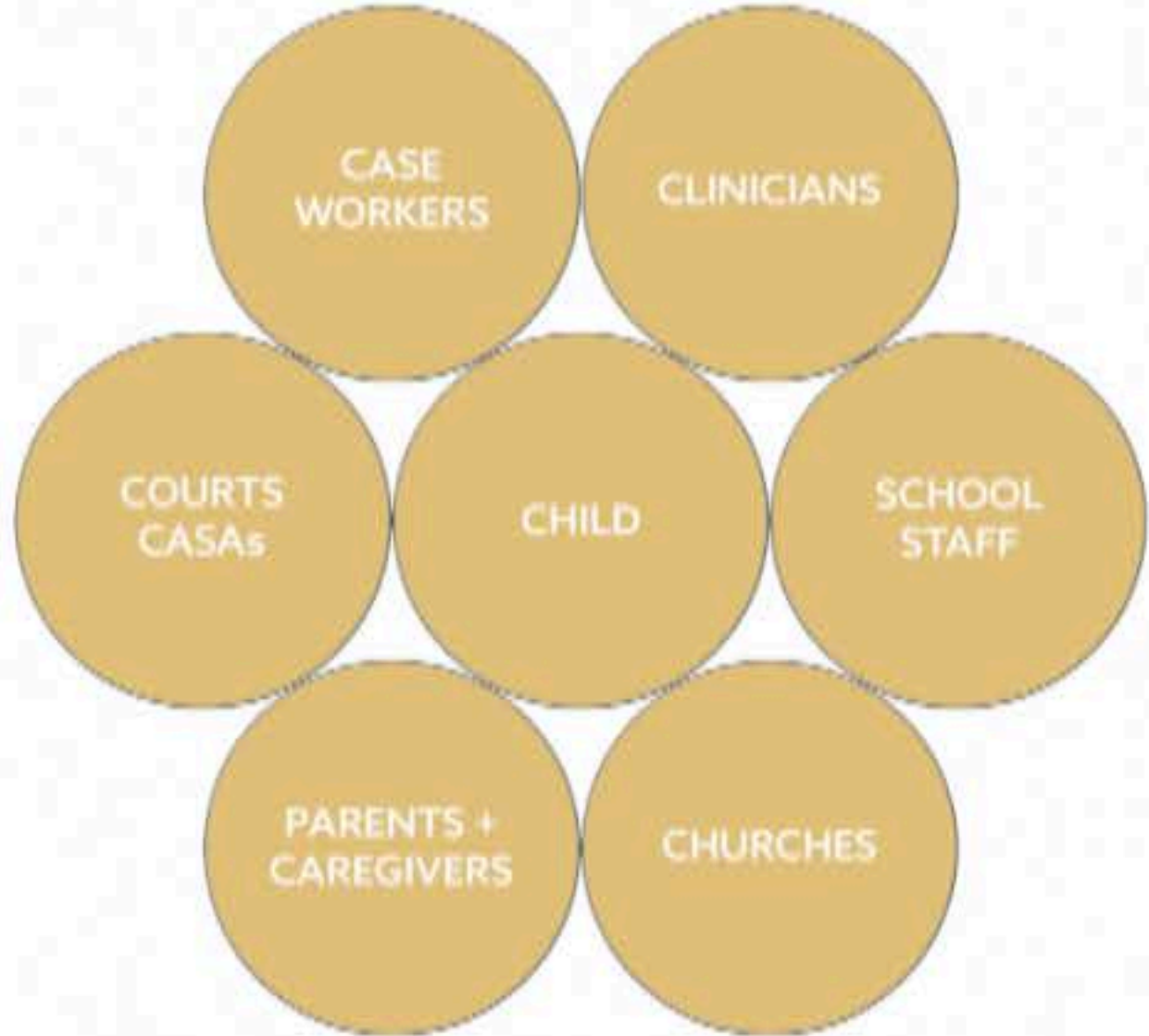


Whole-Child





Multi-Systemic





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GENTYCARE





What Is Relational Trauma?

"THE RANGE OF MALTREATMENT, INTERPERSONAL VIOLENCE, ABUSE, ASSAULT, AND NEGLECT EXPERIENCES ENCOUNTERED BY CHILDREN AND ADOLESCENTS, INCLUDING FAMILIAL, PHYSICAL, SEXUAL, EMOTIONAL, ABUSE AND INCEST; COMMUNITY, PEER, AND SCHOOL-BASED ASSAULT, MOLESTATION, AND SEVERE BULLYING; SEVERE PHYSICAL, MEDICAL, AND EMOTIONAL NEGLECT; WITNESSING DOMESTIC VIOLENCE AS WELL AS THE IMPACT OF SERIOUS AND PERVASIVE DISRUPTIONS IN CAREGIVING AS A CONSEQUENCE OF SEVERE CAREGIVER MENTAL ILLNESS, SUBSTANCE ABUSE, CRIMINAL INVOLVEMENT, OR ABRUPT SEPARATION OR TRAUMATIC LOSS."



Risk Factors

DIFFICULT PREGNANCY



Risk Factors

DIFFICULT PREGNANCY
DIFFICULT BIRTH



Risk Factors

DIFFICULT PREGNANCY
DIFFICULT BIRTH
EARLY HOSPITALIZATION



Risk Factors

DIFFICULT PREGNANCY
DIFFICULT BIRTH
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ABUSE AND NEGLECT



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ABUSE AND NEGLECT

TRAUMA (ONE TIME, REPETITIVE, HISTORICAL)



Risk Factors

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DIFFICULT BIRTH

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ABUSE AND NEGLECT

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SYSTEM EFFECTS



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Dr. Karyn Purvis: Five B's

Behavior

Beliefs

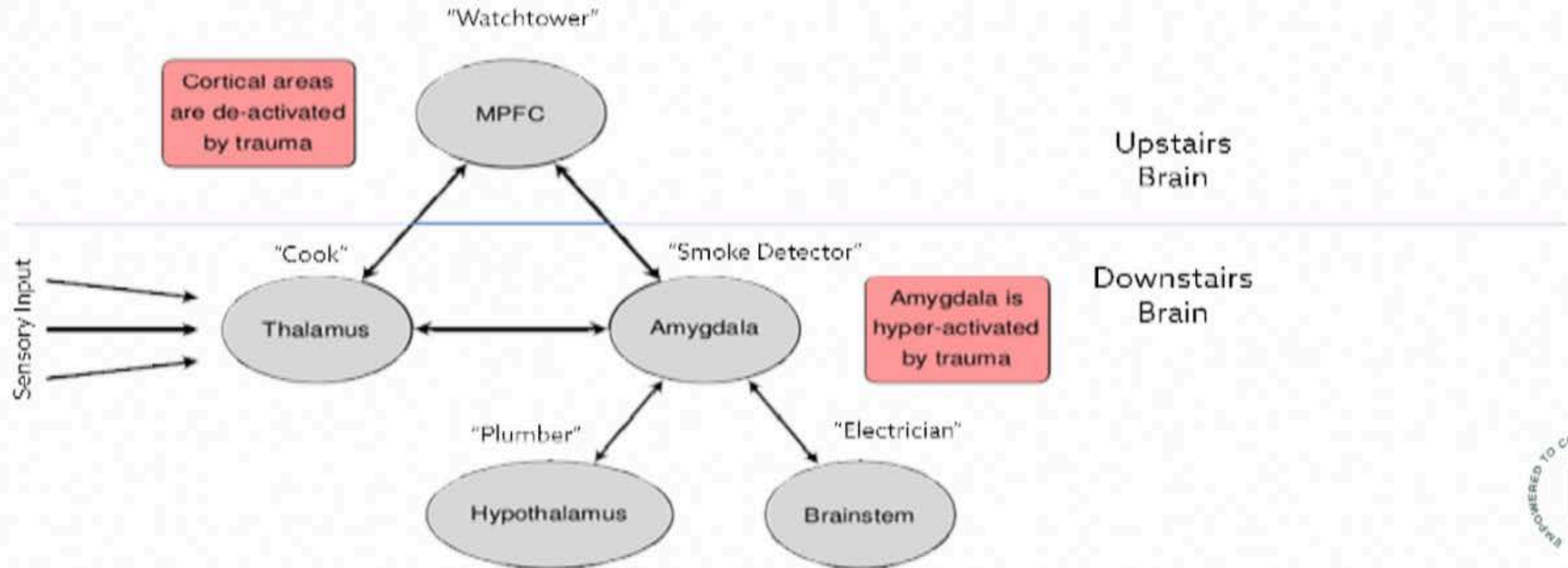
Body

Biology

Brain

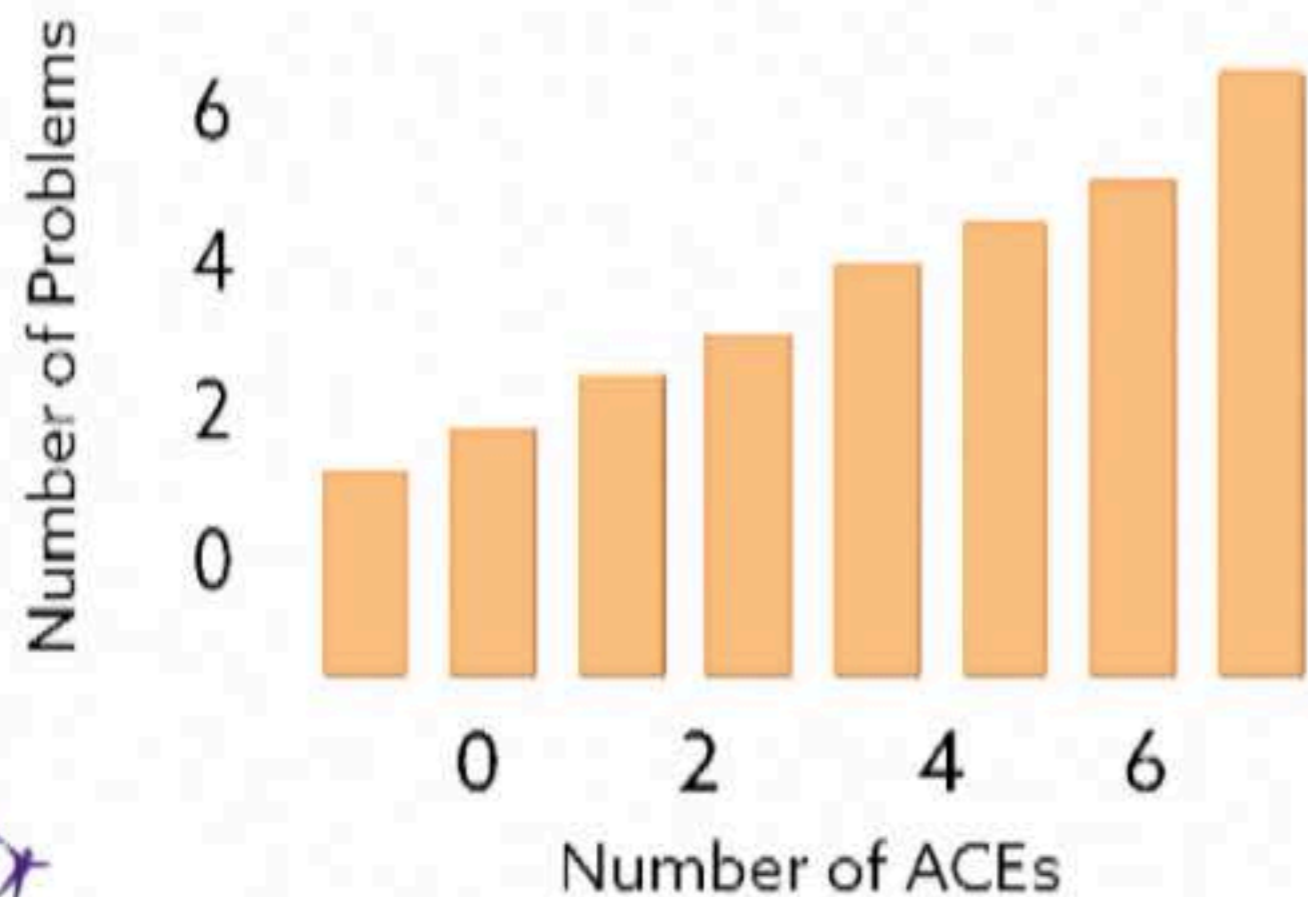


Five B's: Brain





Five B's: Biology



Their ACEs scores predicted:

- Mental healthy disturbances
- Sleep problems, obesity
- Smoking, alcoholism, illicit drug use
- Early intercourse, promiscuity, and
- Stress and anger



Five B's: Body

Sensory Profile Factor	Prevalence (%)
Tactile Sensitivity	41.9
Taste/Smell Sensitivity	18.9
Movement Sensitivity	23.5
Auditory/Visual Sensitivity	24.4
Auditory Filtering	65.8
Sensory Seeking	63.1
Low Energy/Weak	29.0
Total Score	52.7

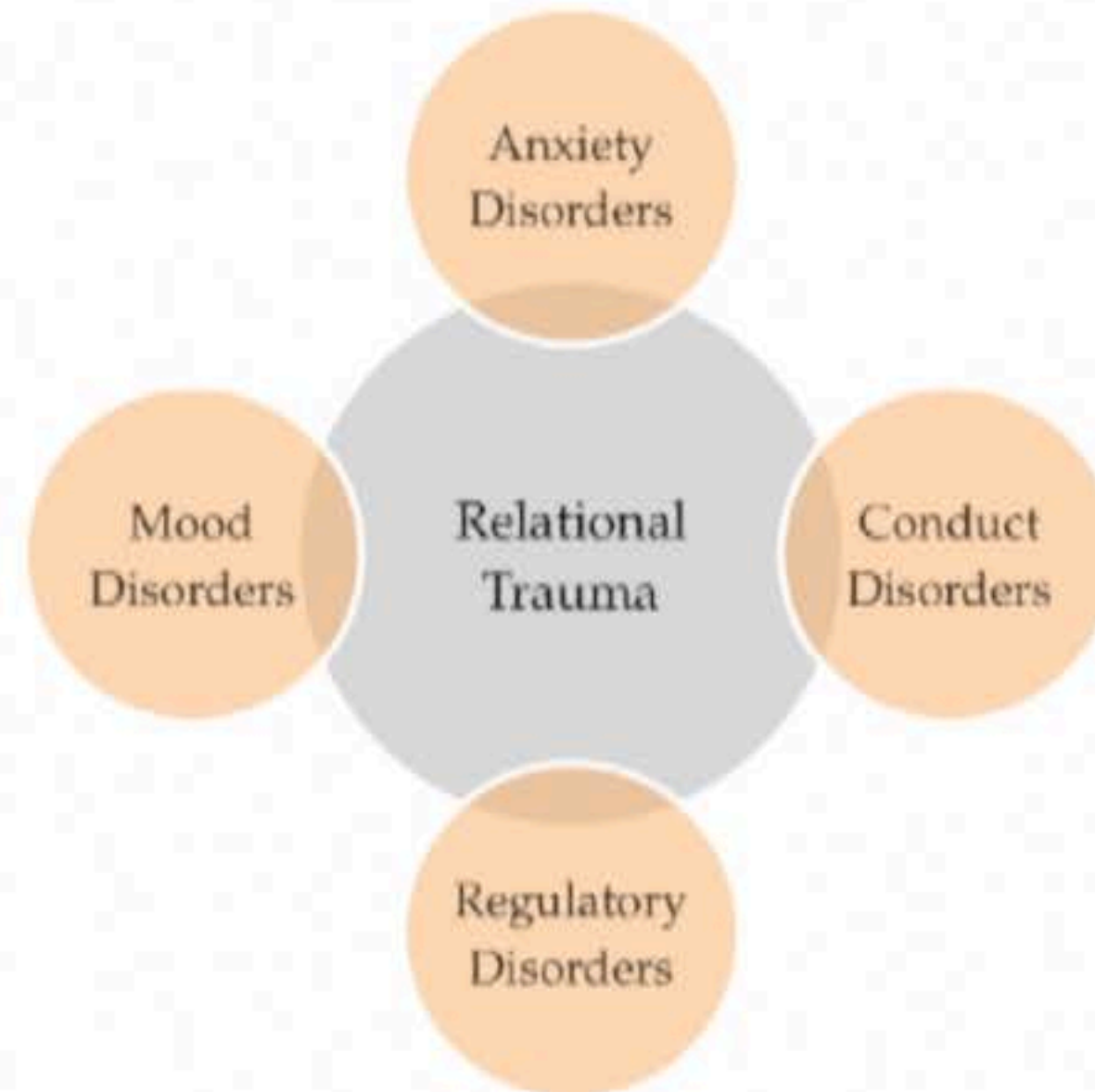
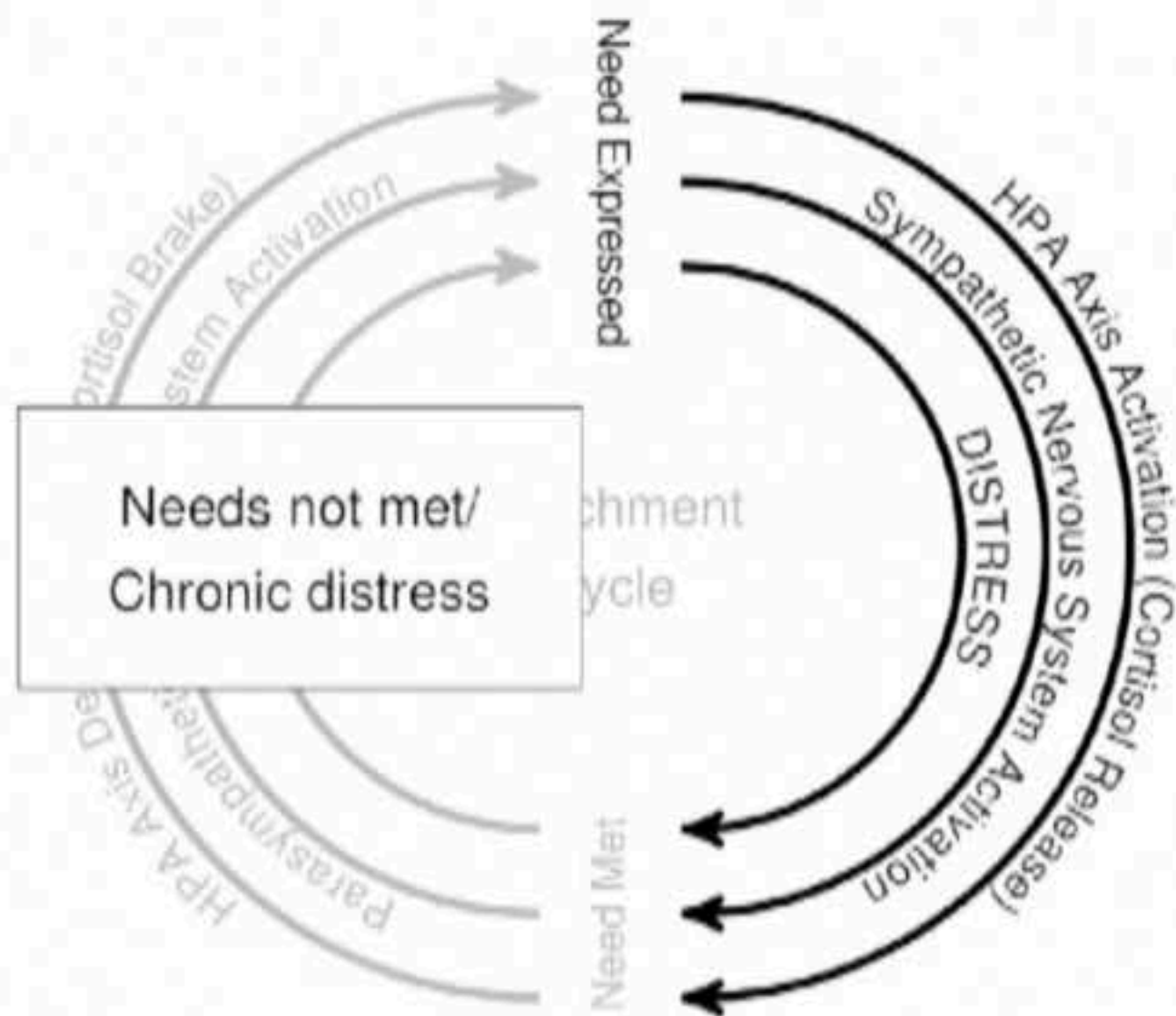


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Five B's: Behavior

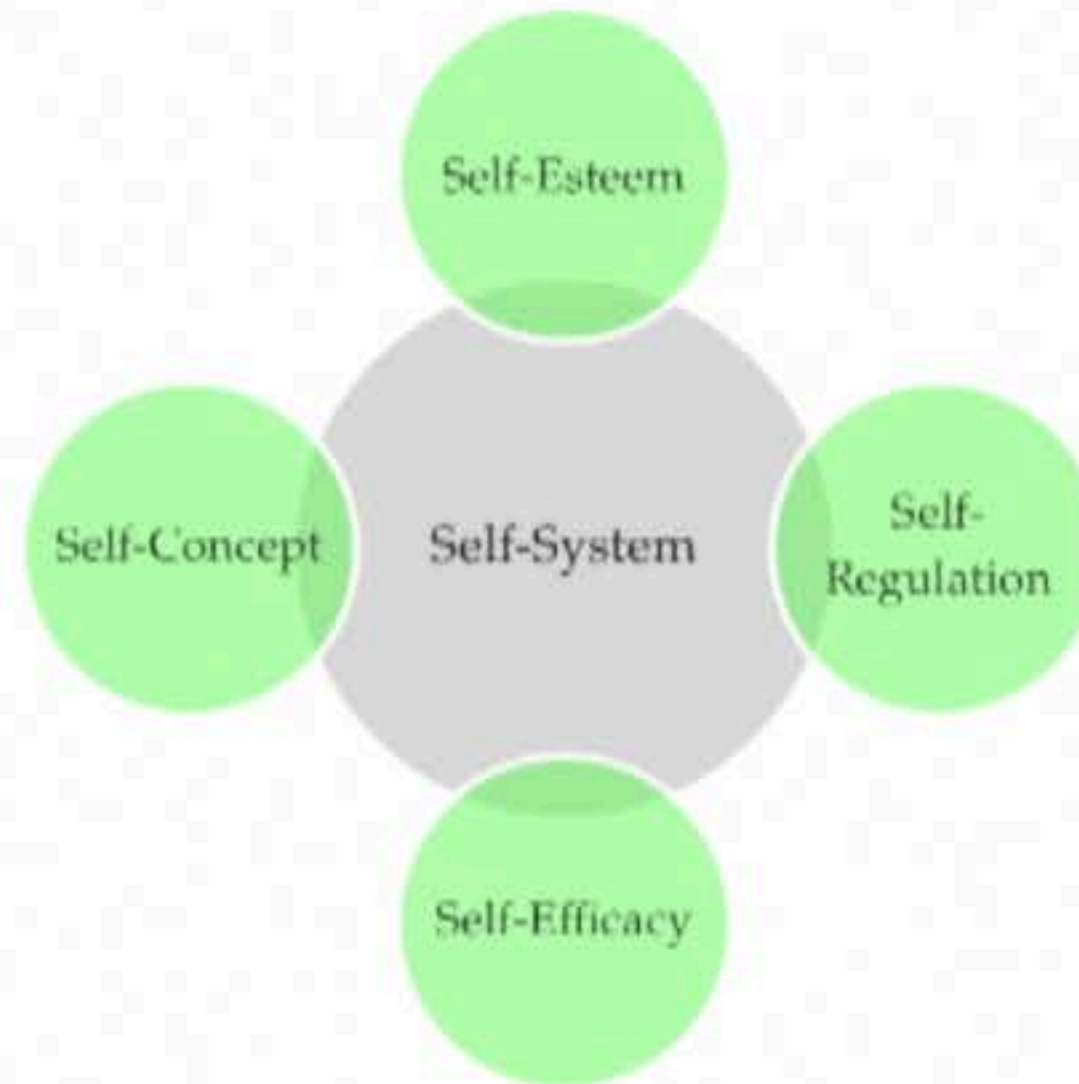
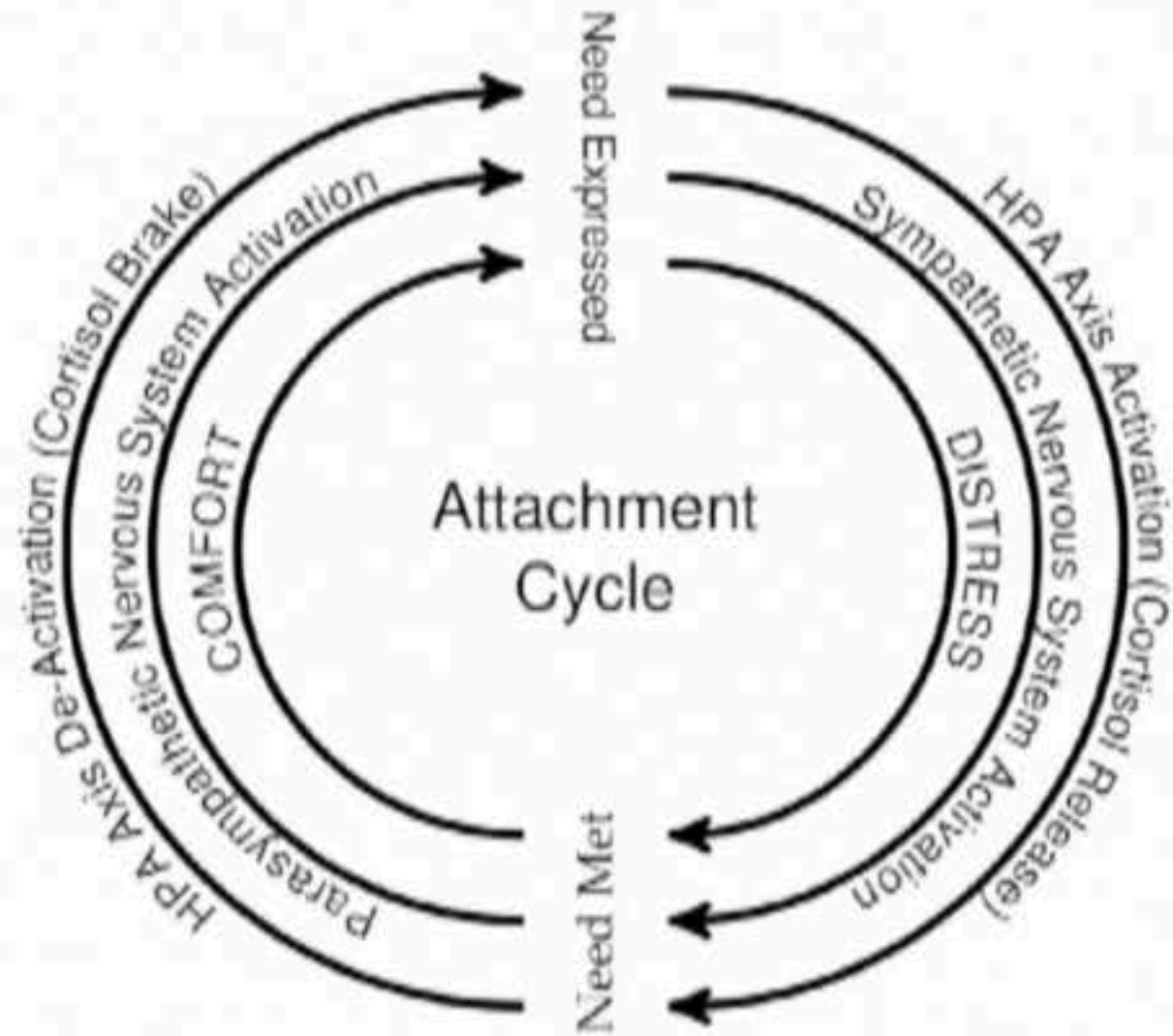




Behavior is the language of unmet need



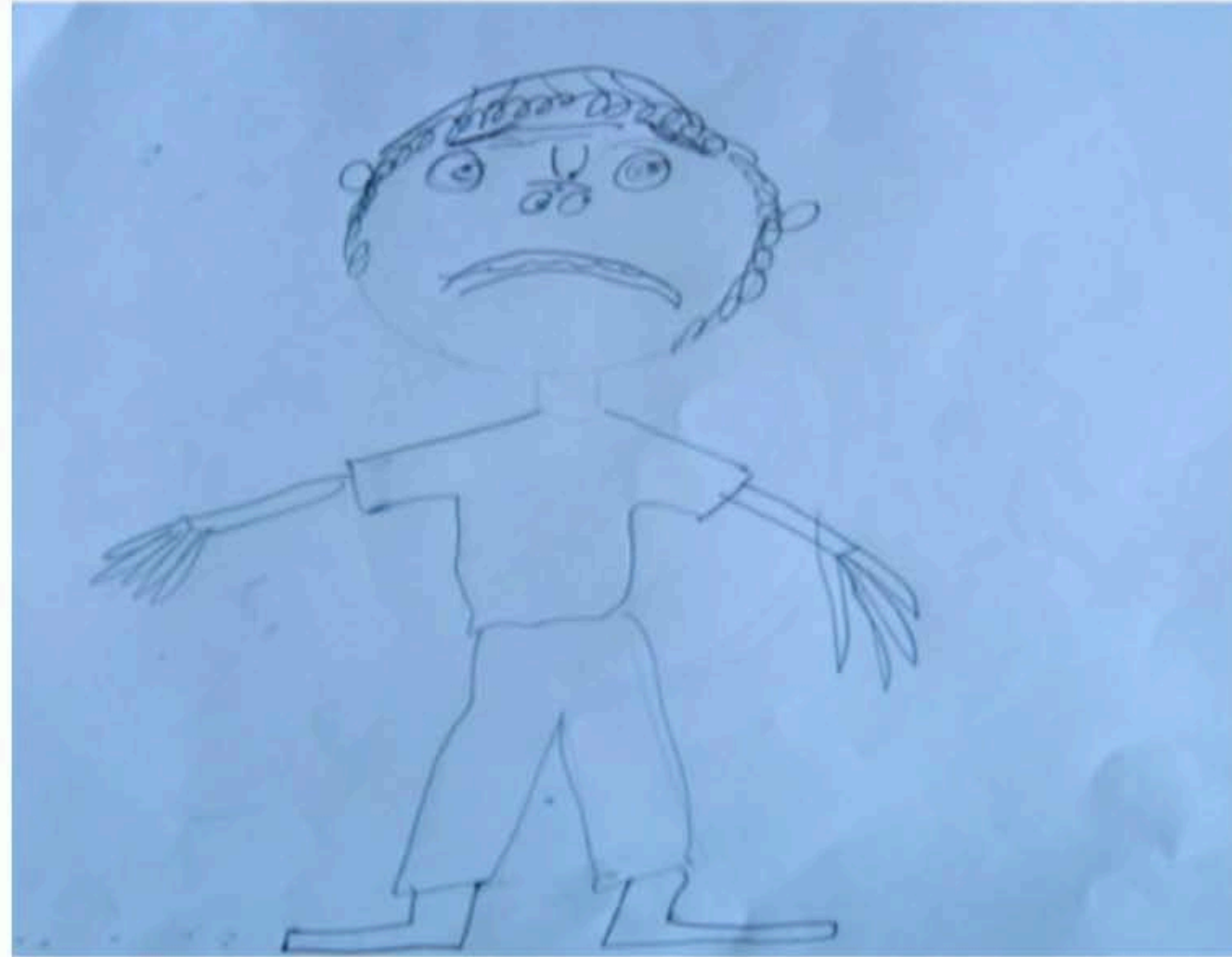
Five B's: Beliefs



TBRI Impact- day 5



TBRI Impact- day 40



TBRI Impact- day 50



TBRI Impact- day 100



TBRI Impact- day 200

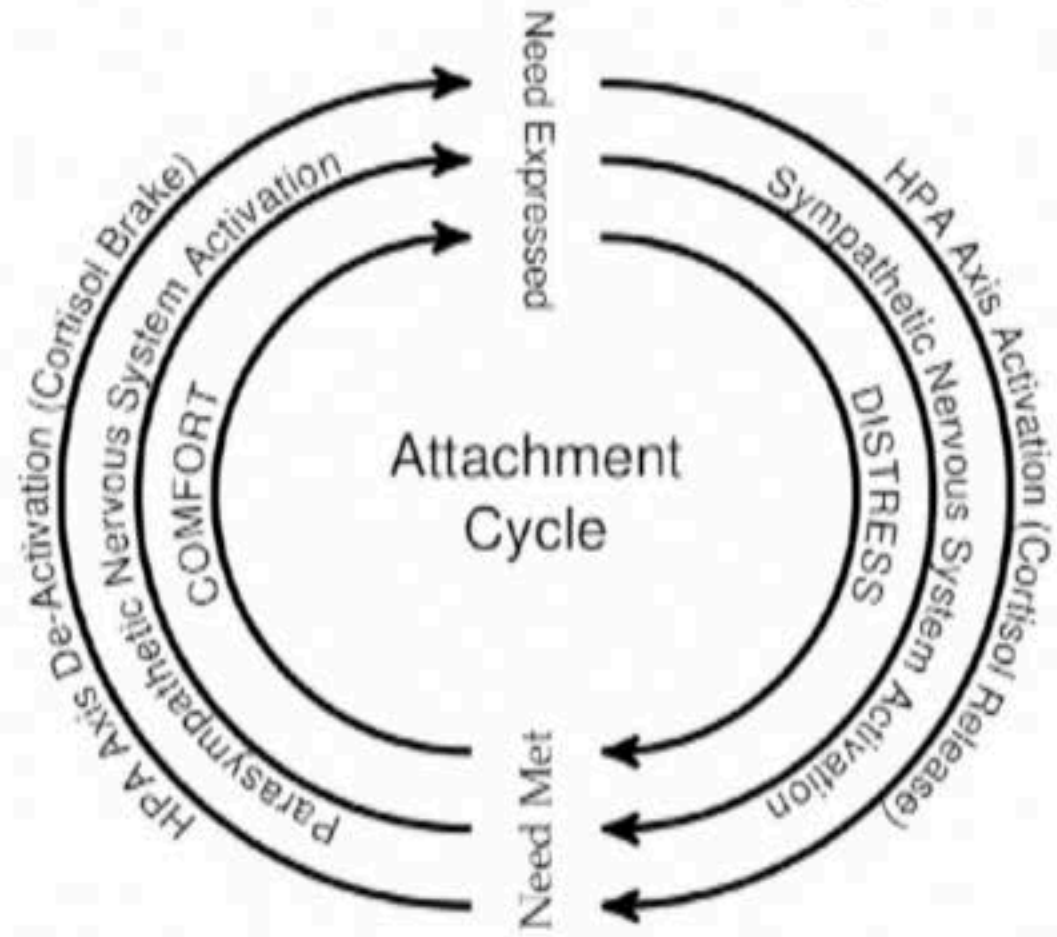




What Does It Mean to Be Connected?



Attachment Cycle

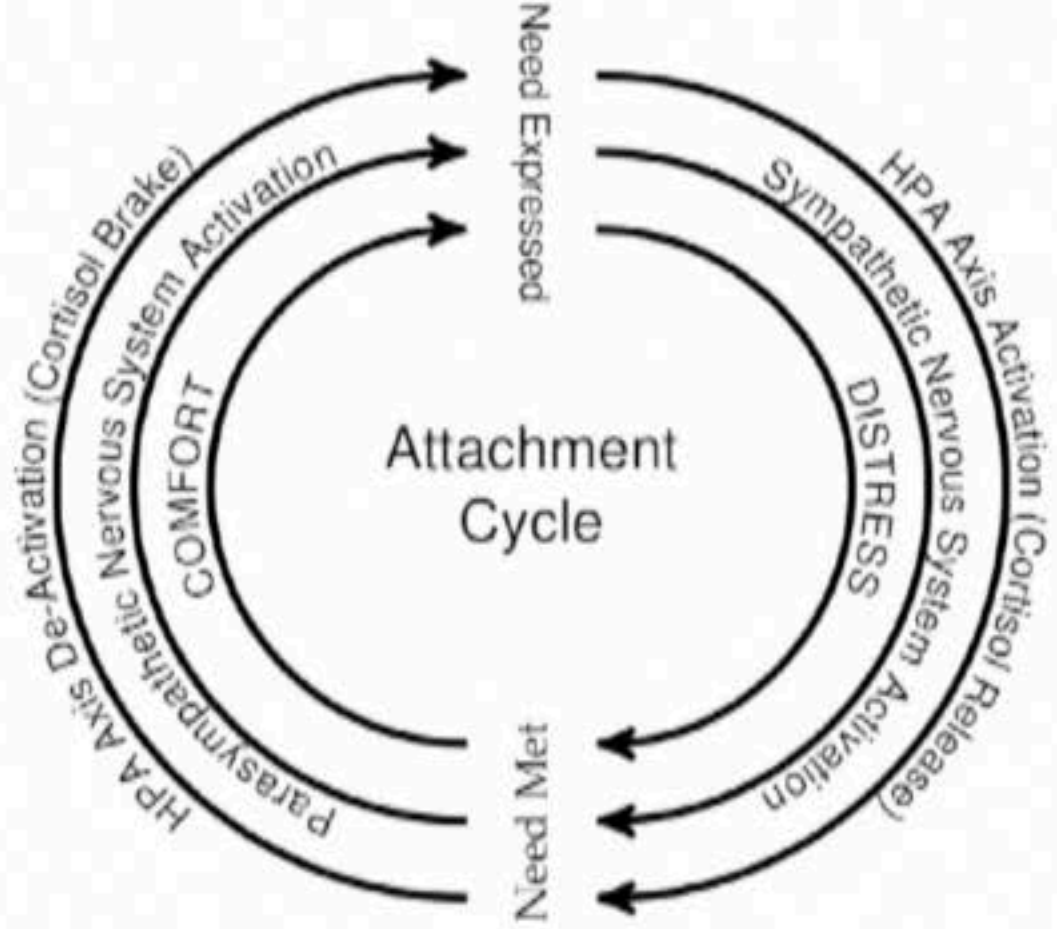




Attachment Cycle

COMFORT
Calm
Relax
Coo
Play
Deactivate Nervous System
Safety

TRUST
SELF-WORTH
SELF-EFFICACY
SELF-REGULATION
MENTAL HEALTH





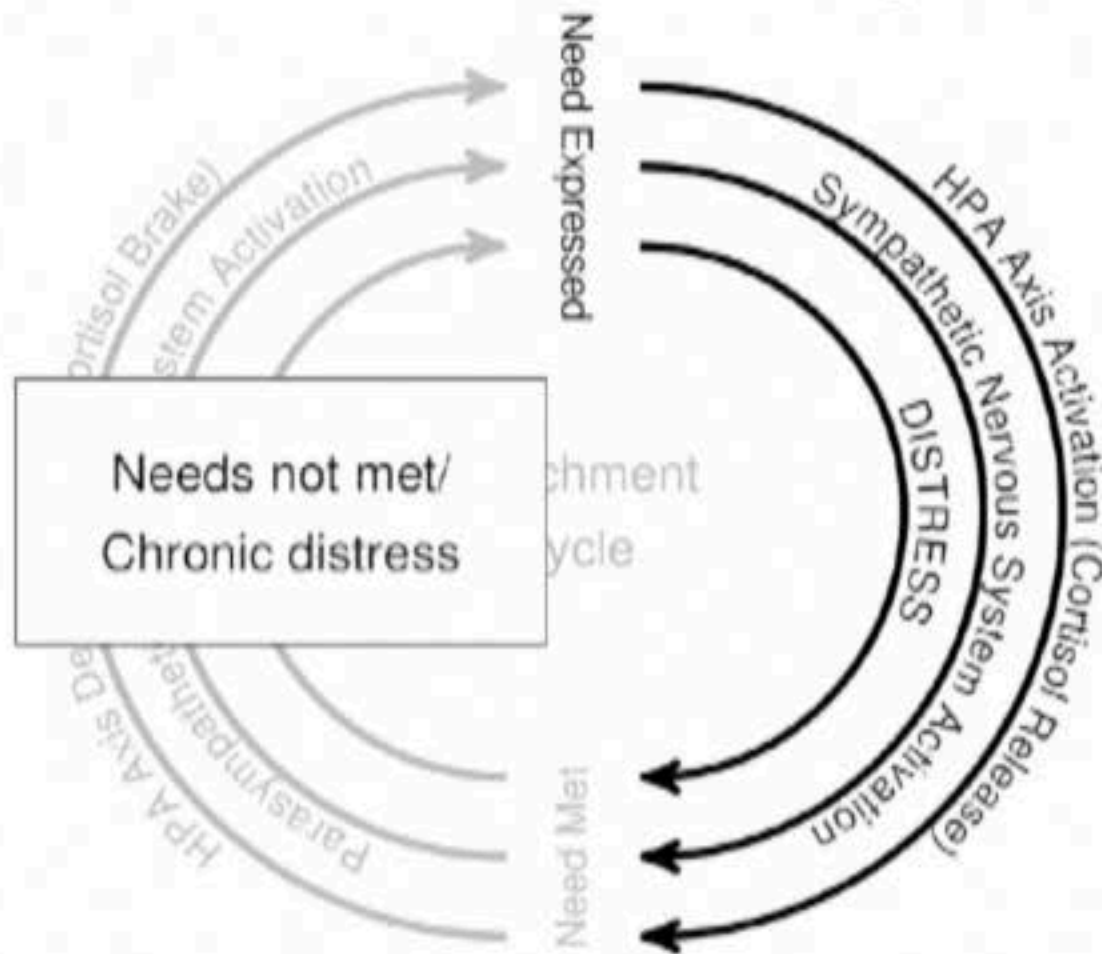
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 SELF-REGULATION
 MENTAL HEALTH

DISTRESS
 Crying
 Red Face
 Tense
 Tears
 Screaming
 Whining
 Activated Nervous System
 Fight/Flight/Freeze

VOICE



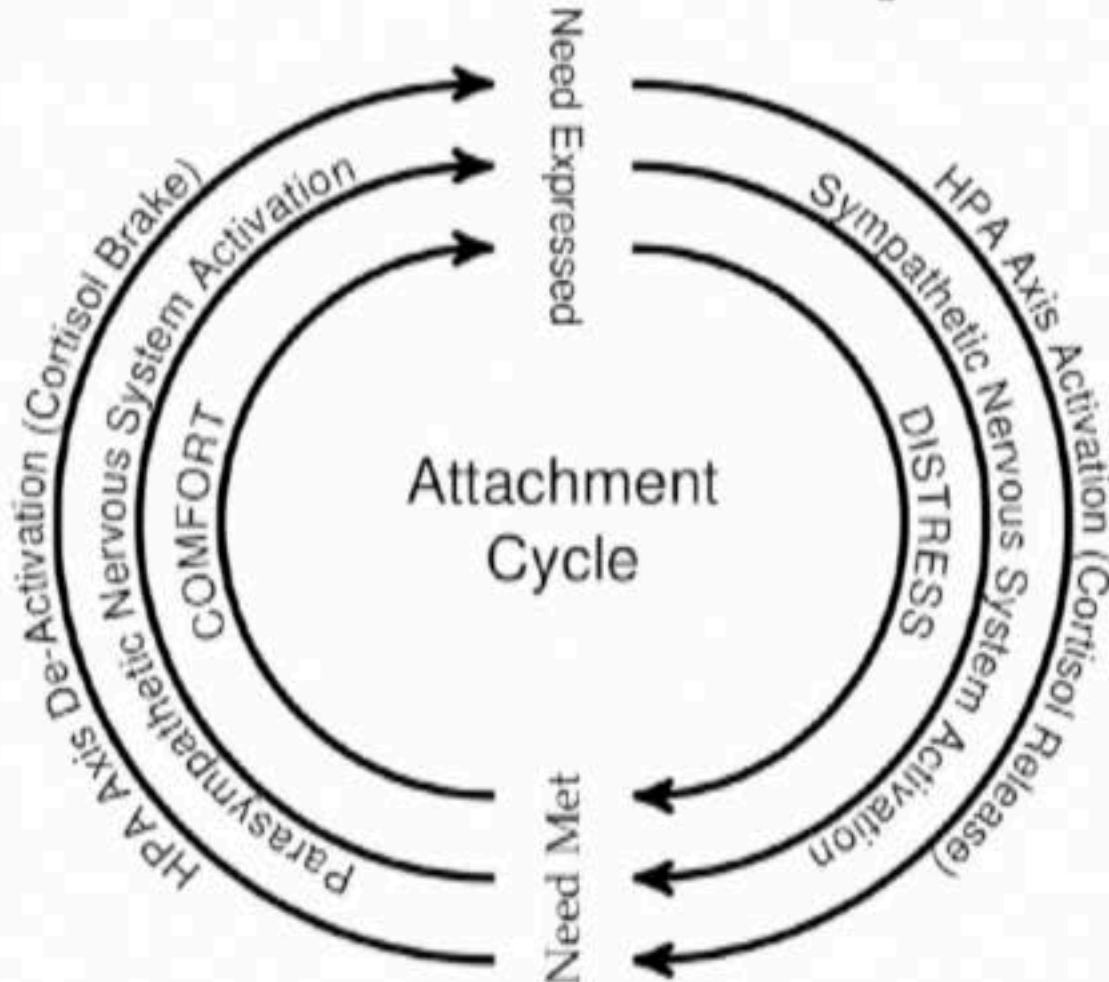


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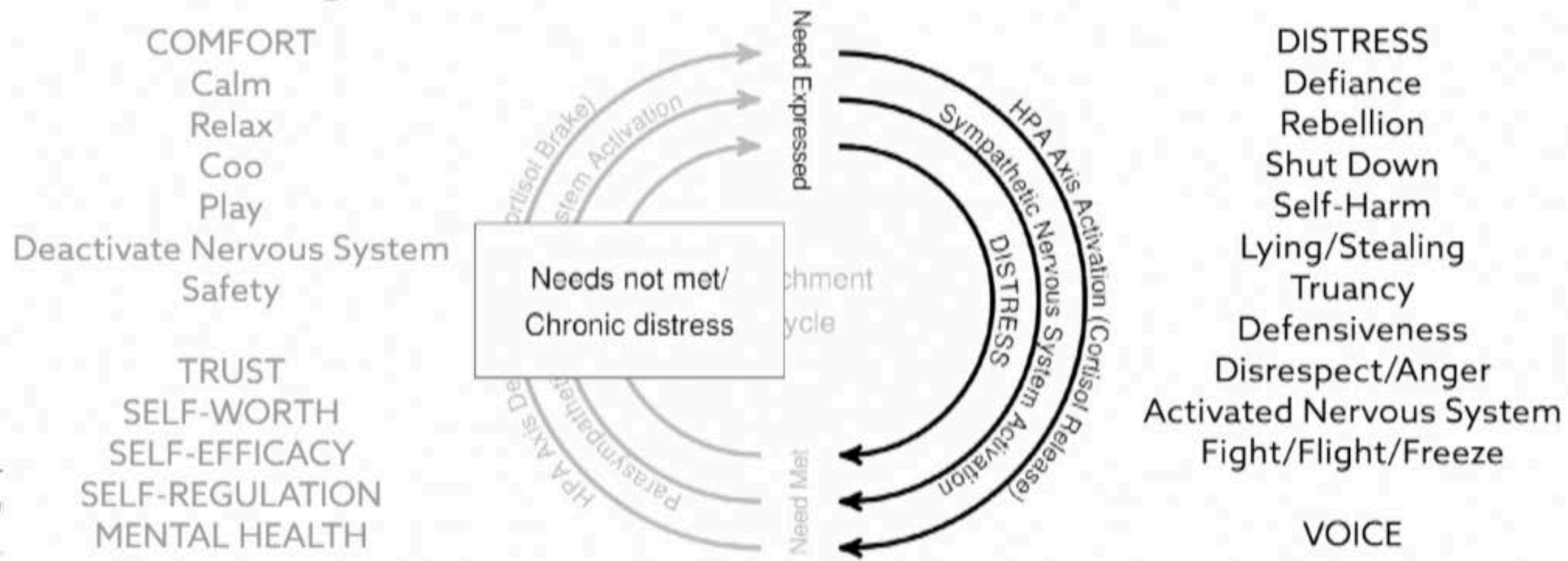
VOICE



Attachment Is Repaired by Recovering the "Yes."

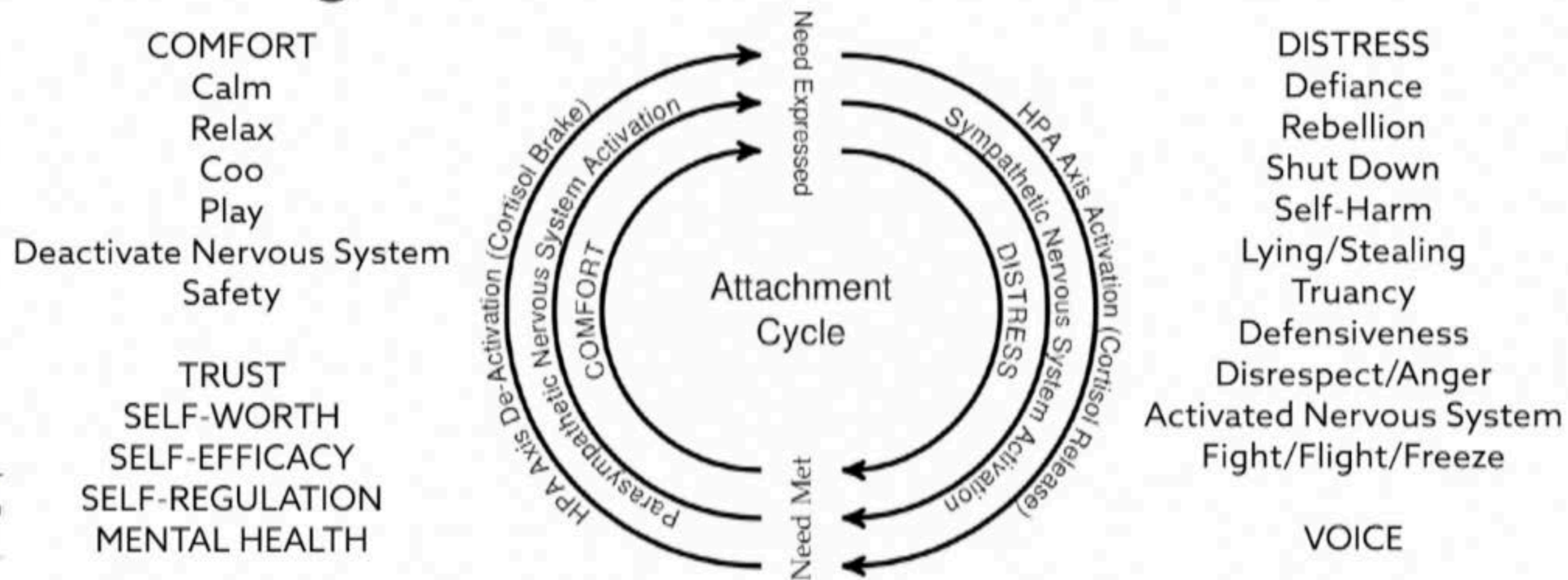


Disorganized Attachment: Older Child





Disorganized Attachment: Older Child





They're Not Looking for Attention; They're Looking for Connection



TBRI Engagement Strategies

BEHAVIOR MATCHING
VOICE QUALITY
HEALTHY TOUCH
VALUING EYE CONTACT
PLAYFUL ENGAGEMENT



Behavior Matching

IMITATION IS THE SINCEREST FORM OF FLATTERY.



Voice Quality

"BE CURIOUS, NOT JUDGMENTAL."

— Ted Lasso



Healthy Touch

IF OUR KIDS DO NOT GET TOUCH IN HEALTHY WAYS,
THEY WILL SEEK IT IN UNHEALTHY WAYS.



Valuing Eye Contact

REFLECT THEIR PRECIOUSNESS



Playful Engagement



**“Every kid needs at least one adult
who is crazy about him.”**

— Bronfenbrenner



Attachment Is a Dance.

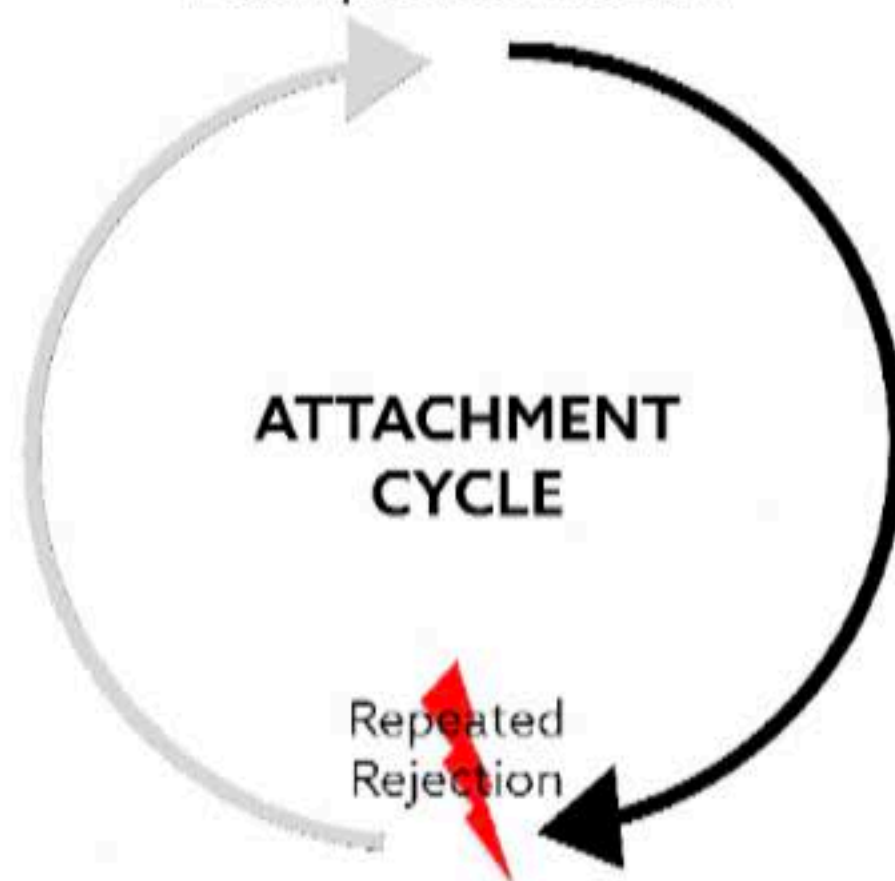


Blocked Connection: Adult

COMFORT
Calm
Relax
Coo
Play
Deactivate Nervous System
Safety

TRUST
SELF-WORTH
SELF-EFFICACY
SELF-REGULATION
MENTAL HEALTH

Attempted Connection



DISTRESS
Resentment
Fear
Disappointment
Shut Down
Anger
Indifference
Activated Nervous System
Fight/Flight/Freeze

VOICE



Mindful Awareness

REQUIRES US TO:

BE HONEST AND CURIOUS ABOUT OUR PAST AND PRESENT

MOVE FORWARD WITH COMPASSION AND SUPPORT



“You cannot lead a child to a place of healing if you do not know the way yourself.”

— Dr. Karyn Purvis

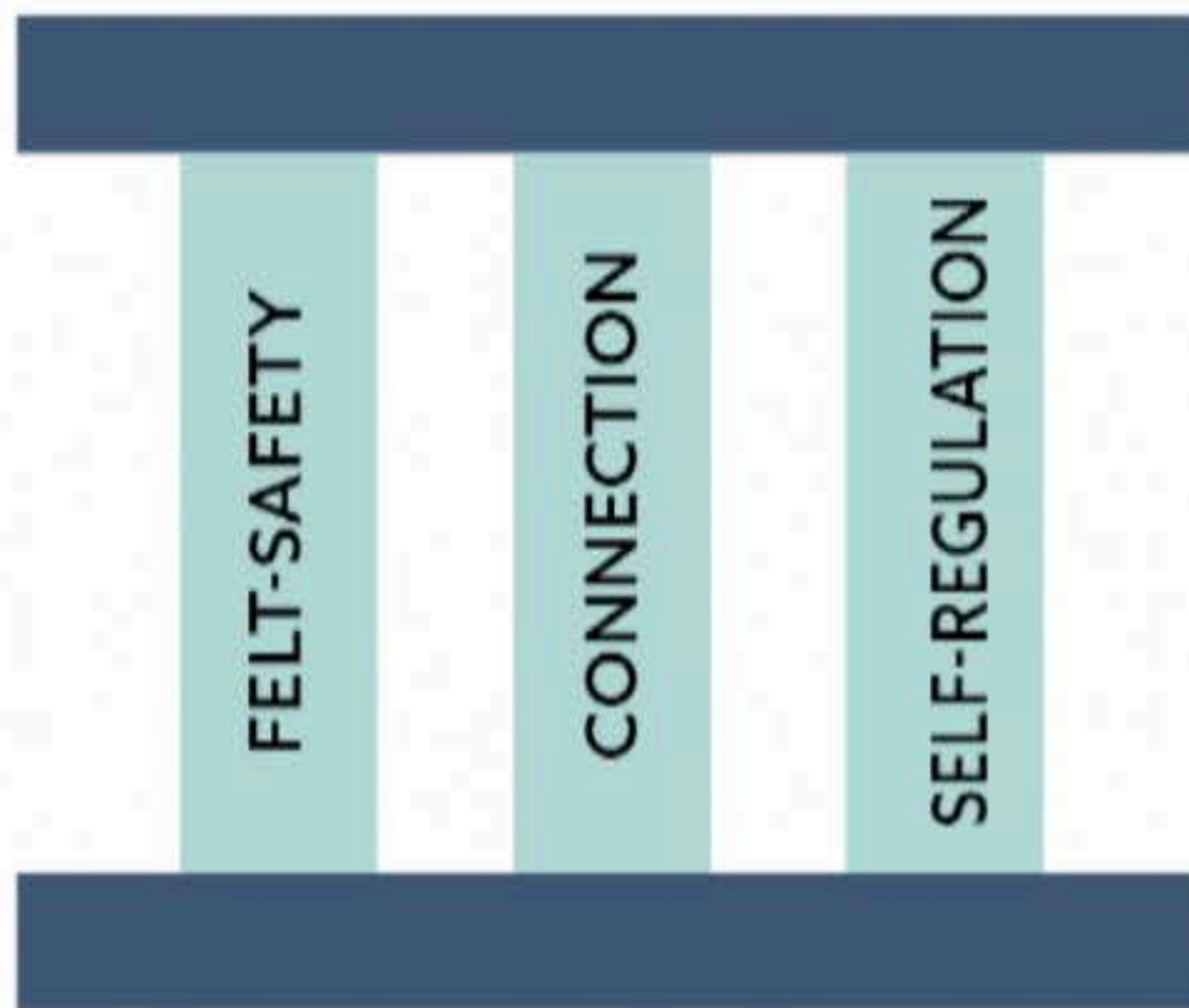


“Trust is not based on perfection, but on our being available and present when our child needs us.”

— Dr. David Cross



Three Pillars of Trauma-Wise Care





Dr. Karyn Purvis: Five B's

Behavior

Beliefs

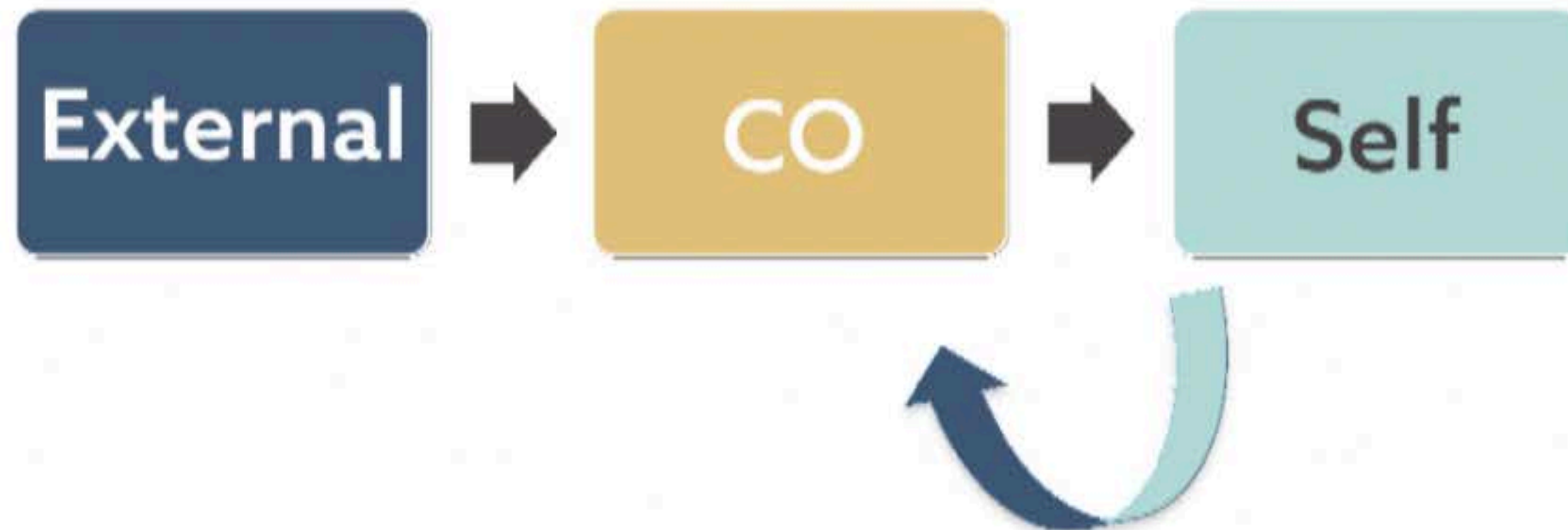
Body

Biology

Brain



Foundation of Regulation





Predictability

WE MUST CREATE PREDICTABILITY WITHIN THE DAY
AND WITHIN OURSELVES



Transitions

GIVE WARNING

USE ENGAGEMENT STRATEGIES

GO WITH

BUILD FELT SAFETY



Hydration/Nutrition

MEALTIME IS ABOUT CONNECTION
MEALS/SNACKS EVERY TWO HOURS
INTEROCEPTION
HOARDING



Play

PLAY DISARMS FEAR

PLAY THAT INCLUDES RULES, STRUCTURE, WINNING,
AND LOSING CAN BE DISREGULATING

ALLOW THE CHILD TO LEAD

GREAT OPPORTUNITY FOR ENGAGEMENT STRATEGIES



Sleep

BEDTIME STARTS WHEN THE KIDS WAKE UP
BEGIN TO CUE THEIR BODIES AT LEAST ONE HOUR AHEAD

SOFT LIGHTS

BATH/SHOWER

SWITCH FROM SCREENS TO CALMING MUSIC

PROTEIN RICH SNACK

CO-REGULATE TO DOWN REGULATE



Scared Brains Don't Sleep



Sensory Processing

"IF YOUR CHILD'S REACTION IS NOT SOCIALLY ACCEPTABLE FOR THEIR DEVELOPMENTAL AGE AND THE ENVIRONMENT, YOU MAY WANT TO SEEK ADDITIONAL SUPPORT."

— Marti Smith



**“The Empowering Principles save me
when I don’t have connection left.”**

— Rebecca Randall

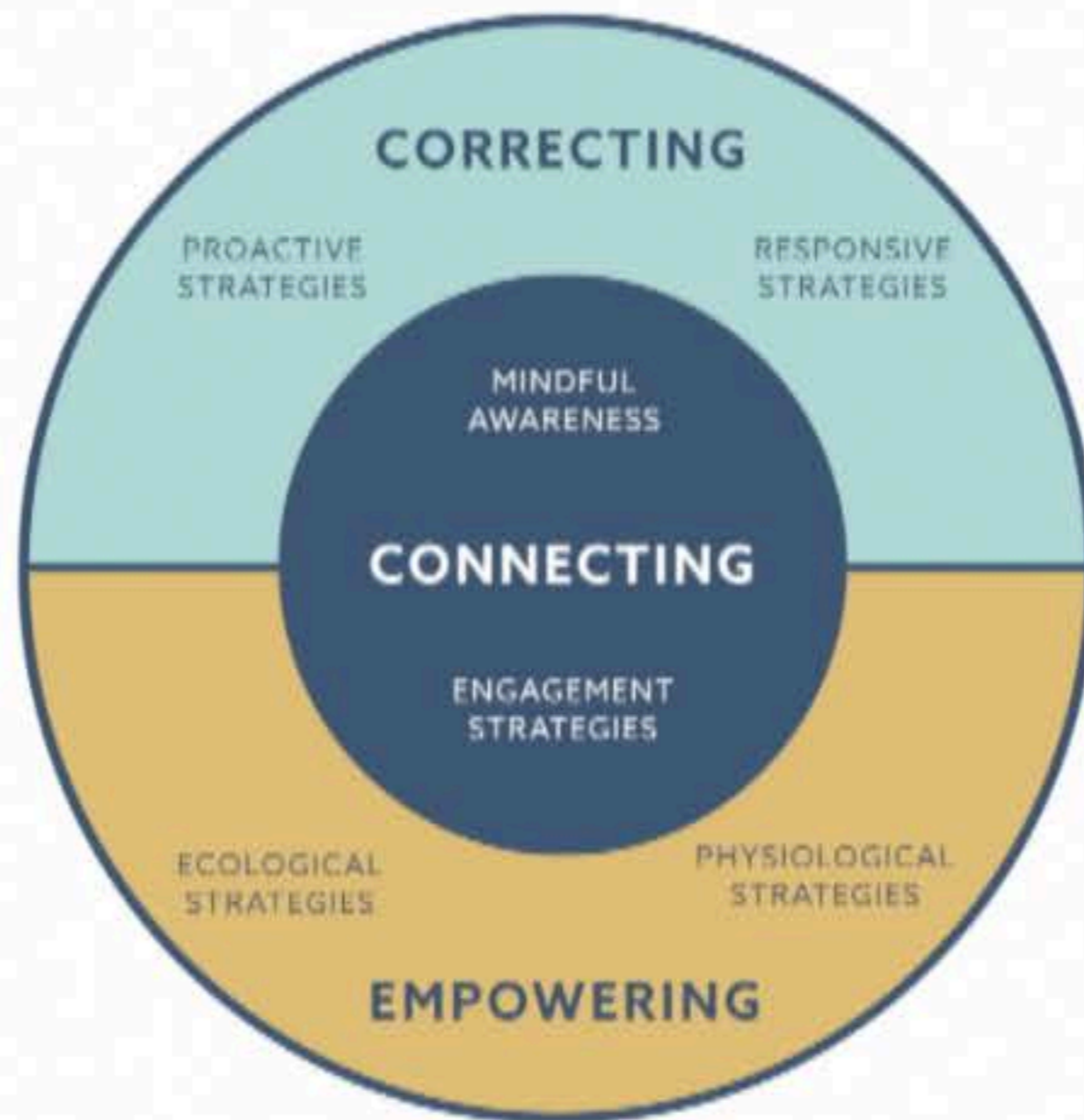


Correcting in Childhood





You're on your own, kid





TBRI Correcting Principles

3 C'S: CHANGED, CONTENT, CONNECTED

MINDSET SHIFT

PROACTIVE STRATEGIES

RESPONSIVE STRATEGIES



3 C's

CHANGED BEHAVIOR

ADULT & CHILD CONTENT

MORE CONNECTED



Mindful Awareness

PAST TRIGGERS

PRESENT STATE





Behavior is the language of unmet needs



Willful Disobedience Mindset

YOU CAN DO BETTER

YOU'RE CHOOSING NOT TO MAKE GOOD CHOICES

YOU'RE DOING THIS ON PURPOSE

YOU'RE DOING THIS TO MAKE LIFE DIFFICULT



Survival Mindset

YOU DIDN'T GET THE PRACTICE
YOU'RE DOING THE BEST YOU CAN
YOU'RE HAVING A HARD TIME
YOU NEED MY HELP TO REGULATE



Life Value Terms

WITH RESPECT
USE YOUR WORDS
SOFT EYES
ASKING OR TELLING?
WHO'S THE BOSS?



Behavioral Scripts

LET'S TRY IT AGAIN (RE-DO)

YOU'VE GOT TWO CHOICES

ARE YOU ASKING FOR A COMPROMISE?



Nurture Group Rules

NO HURTS

STICK TOGETHER

HAVE FUN



Correcting: Responsive Strategies

IDEAL RESPONSE

+

LEVELS OF RESPONSE



IDEAL Response

IMMEDIATE: WITHIN THREE SECONDS



IDEAL Response

IMMEDIATE: WITHIN THREE SECONDS

DIRECT: CAN'T TBRI FROM THE COUCH



IDEAL Response

IMMEDIATE: WITHIN THREE SECONDS

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EFFICIENT: LEAST AMOUNT OF STRUCTURE NEEDED



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ACTION-BASED: PHYSICAL MEMORY OF THE "RIGHT" WAY



IDEAL Response

IMMEDIATE: WITHIN THREE SECONDS

DIRECT: CAN'T TBRI FROM THE COUCH

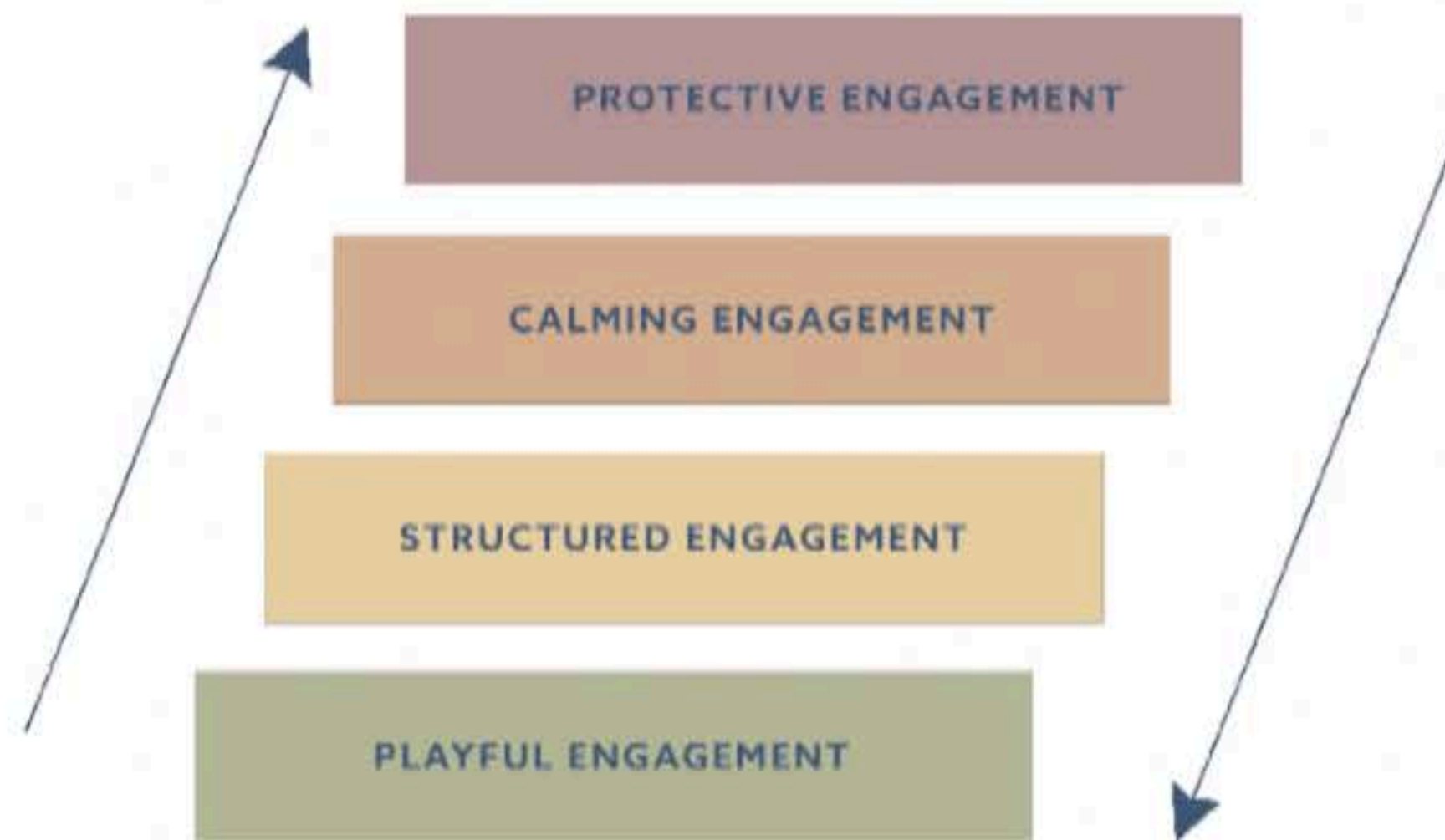
EFFICIENT: LEAST AMOUNT OF STRUCTURE NEEDED

ACTION-BASED: PHYSICAL MEMORY OF THE "RIGHT" WAY

LEVELED AT THE BEHAVIOR, NOT THE CHILD



Levels of Response





Levels 1: Playful Engagement

ASSESS:

BEHAVIOR: Low Level

BRAIN: Has access to upstairs brain

GOALS: Correct behavior and move on!

TOOLS:

Playful tone + body language

Re-do's

Life value terms



Levels 2: Structured Engagement

ASSESS:

BAHAVIOR: Escalating

BRAIN: Has access to upstairs brain,
but wobbly

GOALS: Prevent flipping the lid

TOOLS:

Tone and Volume

Choices

Compromise



Levels 3: Calming Engagement

ASSESS:

BEHAVIOR: Approaching or at meltdown stage

BRAIN: No access to upstairs brain

GOALS: Calm the body

TOOLS:

Water + Snack

Weighted Items

Headphones

Physical Movement

Quiet Company



Levels 4: Protective Engagement

ASSESS:

BEHAVIOR: Physical aggression

BRAIN: No access to upstairs brain

GOALS: Prevent harm to self and others

TOOLS:

Safe place for
dysregulated body



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