Understanding and Healing Trauma: An Orientation to Trust-Based Relational Intervention® (TBRI®)

Jill Crewes, MSW
Senior Director of Family Support Services
What is TBRI®?

✓ Trust-Based Relational Intervention®
  • A holistic intervention developed over the last 16 years
  • A evidence based practice that meets the needs of the whole child
  • An approach to caregiving that is developmentally respective, responsive to trauma, and attachment-based
Why TBRI®?

✓ Based on over 50 years of child development research
✓ Proven successful neurochemical and behavioral change
✓ Offers hands-on, immediate tools for parents and professionals
The Connected Child
Children From “Hard Places”

➢ Difficult Pregnancy
➢ Difficult Birth
➢ Early Hospitalization
➢ Abuse
➢ Neglect
➢ Trauma
Understanding the Brain

-Dr. Daniel Siegel
The Attachment Cycle:

Foundation for:

- Trust
- Self-worth
- Self-efficacy (voice)
- Self-regulation
- Mental health
Connecting Principles: Trust, Self-Worth, Self-Efficacy (Attachment)

✓ Engagement Strategies:
  + Attunement
  + Warm Eyes
  + Nurturing touch
  + Voice quality
  + Playful Engagement
Connecting Principles: Trust, Self-Worth, Self-Efficacy (Attachment)

✓ Mindfulness Strategies
  • Examining one’s own past
  • Mindful Interactions
Mindfulness:

Parenting from the Inside Out

How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

Daniel J. Siegel, M.D., and Mary Hartzell, M.Ed.

10th Anniversary Edition

Includes a new preface by the authors
Empowering Principles: Setting the Foundation for Success.

✓ Environmental
  ✓ Scaffolding, Daily Rituals, Transitions

✓ Physiological
  ✓ Hydration, Blood Sugar, Sensory Needs
Sensory Processing Challenges:
Correcting Principles: Behavioral and Social Competence

✓ Proactive Strategies
✓ Responsive Strategies
Proactive Strategies:

✓ Choices and Compromises
✓ Life Value Terms
✓ Sharing Power
✓ Giving Voice
✓ Help kids practice!
  ✓ Giving care, receiving care, negotiating needs, being an autonomous self
Responsive Strategies:
Responsive Strategies:

✓ The IDEAL Response

Immediate
Direct
Efficient
Action Based
Leveled at the Behavior, not the child
Responsive Strategies:

✓ Levels of Engagement
  - Playful engagement
  - Structured Engagement
  - Calming Engagement
  - Protective Engagement
TBRI® Training for Families and Professionals:

- Four Training Sessions, 6 hours each:
  - Introduction
  - In-Depth Connecting
  - In-Depth Empowering
  - In-Depth Correcting

- Offered at The Adoption Exchange
- Can be brought to counties, other Agencies, and other states
Thank You!

For more information please contact:

Jill Crewes, MSW
Senior Director of Family Support Services
The Adoption Exchange
jcrewes@adoptex.org
303-755-4756