



## **Syllabus: Trust-Based Relational Intervention® Caregiver Training**

August 23<sup>rd</sup>, 30<sup>th</sup>, September 6<sup>th</sup>, & 13<sup>th</sup> 2019

9:30 AM – 2:30 PM

**Course Description:** Trust-Based Relational Intervention® (TBRI®) is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® consists of three primary principles: Empowering, Connecting, and Correcting. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection. Participants will learn the strategies associated with each principle that they can use to therapeutically parent the children in their care or the children they are working with in a clinical setting.

**Educational Goals:** Professionals will be equipped with skills to they can use in their work with parents and caregivers so that they can better meet the complex needs of vulnerable children. Caregivers will learn different strategies to address both physical and emotional needs of children who have experienced trauma and attachment disruptions. TBRI® offers practical tools for parents, caregivers, teachers, or anyone who works with children, to see the “whole child” in their care and help that child reach their highest potential.

### **Facilitated by:**

**Rachel Pletcher, LMFT, TBRI® Practitioner** – Rachel is a Licensed Marriage and Family Therapist with ten years’ experience working with families involved with the Child Welfare System. She is a certified TBRI® Practitioner.

**Karina Garcia, MSW, TBRI® Practitioner** – Karina has a Master’s in Social Work and has ten years of experience working with families involved with the Child Welfare System. She is a certified TBRI® Practitioner.

### **Day 1: Introduction & Overview**

As an overview, this module is designed to give participants exposure to all parts of TBRI® by highlighting the ways in which each section of the intervention strategy fits into the holistic nature of TBRI®. The first few activities provide an opportunity for participants to become comfortable with each other, share successes and challenges with each other, and become familiar with the basic ideas of TBRI®.

### **Main Topics & Learning Objectives:**

- 1) Topic: Understanding Risk and Brain Growth (45 minutes)
  - a) Identify six prenatal and early life risks that change children’s brains affecting their emotions, learning abilities, and behaviors
- 2) Topic: Connecting Principles (60 minutes)
  - a) Explain the attachment cycle
- 3) Topic: Empowering Principles (60 minutes)
  - a) Explain how a child’s physical and sensory needs impact their behavior



- 4) Topic: Proactive Strategies (60 minutes)
  - a) Identify the five aspects of the IDEAL Response© and the Levels of Response™ to respond to challenging behavior

## **Day 2: TBRI® Connecting Principles**

This module focuses on attachment, which is the most important dynamic system that a child experiences during development. This module covers several topics including the attachment cycle, infant attachment classifications, what happens when things go wrong in attachment, adult attachment styles, and applying your knowledge through TBRI® Connecting Principles using Mindful Engagement, Choices, Compromises, and Life Value Terms.

### **Main Topics & Learning Objectives:**

- 1) Topic: Infant Attachment (75 minutes)
  - a) Identify the four different types of infant attachments
  - b) Explain the relationship between attachment and self-regulation
- 2) Topic: Mindfulness Strategies (75 minutes)
  - a) Identify the four different adult attachment styles
- 3) Topic: Engagement Strategies (75 minutes)
  - a) Identify five TBRI® Engagement Strategies to help related to children in nonverbal and playful ways
  - b) Apply TBRI® Life Value Terms and how to share appropriate levels of power through choices and compromises

## **Day 3: TBRI® Empowering Principles**

This training module is designed to give participants insight into the roots of self-regulation difficulties common among “children from hard places.” This module aims to give participants practical tools to facilitate learning and practicing self-regulation skills. Activities are structured so that participants will be invited to experience the world from a child’s point of view and also tailor their own learning to fit the needs of their unique home situation.

### **Main Topics & Learning Objectives:**

- 1) Topic: Physiological Strategies (Physical/Internal): Understanding Sensory Processing (60 minutes)
  - a) Identify the three internal senses
- 2) Topic: Physiological (Physical/Internal) Strategies: Hydration, Blood Glucose (60 minutes)
  - a) Explain the importance of being attentive to physical needs such as hydration and blood glucose and the impact they can have on behavior
  - b) Identify three strategies you can use to address low blood sugar and dehydration
- 3) Topic: Ecological (Environmental/External) Strategies: Transitions (45 minutes)
  - a) Identify strategies to help children during daily and life transitions



- 4) Topic: Ecological (Environmental/External) Strategies: Scaffolding Self-Regulation and Daily Rituals (60 minutes)
  - a) Identify 3 ways of teaching self-regulation to children, either visually, through sound, through tactile and proprioceptive senses, or through nose/mouth.
  - b) Identify two ritual caregivers can incorporate into their daily routines to strengthen connection and reinforce self-regulation skills

#### **Day 4: TBRI® Correcting Principles**

This module is designed to help participants learn skills that can be used to manage children's behavior. Activities are structured so that participants will be invited to look at several behavioral episodes through a 'TBRI lens.' The goal for this training module is to help participants understand how children learned 'survival behaviors' (fight, flight, freeze) and how they can disarm those behaviors, teaching them adaptive, new skills for life.

#### **Main Topics & Learning Objectives:**

- 1) Topic: Proactive Strategies: Balancing Structure and Nurture (45 minutes)
  - a) Identify the four different caregiving styles
  - b) Explain the importance of balancing structure and nurture and how they manifest themselves in different parenting styles
- 2) Topic: Proactive Strategies: Application (60 minutes)
  - a) Identify the six parts of a Nurture Group
- 3) Topic: Responsive Strategies: The IDEAL Response (60 minutes)
  - a) Identify the apply five aspects of the IDEAL Response
- 4) Topic: Responsive Strategies: Levels of Response (60 minutes)
  - a) Identify the four Levels of Response™ and apply one during a role play

#### **References**

Day 1:

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Day 2:

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Day 3:

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