

# TBRI®

## Trust-Based Relational Intervention®

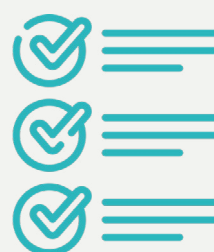


### WHAT IS IT?

An evidence-based practice and trauma-informed intervention based in attachment theory designed to teach caregivers how to care for vulnerable children who have experienced complex trauma.

### PRINCIPLES

1. **CONNECTION:** focuses on attachment needs
2. **EMPOWERMENT:** focuses on physical and environmental needs
3. **CORRECTION:** focuses on behavioral needs



### MAIN GOALS



1. Develop foundations for healthy attachment in relationships
2. Builds skills to set the child up for success physically, emotionally, and in their environment
3. Teach self-regulation through coping skills
4. Provide caregivers practical strategies for managing behaviors that stem from trauma

### WHY IT WORKS

TBRI® provides caregivers tools to develop healthy, trust-based relationships in order to address behaviors while also being mindful of the child's trauma history. These tools include strategies of connecting, such as eye contact, negotiation of needs, and healthy touch.



### RESOURCES

Karyn Purvis Institute of Child Development

- [Trust-Based Relational Intervention®](#)
- [TBRI®: Trust-Based Relational Intervention® Youtube Video](#)