Trust-Based Relational Intervention®
Conversations

Raise the Future has collaborated with the Karyn Purvis Institute of Child Development (KPICD) at Texas Christian University to co-create video conversations about a variety of TBRI®-related topics. These conversations employ the expertise and experiences of KPICD and Raise the Future team members to highlight and discuss TBRI® in action. The videos range from 3 to 40 minutes in length and are intended to support continued learning and implementation of TBRI® following completion of the TBRI® Caregiver Training Series. Families and professionals currently engaged in services with Raise the Future may request access to these videos by contacting their TBRI® Practitioner or Rest and Recharge Provider, Eric Wilson (eric.wilson@raisethefuture.org). Special thanks to Dr. David Cross, Daren Jones and Amanda Purvis for their expertise, passion, and energy in co-creating these video conversations.

Brief TBRI® Conversations:

- **Connection (3.5 min.):**
  - Connection is at the heart of TBRI®. Research has shown that relationships are one of the most powerful influences on a person's wellbeing. In this video, we talk the importance a strong basis of connection in our relationships with our children and youth to support success when correcting and empowering.

- **Felt Safety (5 min.):**
  - What does it really mean to have a sense of "Felt Safety"? In this conversation, we dive into what means to truly know that you are safe.

- **Tools to Empower (14 min.):**
  - In this video, we discuss some of the tangible ways that we can empower children and youth to be successful and become and stay regulated. Behaviors that we often see from our children and youth can be caused by unmet physiological and environmental needs.

- **Chronological Age vs. Developmental Age (5 min.):**
  - We know that children who have had traumatic or stressful histories are often developmentally much younger, and sometimes older, than their chronological age. In this video, we talk about the importance of understanding children/youth's developmental age in the moment and meeting their needs accordingly. This may look very different than how you might respond based on their chronological age.

- **Can’t vs. Won’t (5 min.):**
  - When behavioral challenges come up, one of the questions we can ask ourselves is, "Is this a can't or a won't". Is this child refusing to do something I have asked, or are they unable to do what I have asked? Have I set the bar appropriately? In this video, we explore how behavioral challenges are most often a "can't" and how we can respond most effectively.

- **You and Me Against Your History (8 min.):**
  - Dr. Karyn Purvis used to say, "It's you and me against your history." This quote captures the foundation of connection, and as caregivers, we are walking alongside and supporting our children and youth as they work through their histories. In this video, we explore how this plays out in our lives as we implement TBRI®.

- **The IDEAL® Response (5 min.):**
  - Responding effectively to difficult behaviors is challenging. In this video, we dig into the IDEAL response (Immediate, Direct, Efficient, Action-Based, Leveled at the Behavior, not the Child). What do each of these pieces mean?
The “3 C’s” of Correcting (7 min.):
- The "3 C's" of correcting include leaving the situation feeling Connected, feeling Content, and having Changed Behavior. These are the goals of correction. How do we achieve this?

The Attachment Cycle (Training) (16 min.):
- We all sometimes need to dive back into the Attachment Cycle. What is it? What happens in our brains and bodies as we move through this cycle? How does the Attachment Cycle help us learn about relationships?

In-Depth TBRI® Conversations:

- Attachment and Our Histories (27 min.):
  - How do I know that I can trust the world and the people in it? Is anyone really committed to my wellbeing? Do I have the tools to calm down if I need to? In this conversation, we explore how our own history our own attachment impact our sense of "Felt Safety" and our ability to live our lives freely.

- Attachment and Self-Regulation (39 min.):
  - We do not come into the world with tools for self-regulation. Self-regulation skills emerge from a healthy attachment cycle when physical and emotional needs are met. When a healthy attachment hasn't occurred, we need to create opportunities to help our children and youth learn self-regulation skills. In this video, we explore what teaching self-regulation skills might look like with children and youth of varying ages.

- 4 Skills of Healthy Attachment (18 min.):
  - There are 4 skills of healthy attachment that are the key to being able to have successful relationships and successful lives. They include the ability to give care, receive care, negotiate needs and be autonomous. Watch as we talk about how each of the 4 skills influence our lives and the way we care (or work with) our children and youth and what it looks like to teach the 4 skills.

- Mindfulness (36 min.):
  - Why does Mindfulness matter? What does it look like? Why does it matter when we think about TBRI®?

- Big Behaviors Needs (39 min.):
  - When we are caring for or working with children and youth who have experience trauma, we often worry most about the big behaviors. In this conversation, we use examples as we discuss how big behaviors are an indication that there are big needs that haven't been met yet. We all need people that will still "see us" and help us through our "mess". The key to addressing these challenges is to see the needs behind the behaviors and meet those needs.

- The TBRI® Mantra (24 min.):
  - You may have heard the TBRI® Mantra: Stay Calm - no matter what; See the Need - behind the behavior; Meet the Need - find a way; Don't Quit - If not you then who? Watch as Dr. David Cross, Daren Jones and Amanda Purvis unpack the TBRI® Mantra.

- An interview with Dr. David Cross (32 min.):
  - Learn more about Dr. David Cross, his life experiences, and the beginnings of TBRI®.