

SHOW  HOPE

HOPE

for the Journey

CONFERENCE

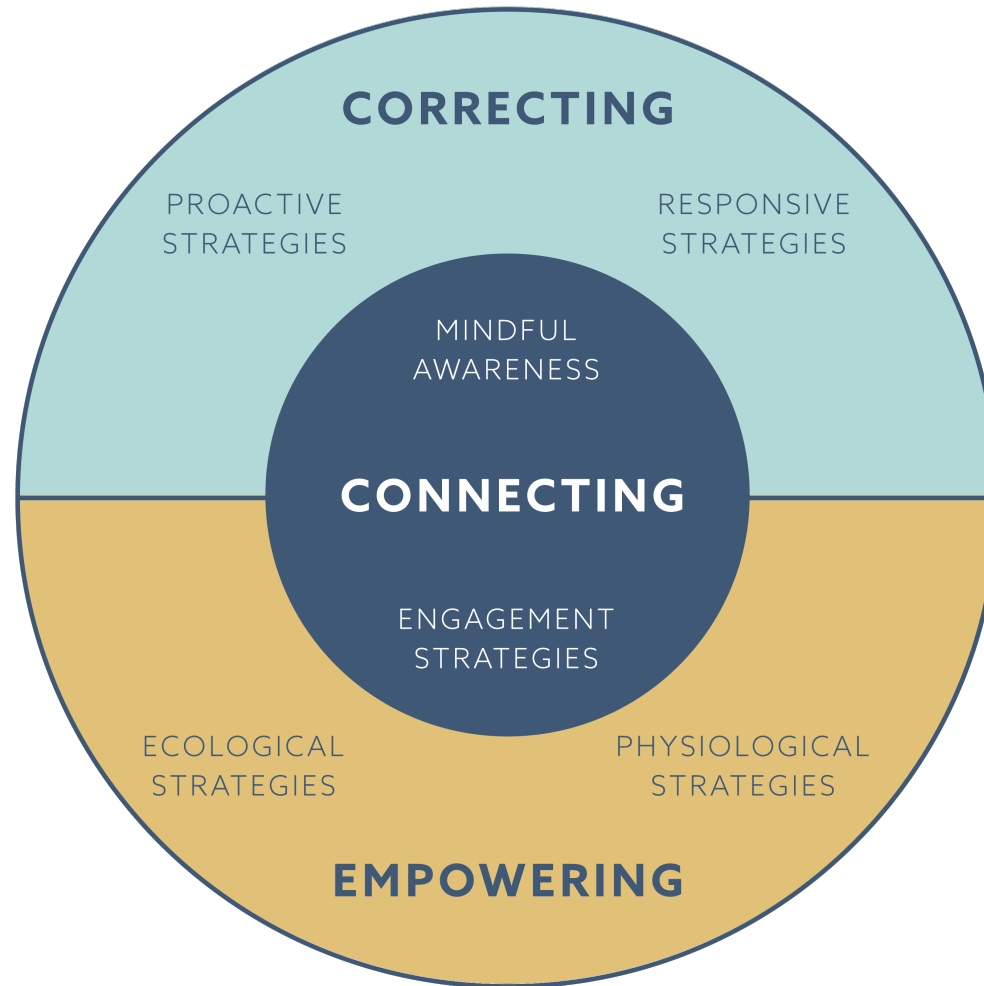
TBRI[®] Empowering Principles

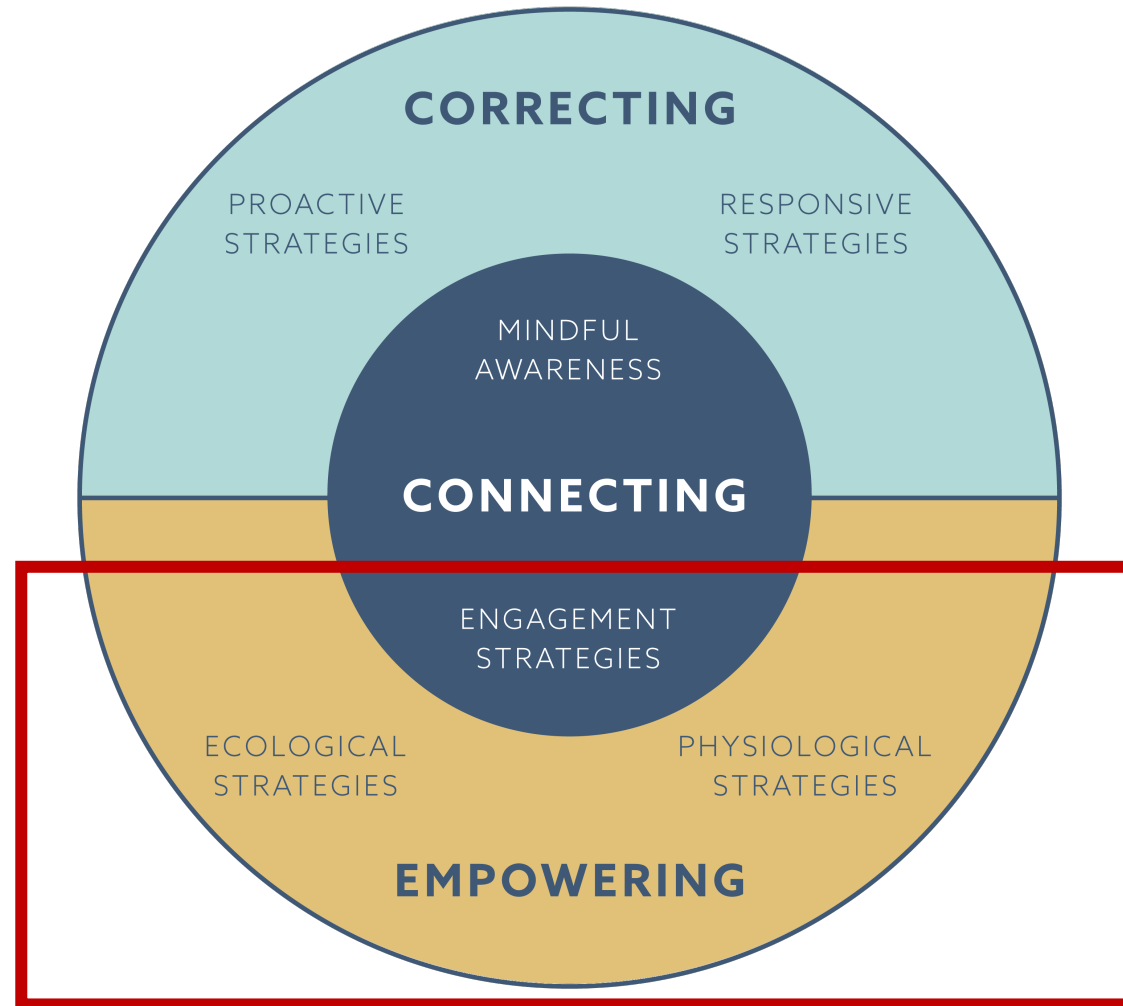
Amanda Purvis

Associate Director of Training and Consultation Services with the
Karyn Purvis Institute of Child Development (KPICD) at TCU

"There is a big difference between learning about trauma and learning a practice. There is a big difference between learning a practice and actually making that practice become a practice."

- Autumn Brown





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Physiological Strategies

The Wisdom of the Body



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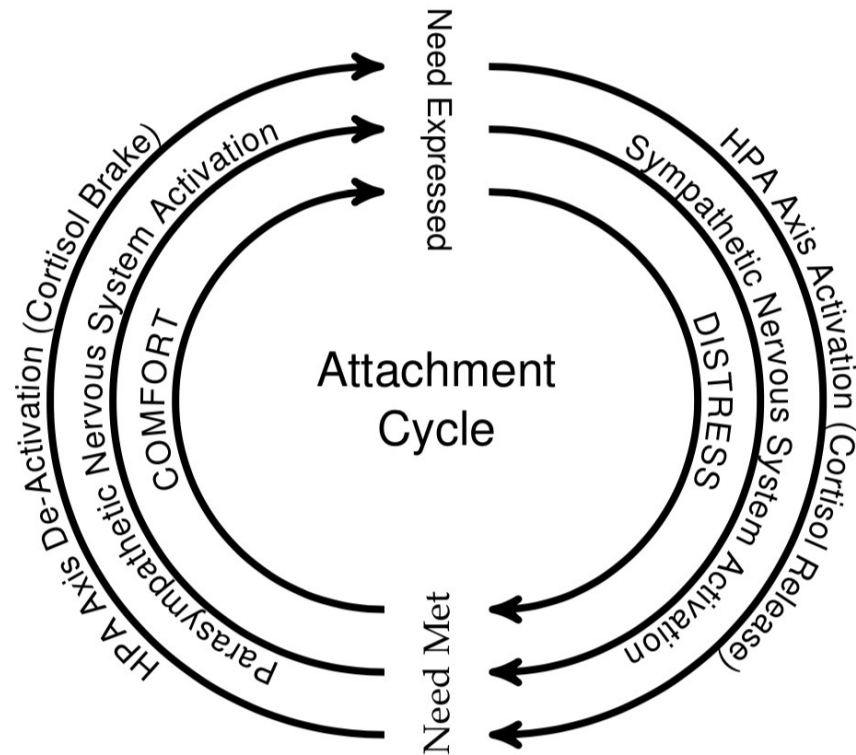
 **EMPOWERED
TO CONNECT**

"Once you start approaching your body with curiosity rather than with fear, everything shifts. "

Bessel Van Der Kolk



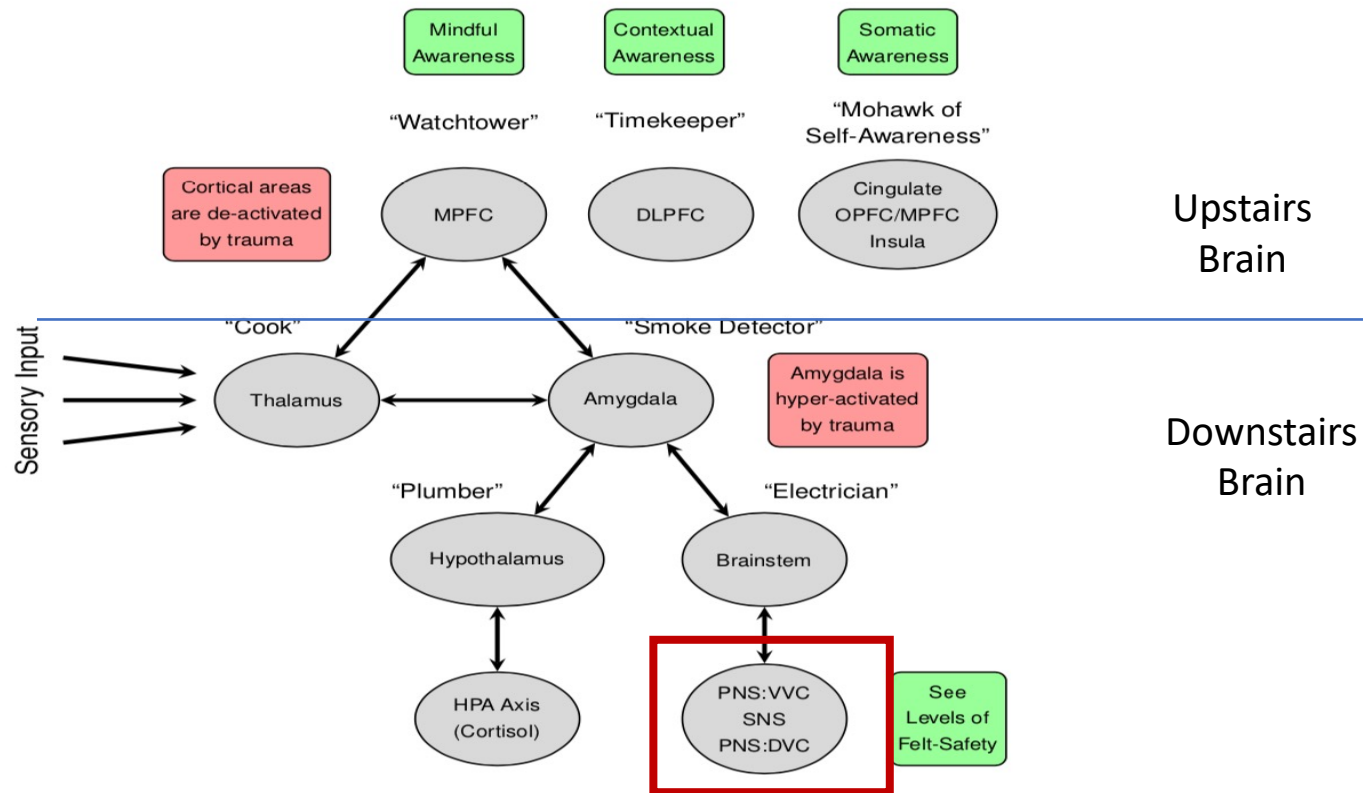
Empowering through Attachment



Foundation for:

Others regulated
Co-regulated
Self-regulated

Theatre of the Mind



Felt Safety

- Vagus nerve, wandering nerve, soul nerve
 - reaches most of your body
 - Most unifying organ in the entire nervous system
 - Main purpose: communicate with downstairs brain

Physiological Strategies

Wisdom of the body

- Supporting the body's physiological needs
 - hydration
 - blood glucose levels
 - nutritional balance
 - sleep

Theatre of the Mind



Physiological Strategies

Sensory Processing Needs

- Five External Senses: Sight, Sound, Touch, Taste, Smell
- Three internal Senses
 - Vestibular
 - Proprioceptive
 - Tactile
- Seeking vs. Avoiding

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Ecological Strategies

The Wisdom of Place



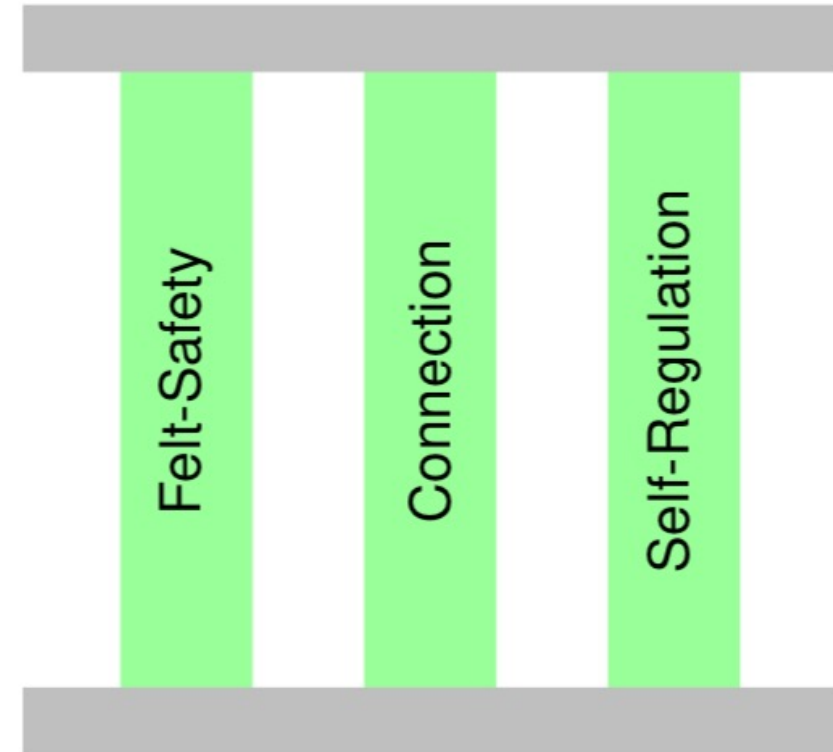
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Physiological Strategies

Culture

- Settings
- Climates
- Artifacts



Ecological Strategies

- Transitions
- Rituals
- Scaffolding

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