

SHOW  HOPE

# HOPE

*for the Journey*

## CONFERENCE

## An Introduction to Trust-Based Relational Intervention<sup>®</sup> (TBRI<sup>®</sup>)

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# Objectives

- What is trauma?
- Understanding the 5 B's
- Understanding the three pillars of Traumawise Care
- Mental model shift

# Stressful Experiences

- Difficult Pregnancy
- Difficult Birth
- Preverbal Medical Treatments
- Abuse
- Neglect
- One-time events
- System Effects
- Historical Trauma

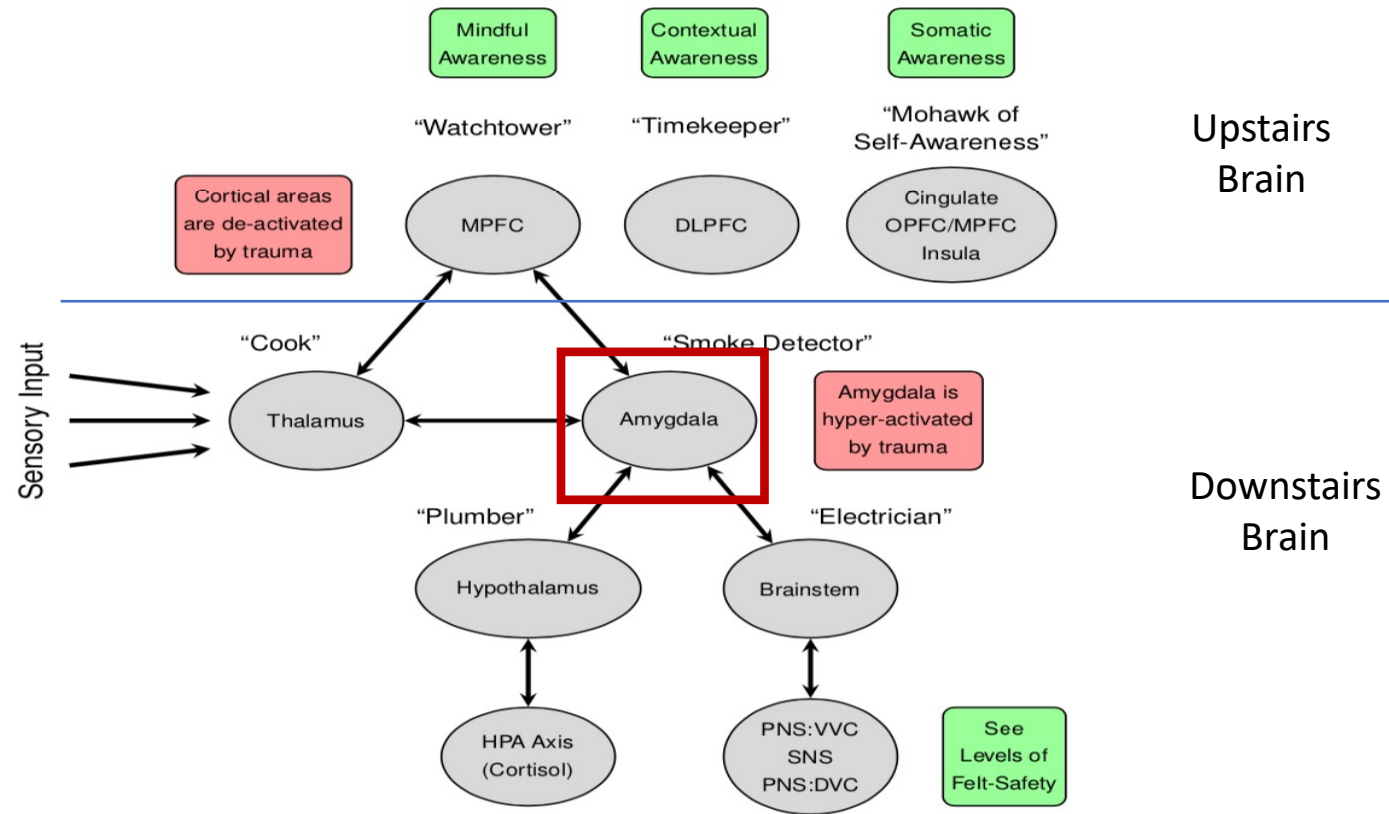
# What is Trauma?

"Trauma is not a flaw or weakness. It is a highly effective tool of safety and survival. Trauma is also not an event. Trauma is the body's protective response to an event-or series of events-that it perceives as potentially dangerous. This perception may be accurate, inaccurate, or entirely imaginary. In the aftermath of highly stressful or traumatic situations our ventral vagal nerve and downstairs brain may embed a reflexive trauma response in our bodies. This happens at lighting speed... This trauma then gets stuck in the body-and stays stuck there until it is addressed."

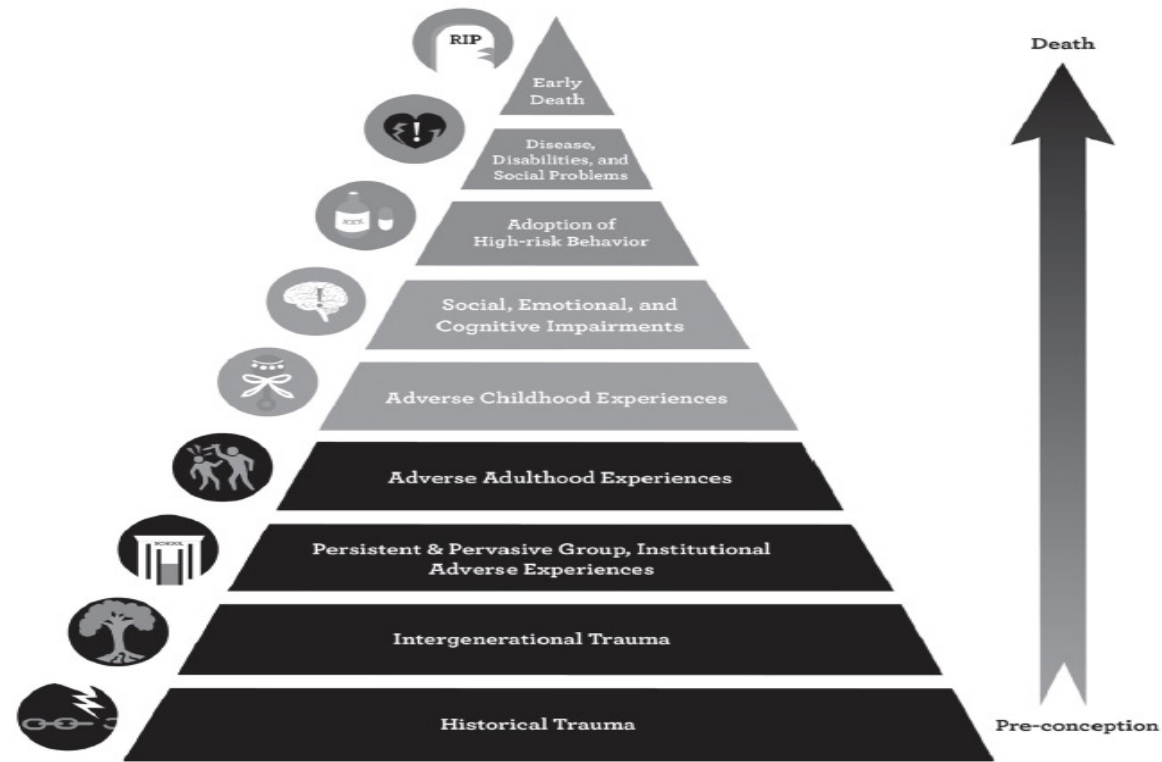
-Resmaa Menakem, *My Grandmother's Hands*



# Five B's: Brain



# Five B's: Biology

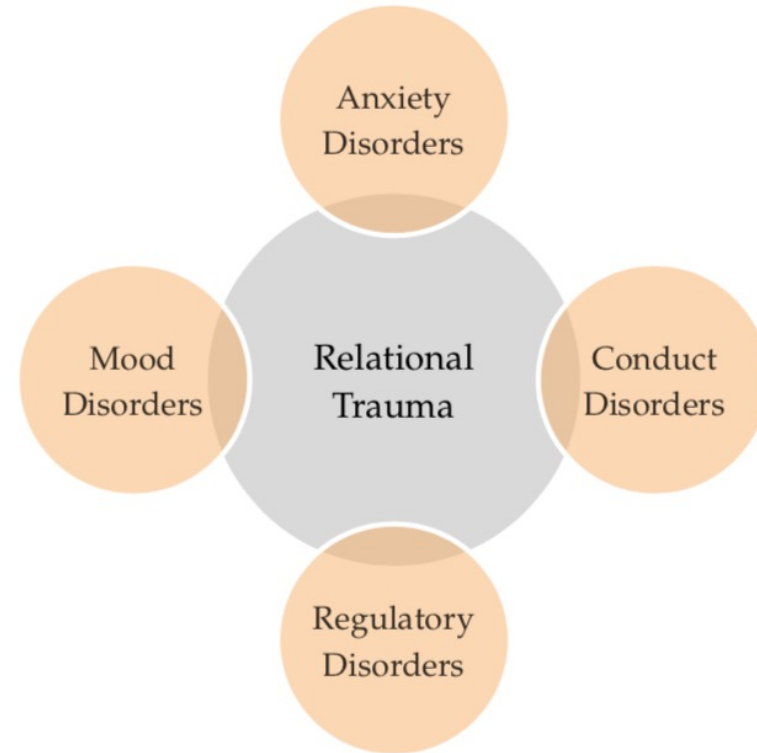
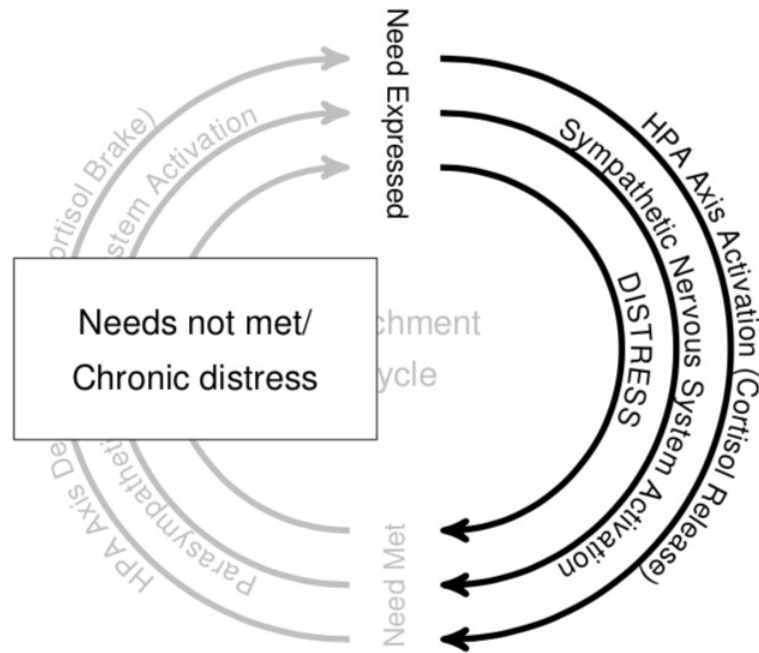


**Figure 1. How Trauma Compounds**  
(Based partly on a figure used in the Adverse Childhood Experiences Study.)

# Five B's: Body

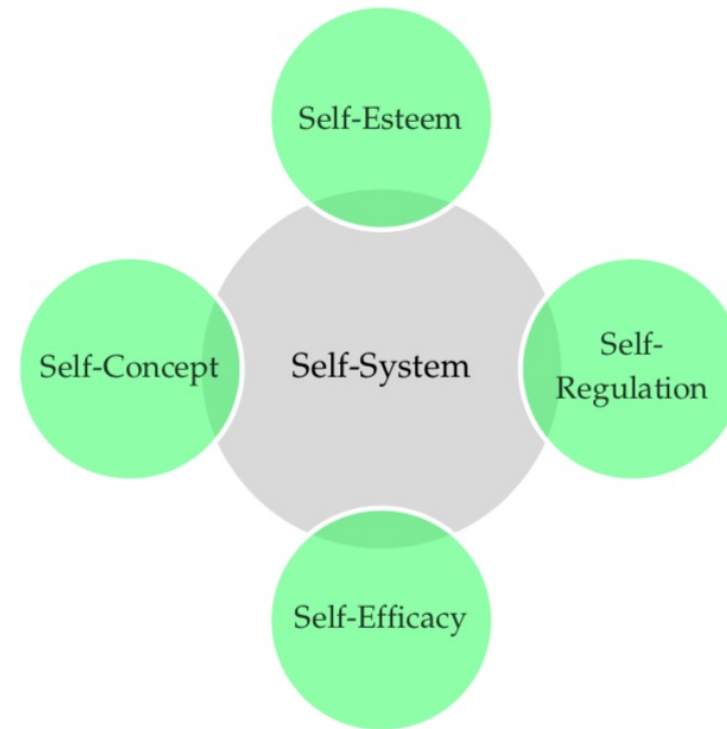
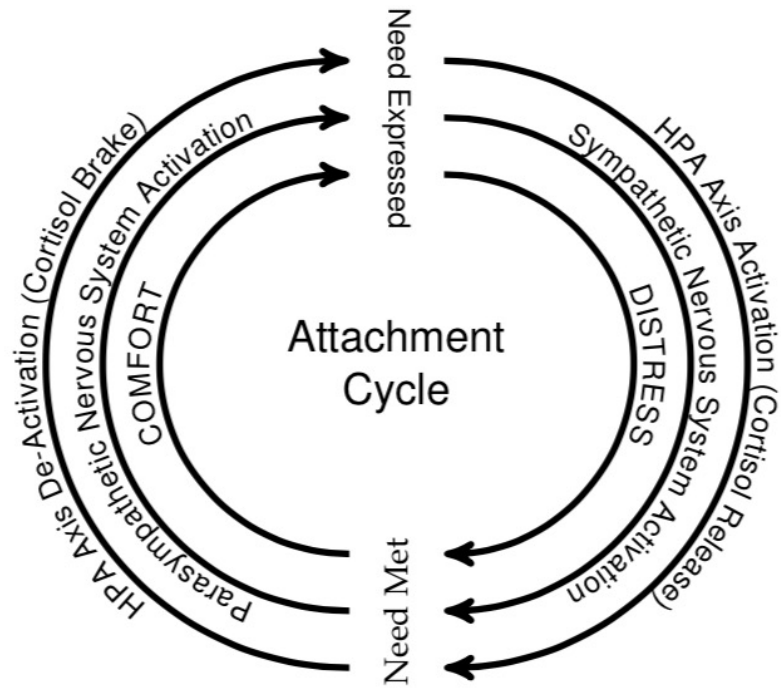
<i>Sensory Profile Factor</i>	<i>Prevalence (%)</i>
Tactile Sensitivity	41.9
Taste/Smell Sensitivity	18.9
Movement Sensitivity	23.5
Auditory/Visual Sensitivity	24.4
Auditory Filtering	65.8
Sensory Seeking	63.1
Low Energy/Weak	29.0
Total Score	52.7

# Five B's: Behavior

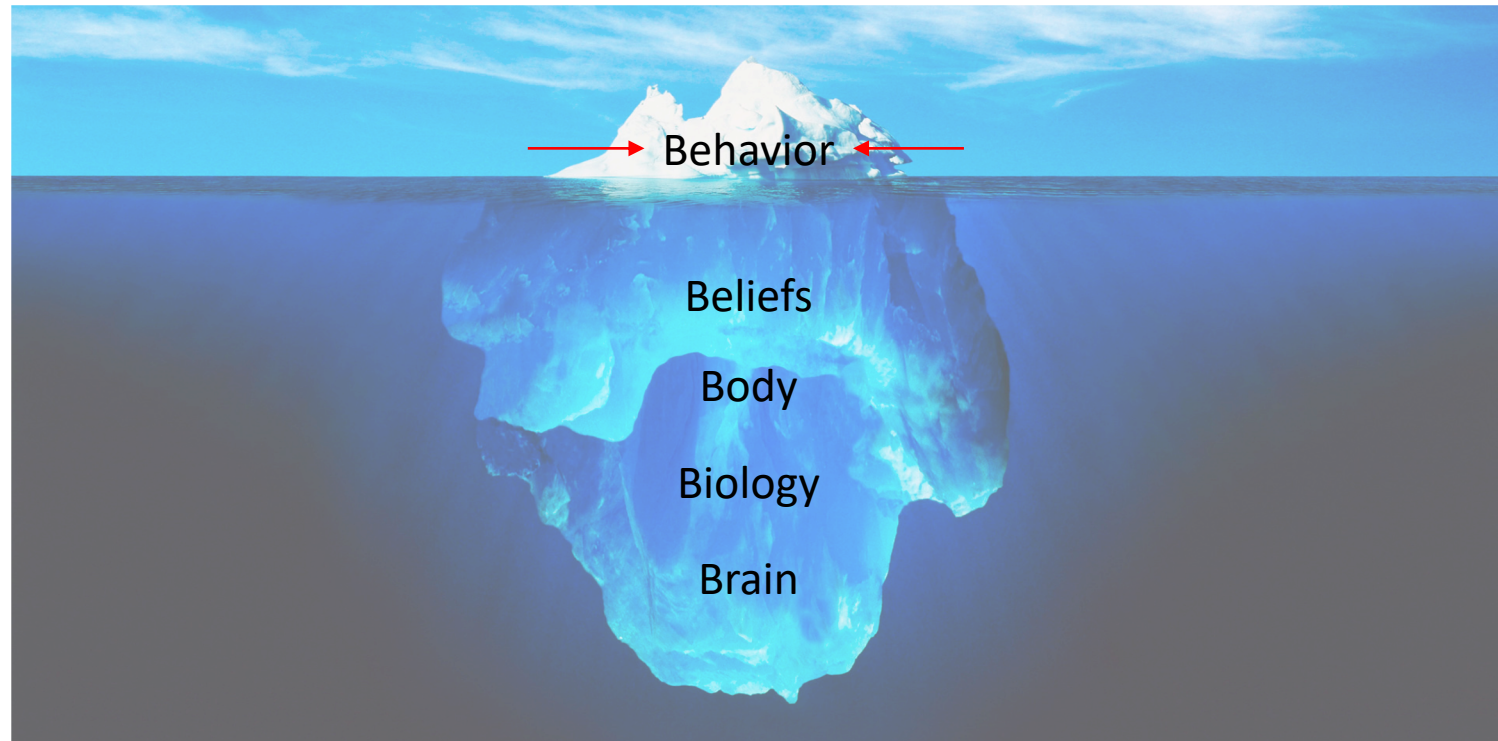




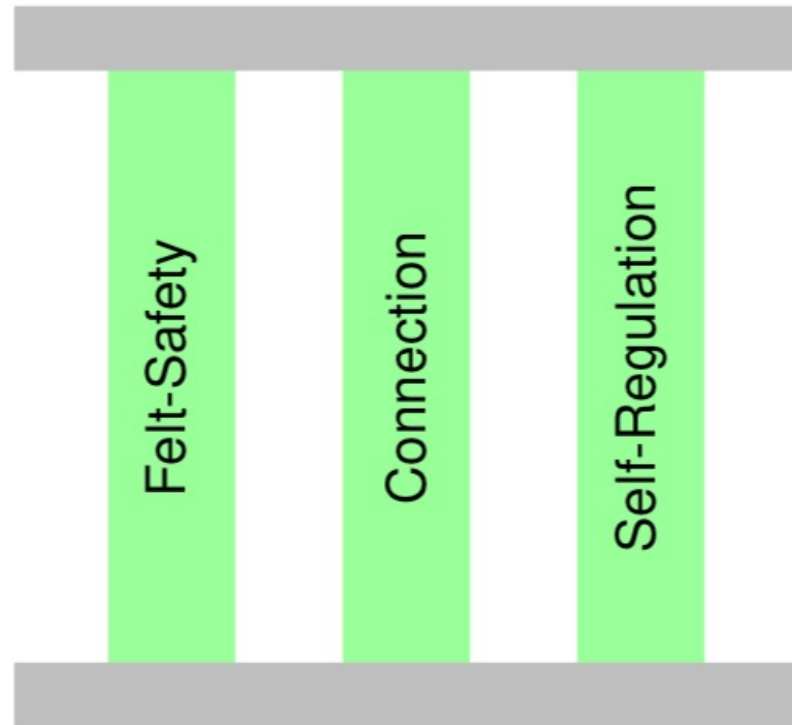
# Five B's: Beliefs



# Dr. Karyn Purvis: 5 B's of Relational Trauma



# Creating Trauma Informed Climates



TBRI	Three Pillars of Traumawise Care		
Principle	<i>Felt-Safety</i>	<i>Connection</i>	<i>Self-Regulation</i>
<i>Connecting</i>	Attachment System	Caregiving System	Sensitive Attunement
<i>Correcting</i>	Structured Interaction	Giving Voice	Levels of Engagement
<i>Empowering</i>	Structure & Predictability	Meeting Needs	Guided Self-Regulation

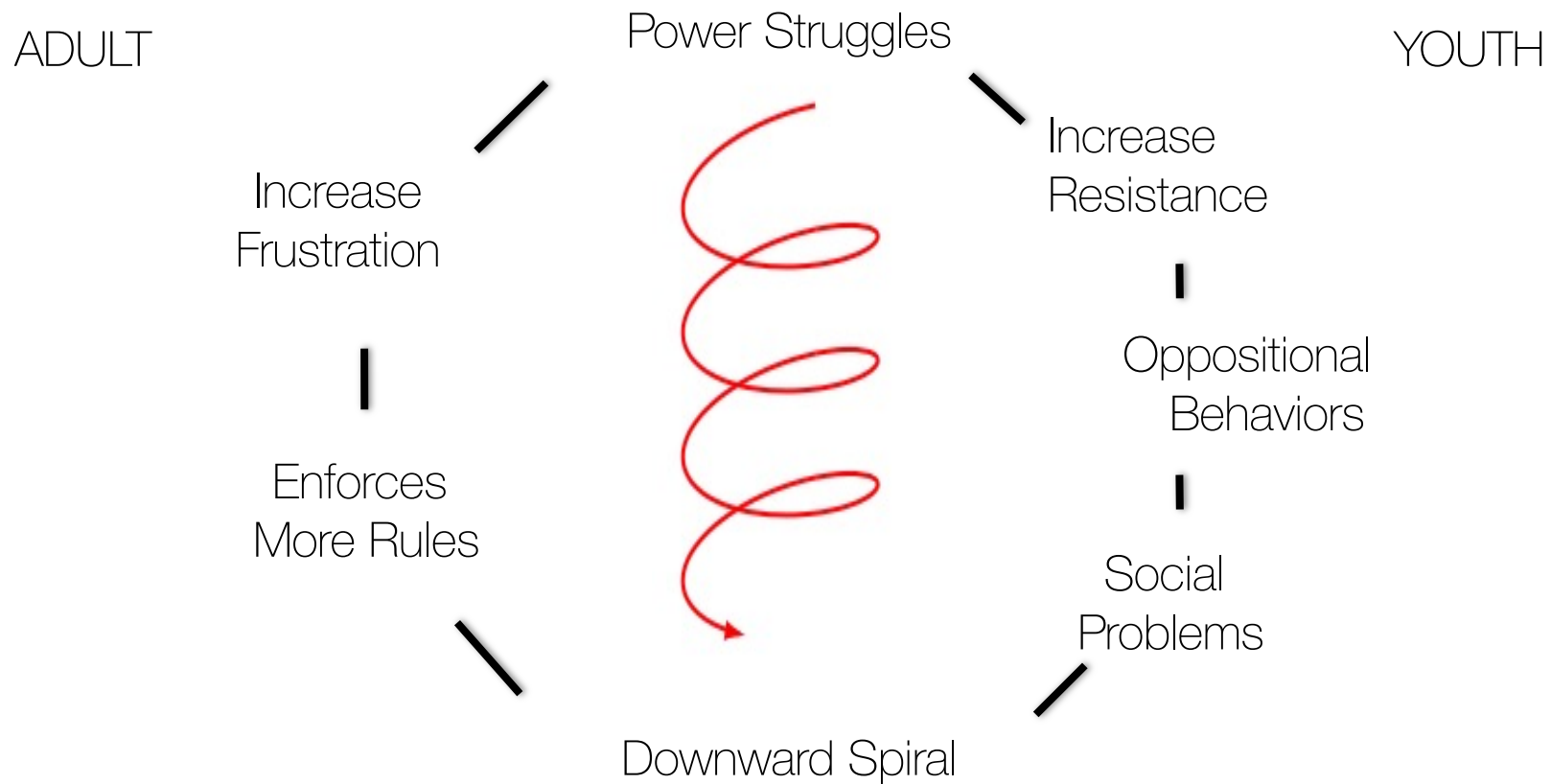
# Mental Model of Discipline

How does the adult interpret the child's behavior?

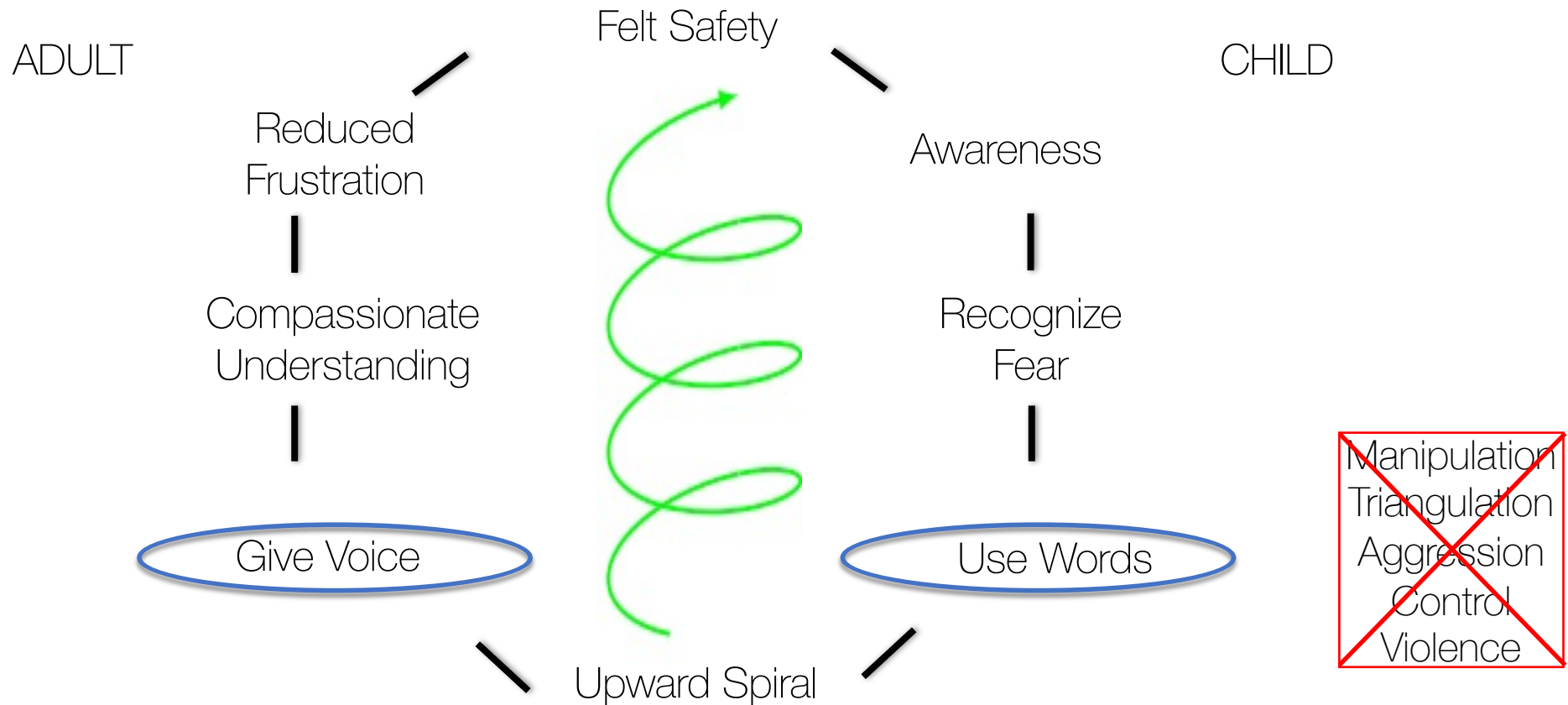
Willful Disobedience

Survival Behavior

# Willful Disobedience



# Survival Behavior

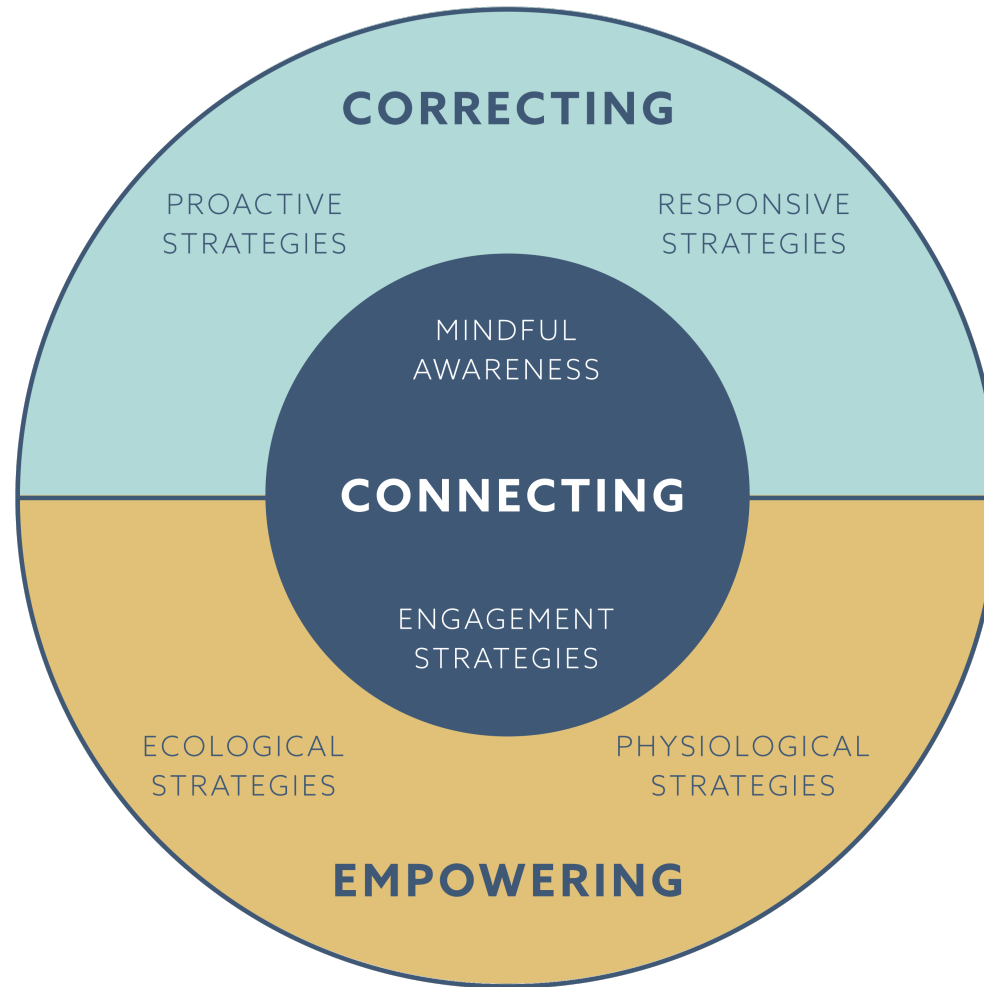


# Mental Model of Discipline

How does the adult interpret the child's behavior?

Willful Disobedience

Survival Behavior





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KARYN PURVIS INSTITUTE  
*of*  
CHILD DEVELOPMENT  
EST. 2005

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TO CONNECT**