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An Introduction to Trust-Based Relational Intervention[®] (TBRI[®])

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The 5 P's

Pain | How do traumatic experiences impact us?

Protection | How can we minimize the impact of traumatic experiences?

Pattern | What are the patterns of effective trauma-informed care?

Process | What are the processes that enable effective trauma-informed care?

Practice | What are the strategies that constitute effective trauma-informed care?



Pain

How do traumatic experiences impact us?





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Acknowledge the Pain in the Room (Past and Present)

"There's times I hope and pray EMS shows up before I do."

"I have experienced nine out of 10 of those."

"These four people tattooed on my arm are people I've lost."

"I haven't been right since the world shut down."

"I attended a graduation on Friday and a funeral on Saturday."



“You cannot lead a child to a place of healing if you do not know the way yourself”

— Dr. Karyn Purvis



Pain of Our Children

"The range of maltreatment, interpersonal violence, abuse, assault, and neglect experiences encountered by children and adolescents, including familial, physical, sexual, emotional abuse and incest; community-, peer-, and school-based assault, molestation, and severe bullying; severe physical, medical, and emotional neglect; witnessing domestic violence as well as the impact of serious and pervasive disruptions in caregiving as a consequence of severe caregiver mental illness, substance abuse, criminal involvement, or abrupt separation or traumatic loss."

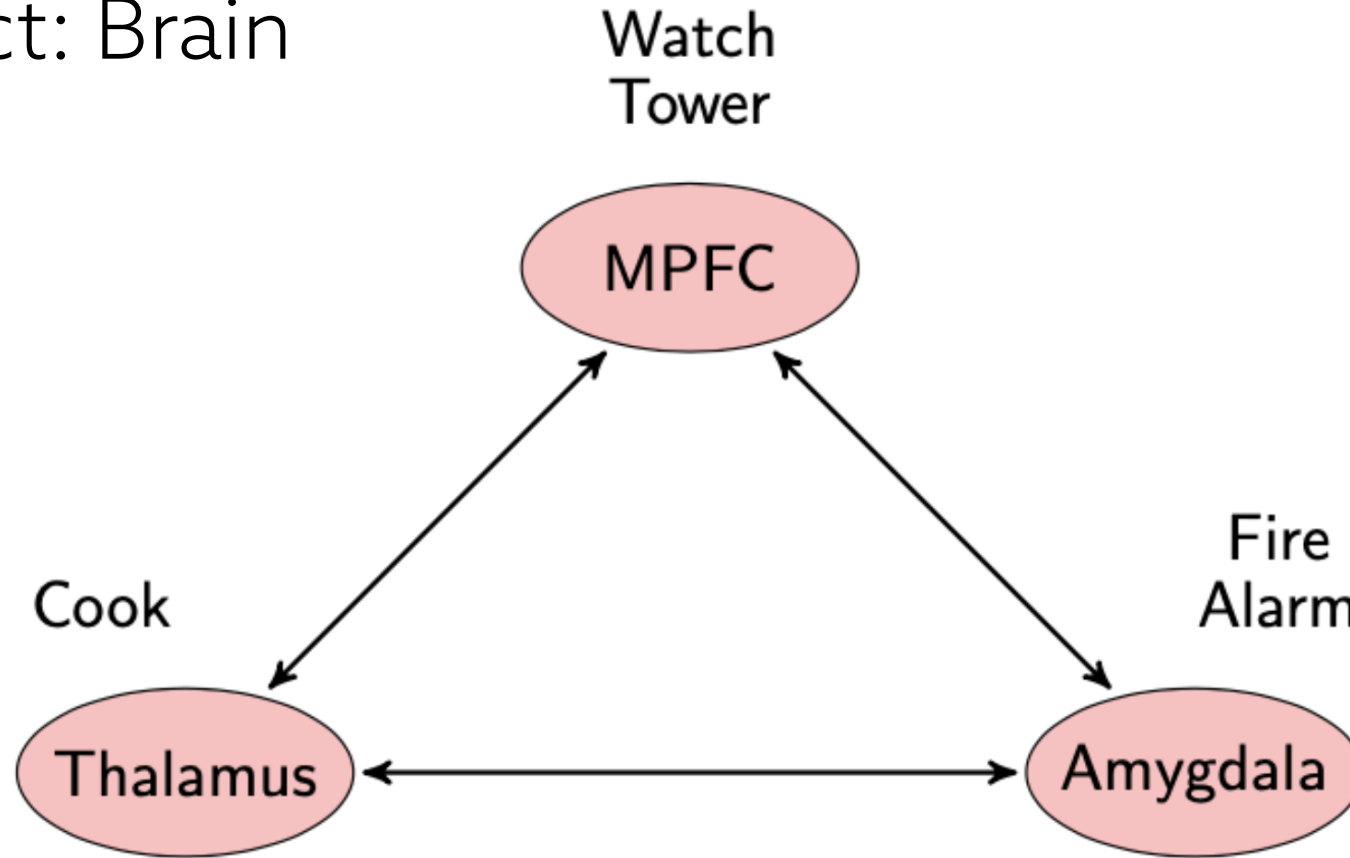
The Impact

The "Five B's" communicate the complex and multi-faceted impact of relational trauma on the developing child.

Brain, Body, Biology, Beliefs, and Behaviors



The Impact: Brain

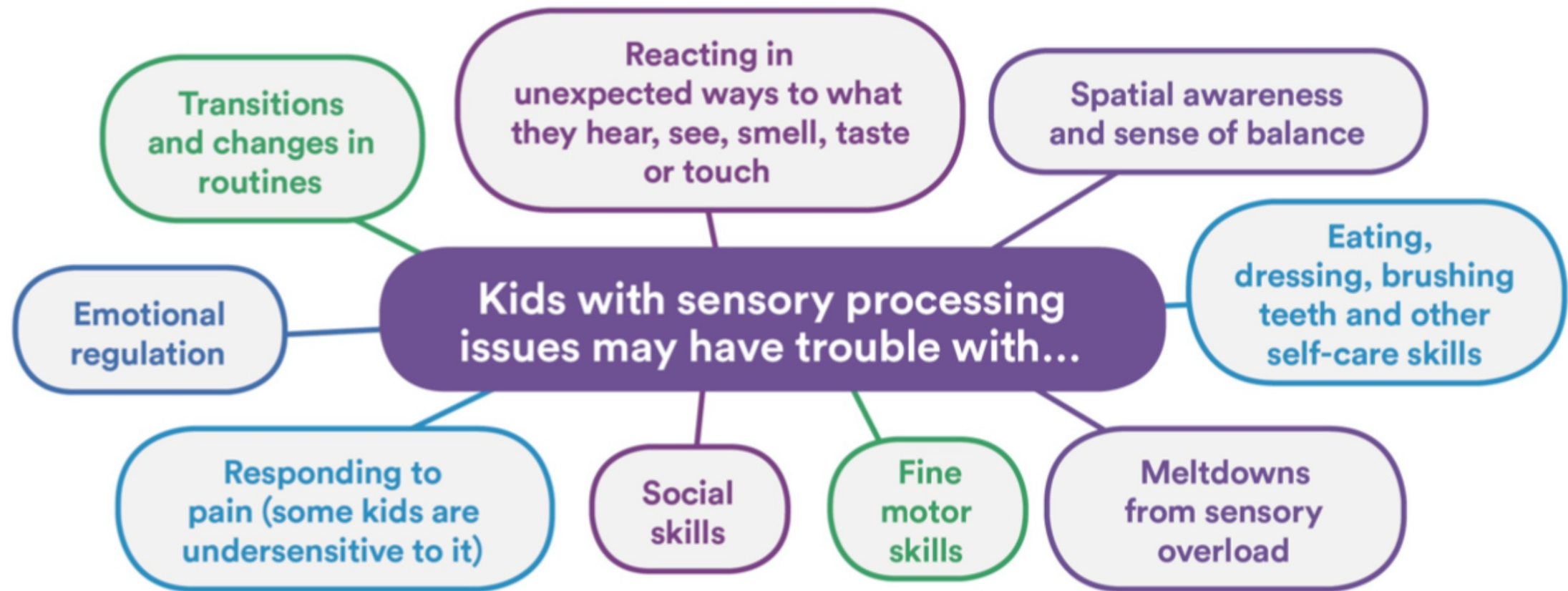


(van der Kolk, 2014)

Humans are designed to respond to threats, but we are not designed to stay in this state of stress.



The Impact: Body



The Impact: Biology

Adverse Childhood Experiences (ACEs) Study

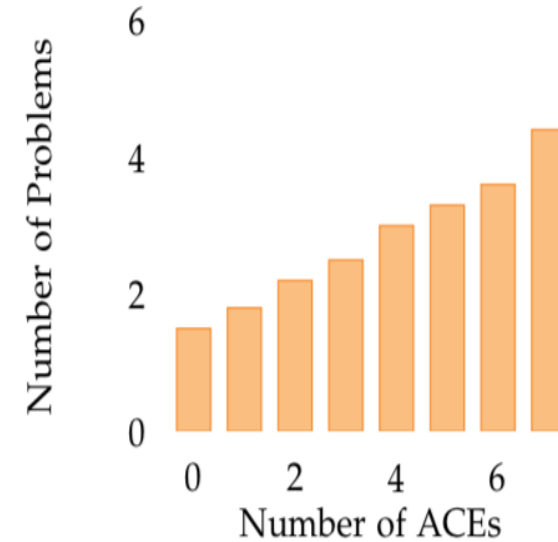
Participants belonged to an HMO in Southern California

Over 17,000 participants

Participants completed an ACEs questionnaire

Participants also completed a comprehensive health questionnaire

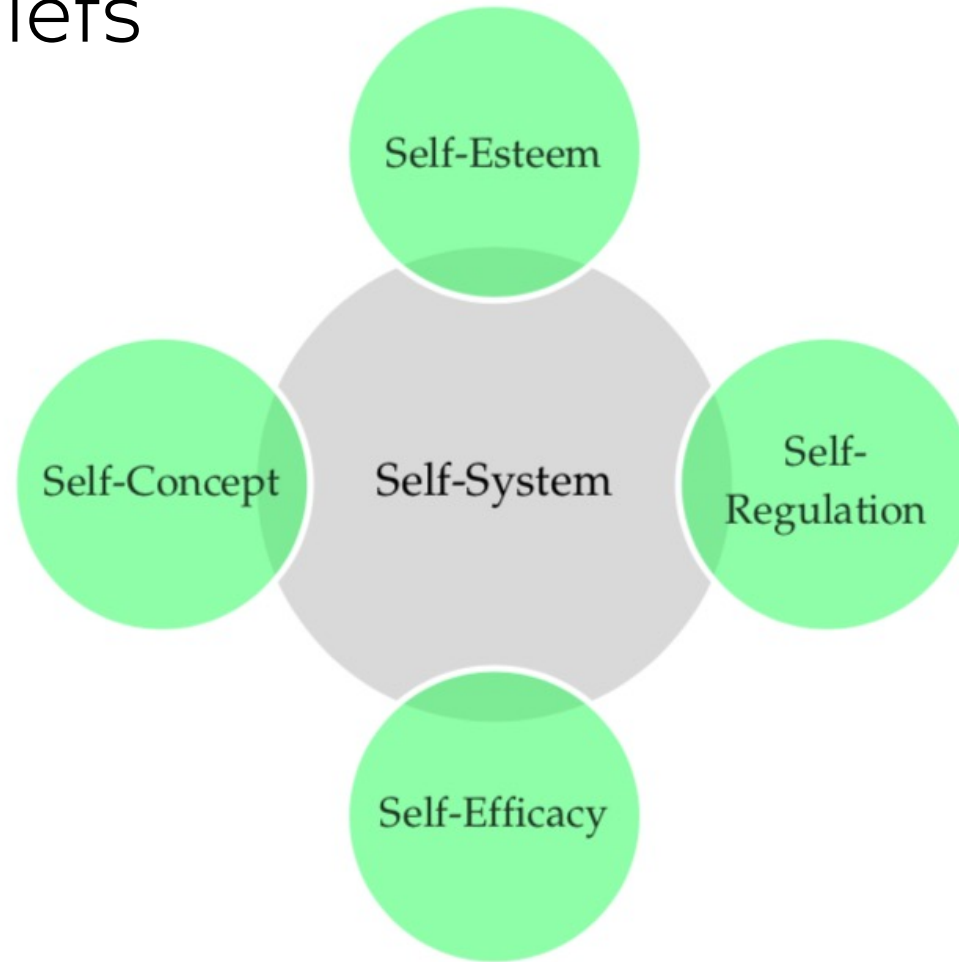
64% of the respondents experienced at least one ACE; of these, 87% experienced two or more ACEs



Their ACEs scores predicted:

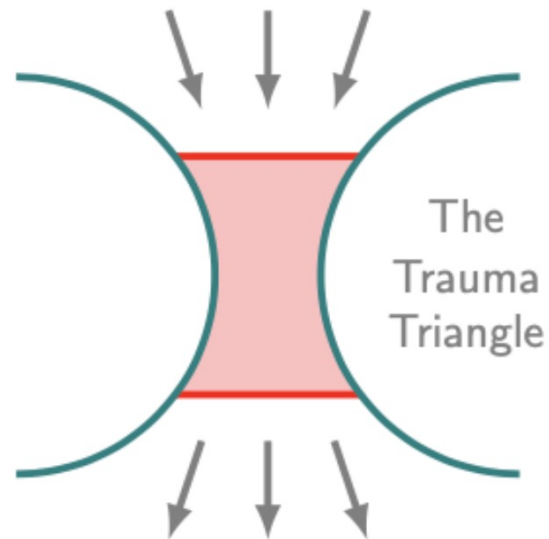
- Mental healthy disturbances
- Sleep problems, obesity
- Smoking, alcoholism, illicit drug use
- Early intercourse, promiscuity, and
- Stress and anger

The Impact: Beliefs



The Impact: Behavior

Adverse Childhood Experiences
(Abuse, Neglect, Household Challenges)



Conduct Disorders

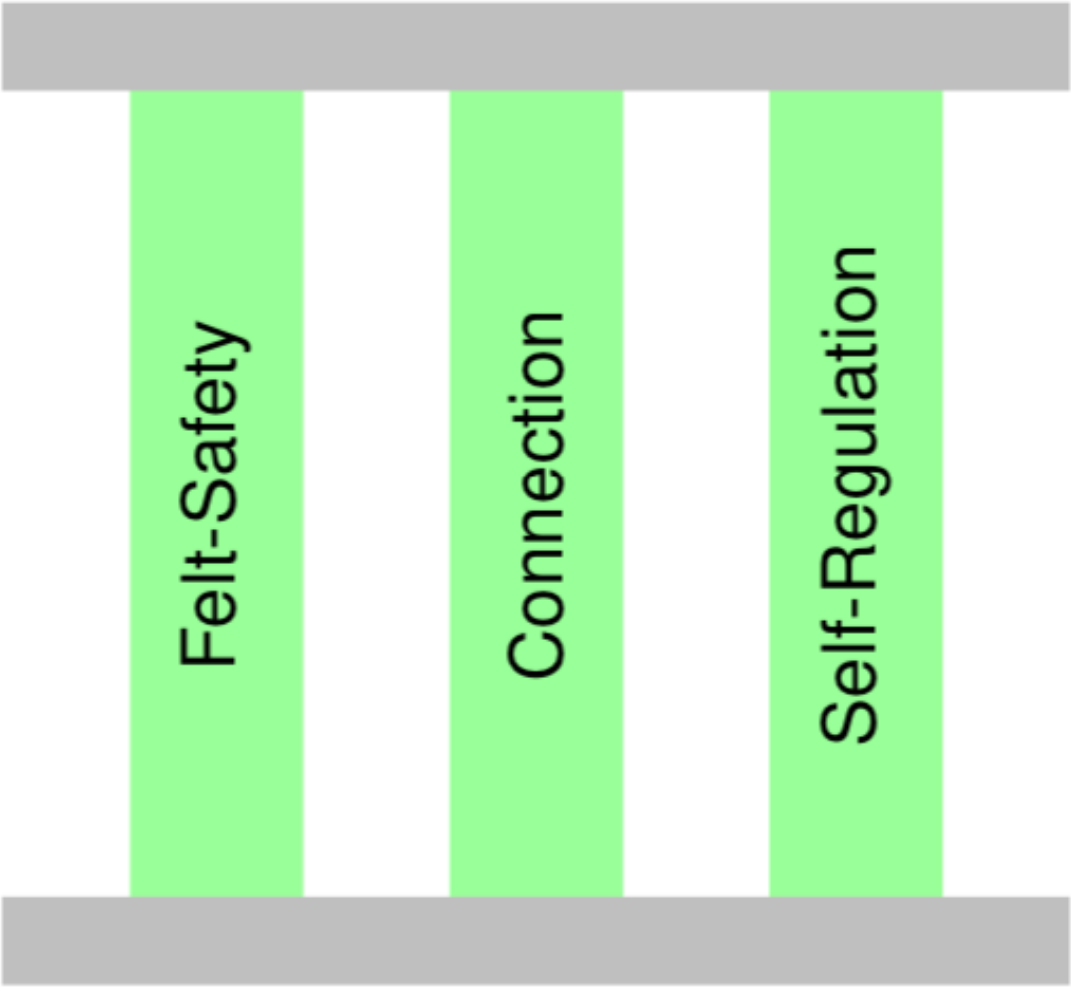
Regulatory Disorders

Anxiety Disorders

Mood Disorders

Protection

How can we minimize the impact of traumatic experiences (past, present, future)?



What does felt-safety, connection, and regulation look like in your environment?



Pattern

What are the patterns of effective
trauma-informed care?



Framework to Identify Patterns

Three Kinds of Solutions

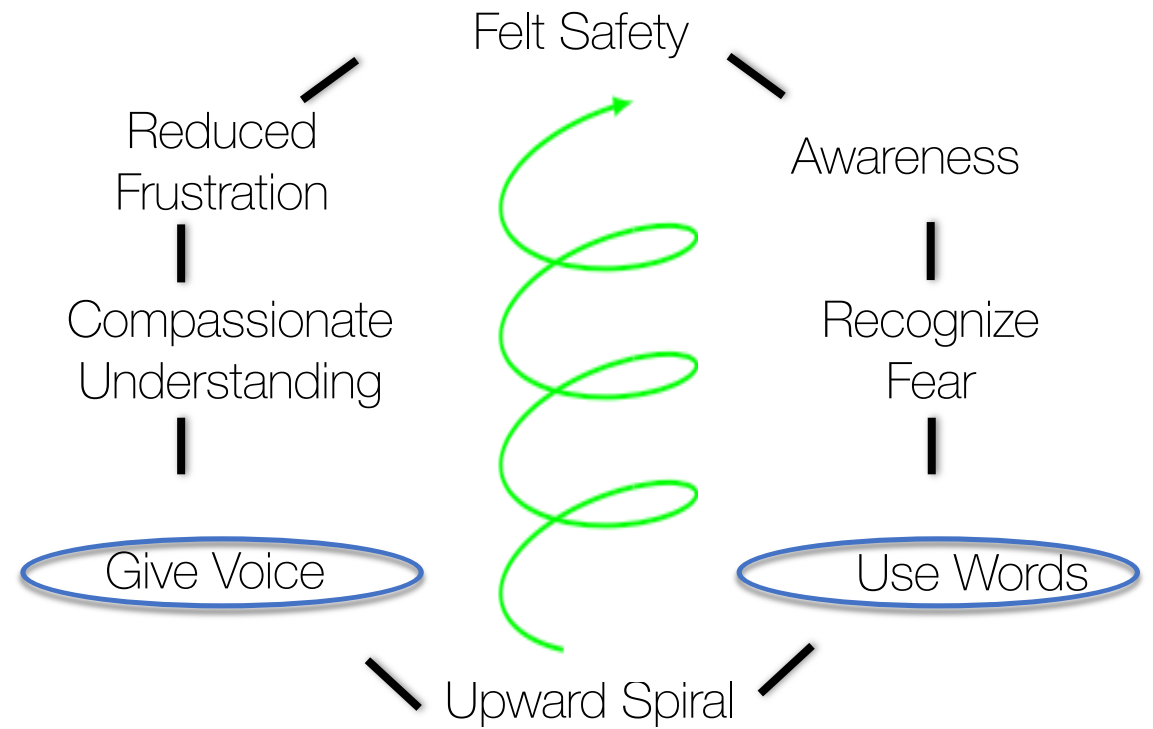
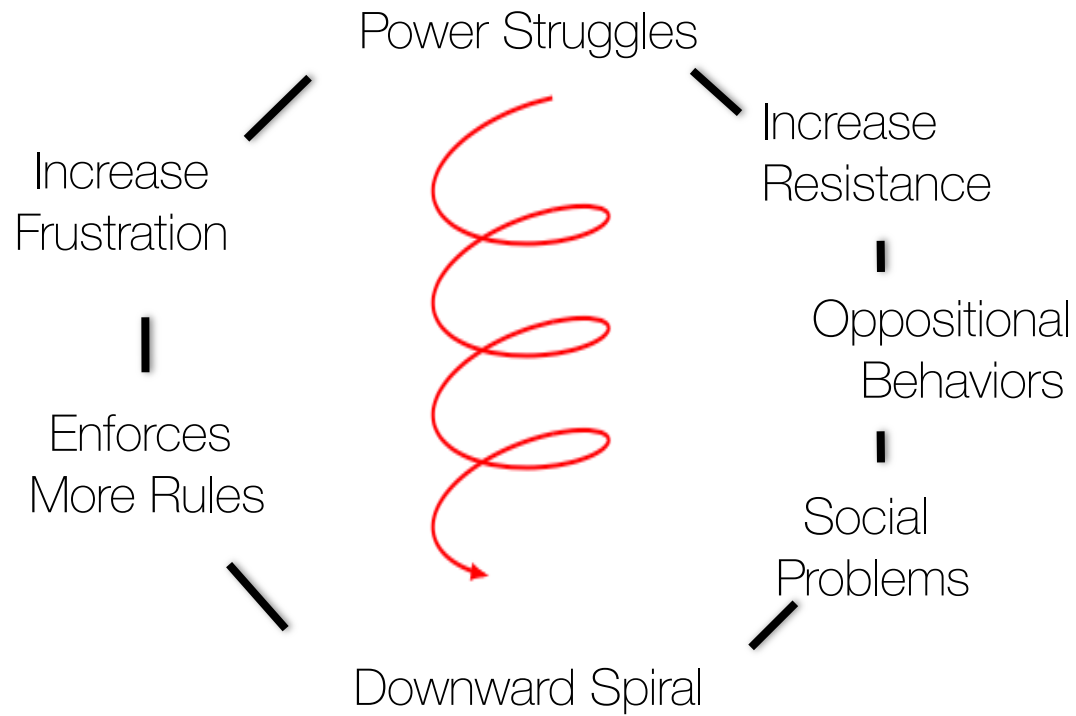
Bad | Causes a ramifying series of new problems

Bad | Worsens the problems it is intended to solve

Good | Causes a ramifying series of solutions

Bad Solutions

Good Solutions

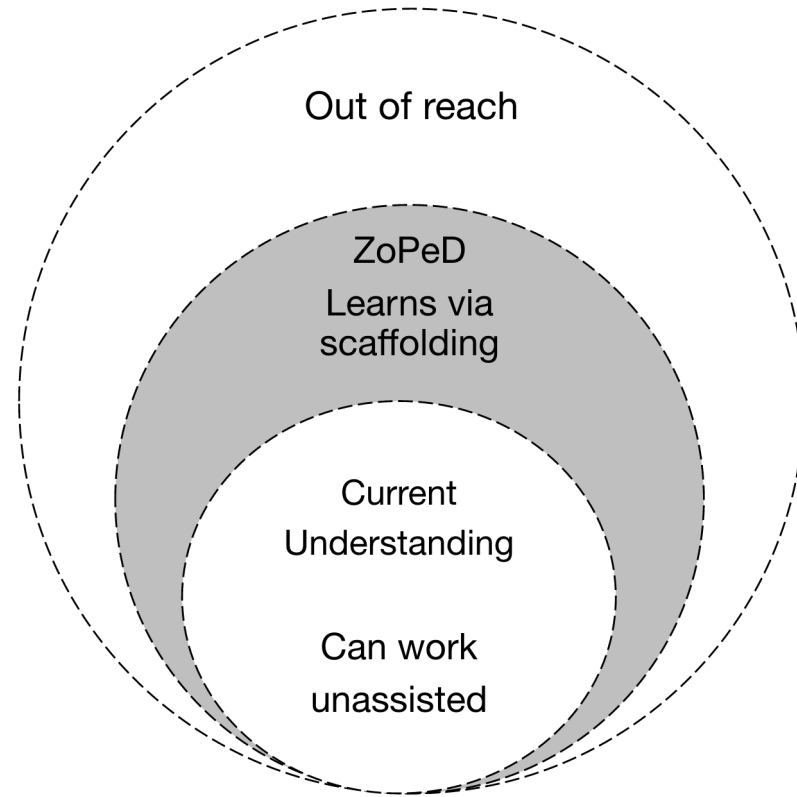


Process

What are the processes that enable effective trauma-informed care?

Trust the Process

Zone of Proximal Development

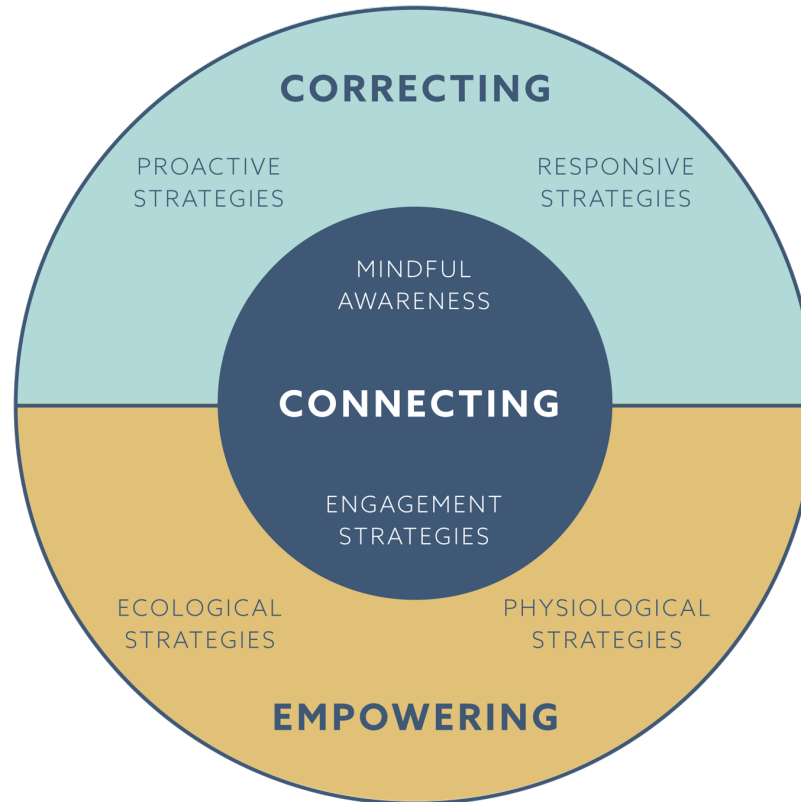


Practice

What are the strategies that constitute effective trauma-informed care?

Practice:

The actual behaviors that are necessary



We all need the same things.

We all need to be connected.

We all need to be empowered, and we all need our thinking and actions redesigned and corrected at times.

We all need the same stuff.

We all are desperately hungry for the same stuff.

We all need to know that we matter, that we are connected.

That we are safe. That someone hears our cries.

Predictors of health and ongoing wellness have to do with connectedness and having physical needs met.

It's the stuff of humanity.



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KARYN PURVIS INSTITUTE
of
CHILD DEVELOPMENT
EST. 2005



EMPOWERED
TO CONNECT