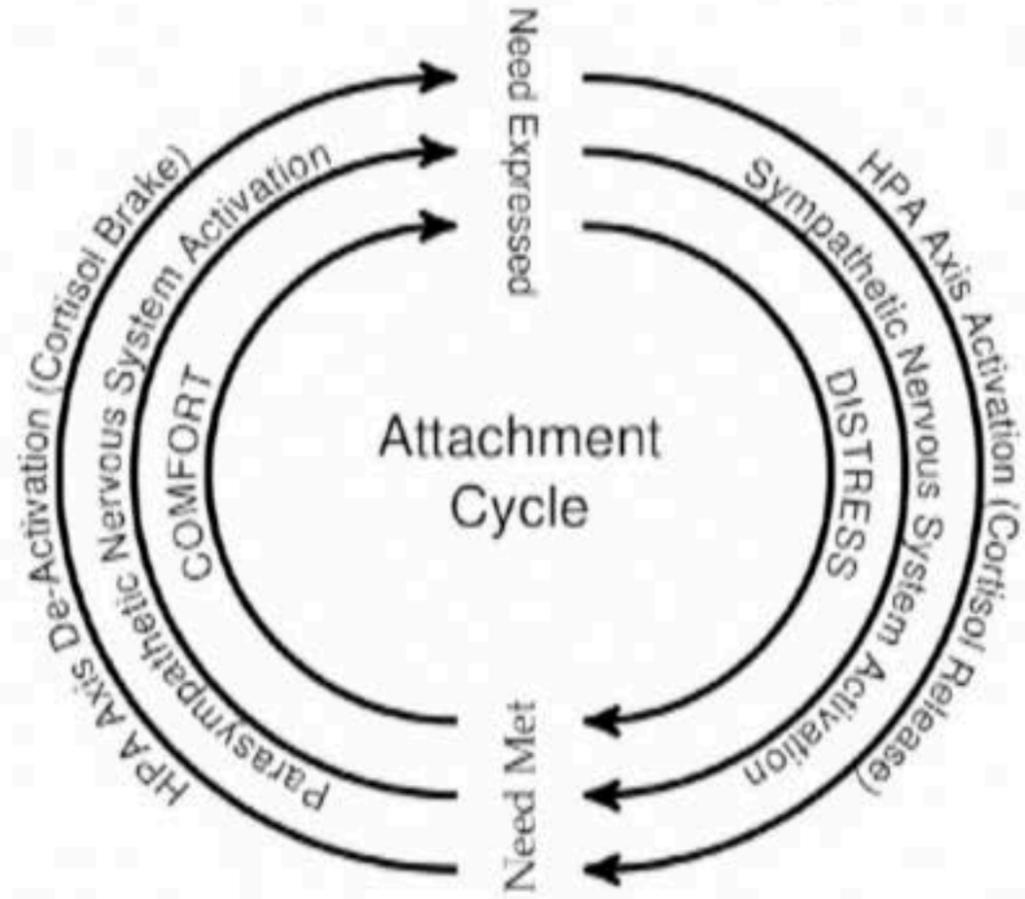




# What Does It Mean to Be Connected?



# Attachment Cycle

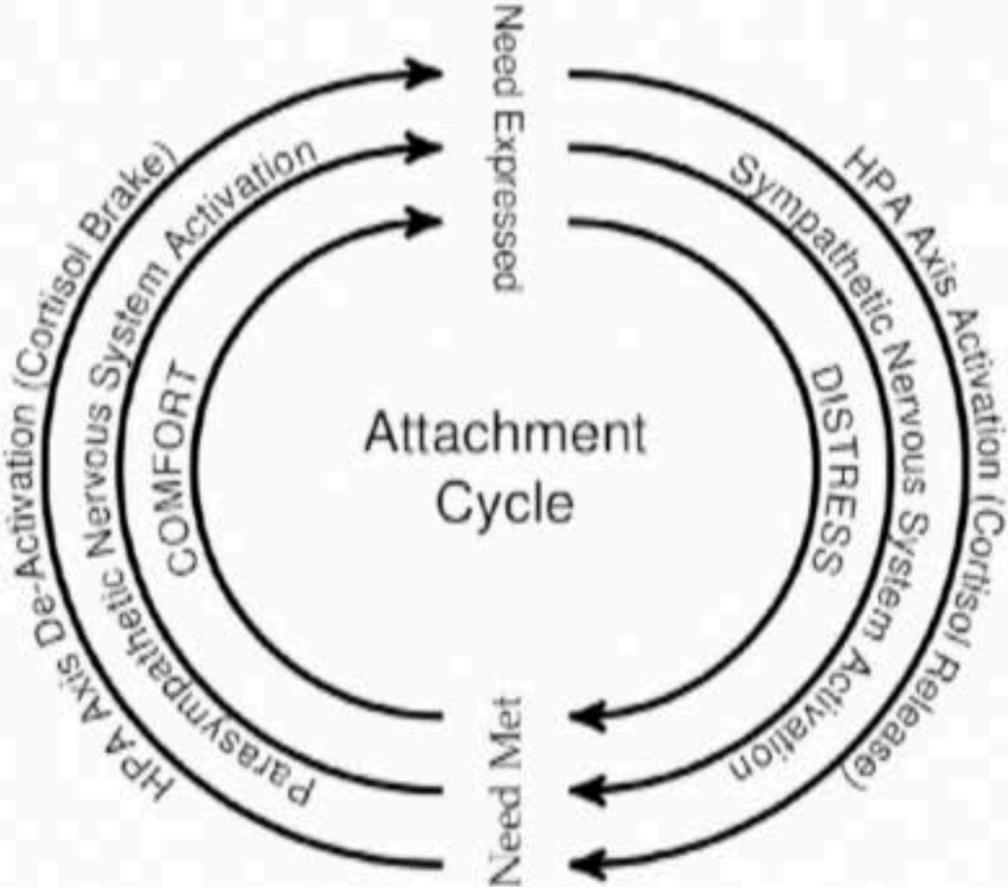




# Attachment Cycle

COMFORT  
Calm  
Relax  
Coo  
Play  
Deactivate Nervous System  
Safety

TRUST  
SELF-WORTH  
SELF-EFFICACY  
SELF-REGULATION  
MENTAL HEALTH





# Attachment Cycle

## COMFORT

Calm  
Relax  
Coo  
Play

Deactivate Nervous System  
Safety

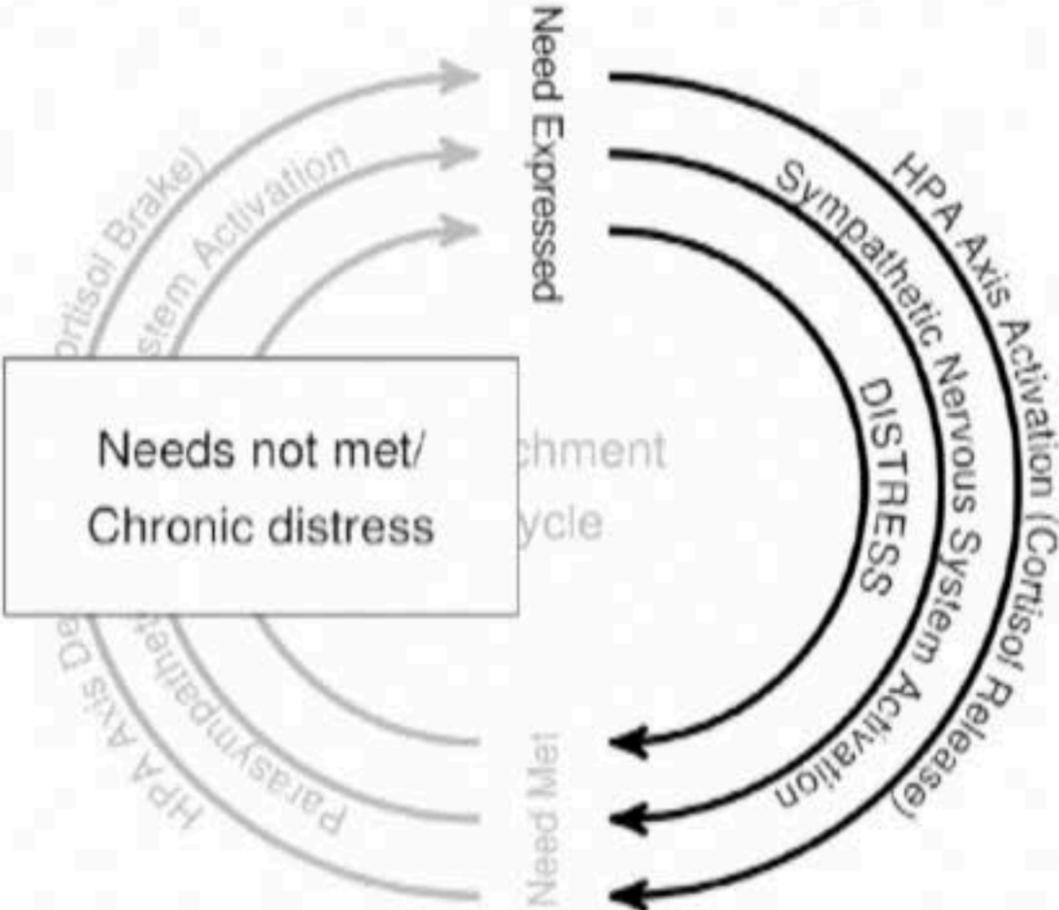
## TRUST

SELF-WORTH  
SELF-EFFICACY  
SELF-REGULATION  
MENTAL HEALTH

## DISTRESS

Crying  
Red Face  
Tense  
Tears  
Screaming  
Whining  
Activated Nervous System  
Fight/Flight/Freeze

## VOICE





# Attachment Cycle

## COMFORT

- Calm
- Relax
- Coo
- Play

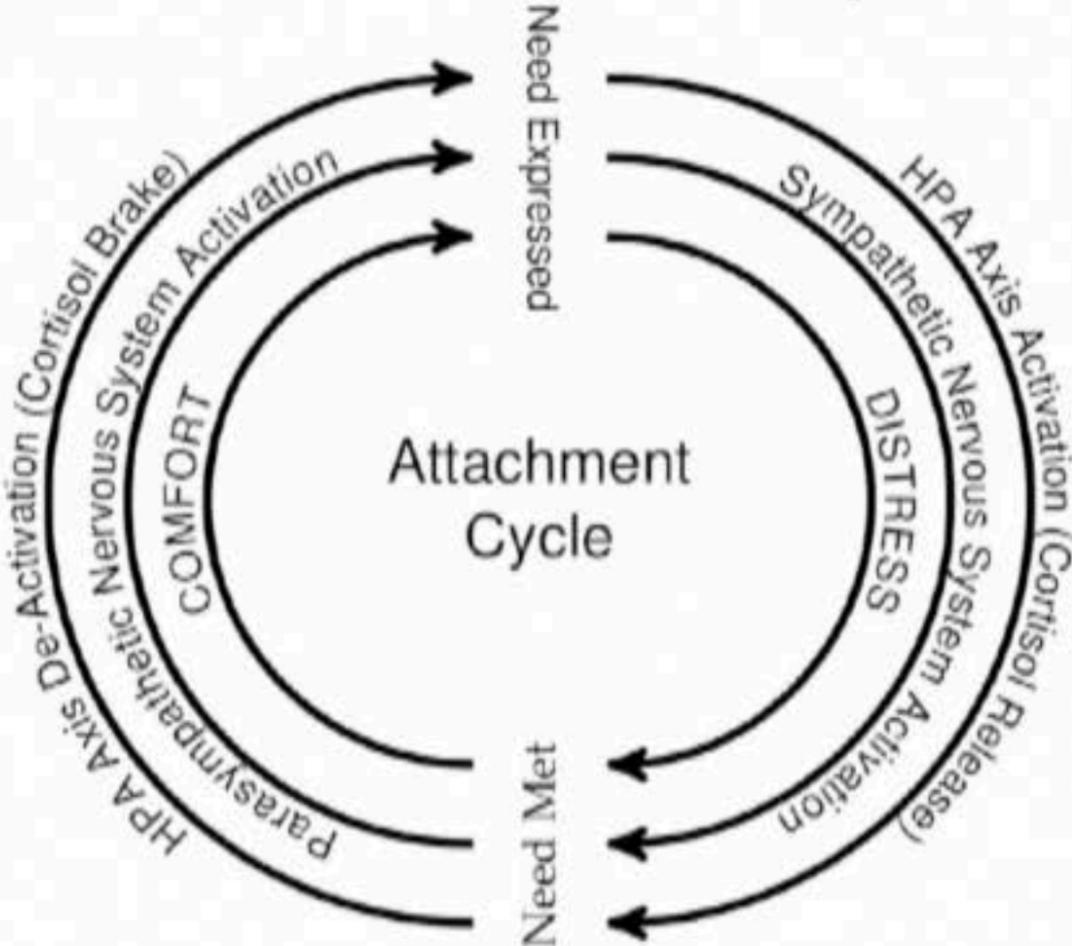
Deactivate Nervous System  
Safety

TRUST  
SELF-WORTH  
SELF-EFFICACY  
SELF-REGULATION  
MENTAL HEALTH

## DISTRESS

- Crying
- Red Face
- Tense
- Tears
- Screaming
- Whining
- Activated Nervous System
- Fight/Flight/Freeze

## VOICE

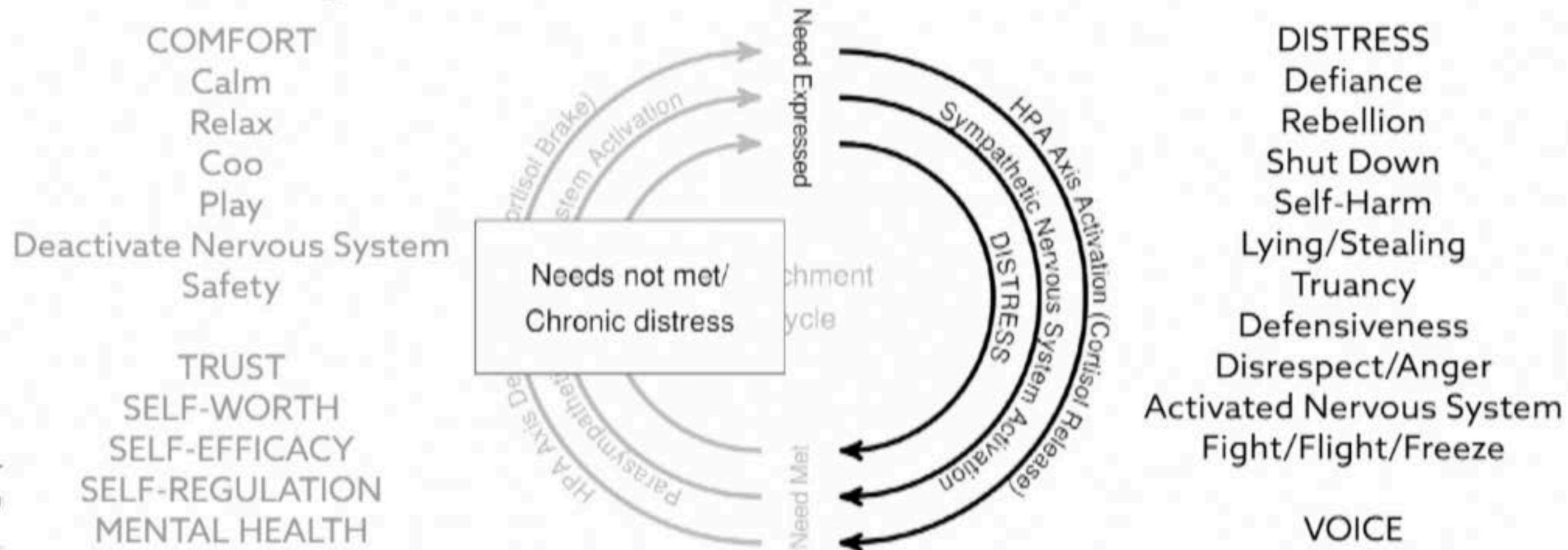




# Attachment Is Repaired by Recovering the "Yes."

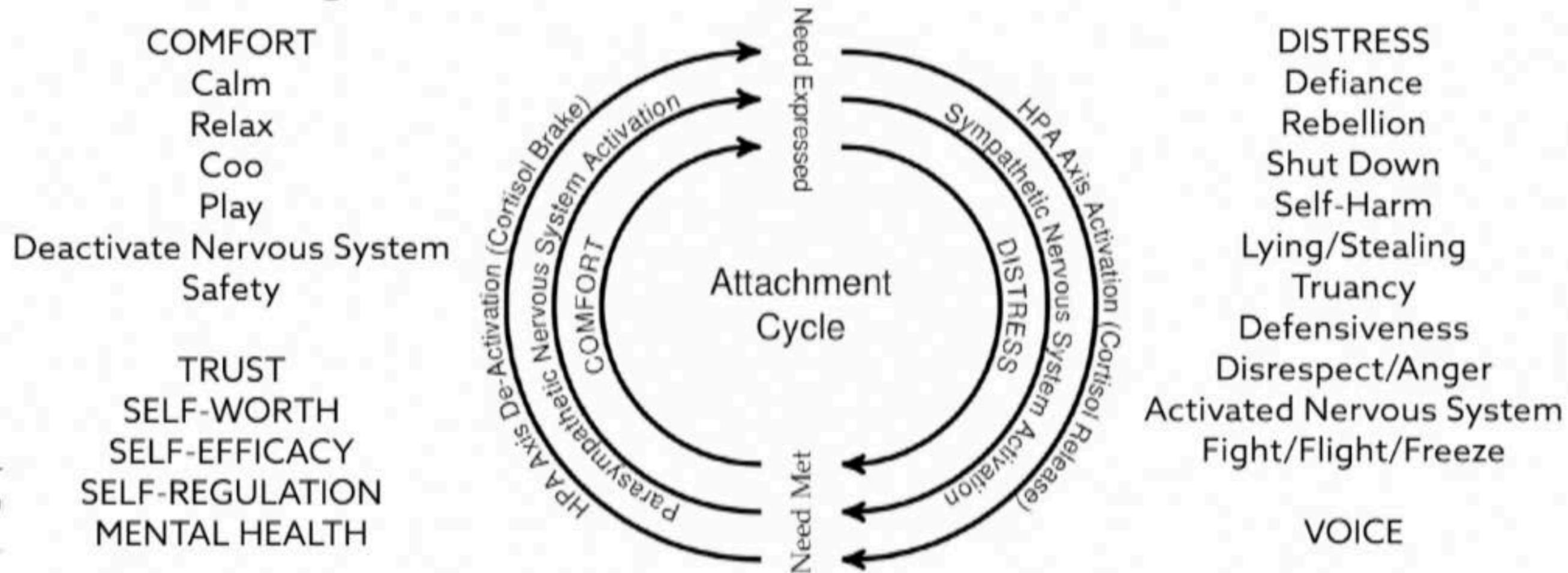


# Disorganized Attachment: Older Child





# Disorganized Attachment: Older Child





# They're Not Looking for Attention; They're Looking for Connection



# TBRI Engagement Strategies

BEHAVIOR MATCHING  
VOICE QUALITY  
HEALTHY TOUCH  
VALUING EYE CONTACT  
PLAYFUL ENGAGEMENT



# Behavior Matching

IMITATION IS THE SINCEREST FORM OF FLATTERY.



# Voice Quality

"BE CURIOUS, NOT JUDGMENTAL."

— Ted Lasso



# Healthy Touch

IF OUR KIDS DO NOT GET TOUCH IN HEALTHY WAYS,  
THEY WILL SEEK IT IN UNHEALTHY WAYS.



# Valuing Eye Contact

REFLECT THEIR PRECIOUSNESS



# Playful Engagement



**“Every kid needs at least one adult  
who is crazy about him.”**

— Bronfenbrenner



# Attachment Is a Dance.

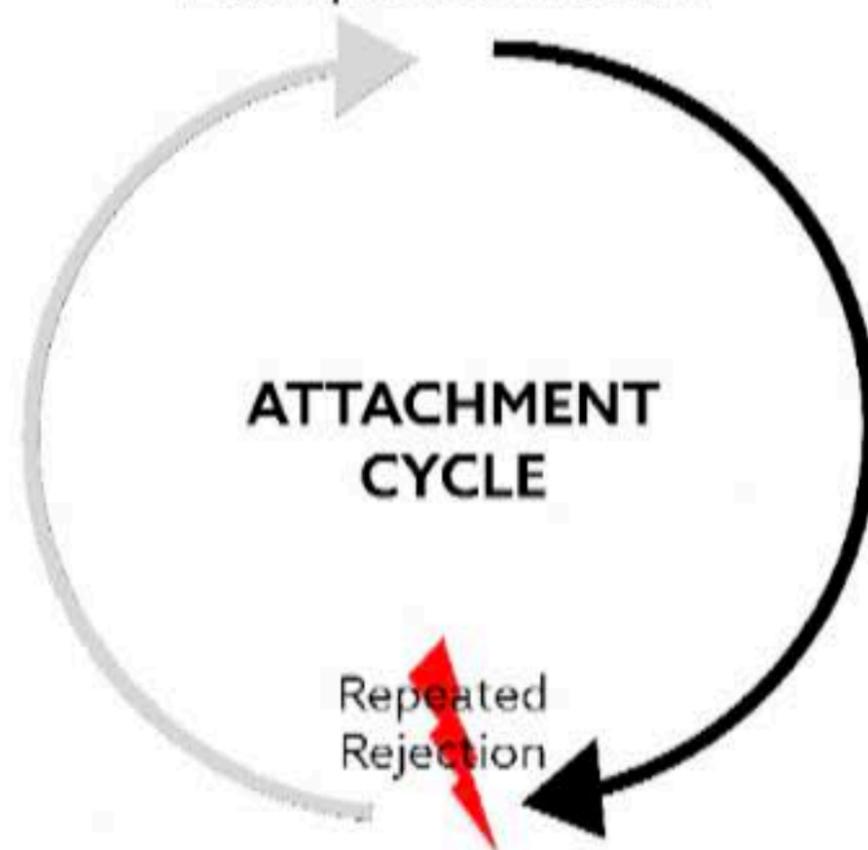


# Blocked Connection: Adult

COMFORT  
Calm  
Relax  
Coo  
Play  
Deactivate Nervous System  
Safety

TRUST  
SELF-WORTH  
SELF-EFFICACY  
SELF-REGULATION  
MENTAL HEALTH

Attempted Connection



DISTRESS  
Resentment  
Fear  
Disappointment  
Shut Down  
Anger  
Indifference  
Activated Nervous System  
Fight/Flight/Freeze

VOICE



# Mindful Awareness

REQUIRES US TO:

BE HONEST AND CURIOUS ABOUT OUR PAST AND PRESENT

MOVE FORWARD WITH COMPASSION AND SUPPORT



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

— Dr. Karyn Purvis



“Trust is not based on perfection, but on our being available and present when our child needs us.”

— Dr. David Cross