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Please note: This guide does not follow the teaching sessions; instead, it reinforces key concepts from the sessions. You can find additional support resources, including the slides from the teaching sessions, on the <u>Hope for the Journey Resources page</u> (showhope.org/hopeforthejourneyresources).



In 2010, Show Hope launched its first in-person Empowered to Connect Conference which soon moved to be both an in-person and simulcast event. In the post-COVID-19 world, the Empowered to Connect Conference & Simulcast was reimagined and relaunched as the Hope for the Journey Conference in 2021. And today, in an effort to better serve the growing needs of families, churches, and organizations, Hope for the Journey is now available with year-round access to content that has impacted and equipped more than 155,000 individuals, both here in the U.S. and around the globe.

Through proven, trusted content, Hope for the Journey explores the fundamentals of Trust-Based Relational Intervention (TBRI) across five sessions—chock-full of knowledge, insight, and practical tools. Rooted in research and neuroscience, the Connecting, Empowering, and Correcting Principles of TBRI will guide you to a better understanding of your child's or teen's needs and equip you to adequately meet those needs.

Sessions include (and in this order):

- + An Introduction to Trust-Based Relational Intervention (TBRI)
- + TBRI Connecting Principles
- + TBRI Empowering Principles
- + TBRI Correcting Principles
- + The Gospel + TBRI

Alongside each teaching session are supplemental segments that include a Going Deeper video on a select topic as well as a Practical Perspectives video from voices with lived experience.

Developed by Drs. Karyn Purvis and David Cross at the Karyn Purvis Institute of Child Development at TCU, TBRI is a research-based, scientific care model designed to meet the relational and developmental needs of children and teens impacted by trauma as well as the needs of the parents and caregivers who are seeking to help them thrive and flourish. For some, TBRI may be perceived as clinical in nature as it does involve the complexities of science, we, at Show Hope, see it as an opportunity to express our shared faith in Jesus Christ. In "Created to Connect: A Christian's Guide to The Connected Child," Dr. Purvis, with Amy and Michael Monroe, writes, "The longing of the human heart is to connect and belong. We long to connect with our Creator, in whose image we have been made, and by God's grace such a connection is possible. As relational beings, we also have a deep need and desire to connect with those around us. One of the most important and meaningful human conditions is undoubtedly between a parent and child."



Letter From SHOW HOPE FOUNDERS

Dear Friends,

Welcome to Show Hope's Hope for the Journey! We are honored to have you with us. We know all too well just how busy your days are, with schedules full of obligations on top of your family's daily needs and routines. So we do not take lightly your commitment to walk through the Hope for the Journey resource, as you seek to love and care well for the children and teenagers entrusted to you and your community.

We founded Show Hope more than 20 years ago, and as we were then, we are committed to the truth that humanity bears the image of God. Your children have been entrusted to you by our Heavenly Father, and you have the privilege of loving them, caring for them, and serving them. And while we must be clear-eyed about the broken circumstances that have brought our children to us, we must also remain hopeful, knowing that by Christ all things have been created and in Him all things are held together.

Thank you for allowing us to be a part of your family's and community's journey. We are praying that this resource is helpful and hopeful as well as a reminder of God's vast love, grace, and mercy for you and your family.

Mary Betl: Steven Curtis Chapman

Together, let's taste and SEE that the Lord is good!

Mary Beth & Steven Curtis Chapman

Founders

Show Hope



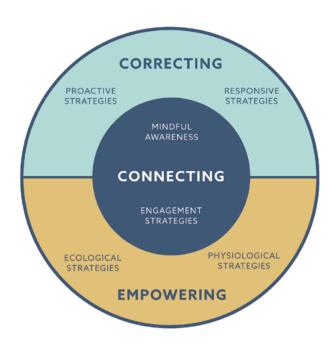
An Introduction to TBRI

This session provides a high-level view of TBRI, including its three primary guideposts of Connecting Principles, Empowering Principles, and Correcting Principles. You'll also gain a better understanding of how trauma impacts the brain and why connection is important for healing.

Trust-Based Relational Intervention (TBRI) is designed to meet the relational and developmental needs of children and teens, particularly those impacted by trauma as well as the needs of the parents and caregivers who are seeking to help them thrive and flourish. TBRI considers the whole child—his or her brain, biology, behavior, body, and beliefs—and provides parents and caregivers with practical tools and insights to help their child(ren) reach his or her highest potential. And, perhaps most integral, TBRI has connection at its core—the truth that connection builds trust, and trust builds healthy relationships.

The TBRI model is built upon three guiding principles:

- + Connecting Principles: Create connections that disarm fear, gain trust, and enhance learning.
- + **Empowering Principles:** Strengthen learning and regulation by meeting a child's physical and environmental needs.
- + Correcting Principles: Shape beliefs and behaviors effectively, so children and teenagers feel safe, protected, and empowered.



Children need parents, caregivers, and communities who are insightful, prepared, equipped, and committed.

As Dr. Karyn Purvis once said, "All children need to know that they're precious and unique and special. But a child [who has experienced trauma] needs to know it more desperately."

The human brain is like a two-story house. The "upstairs brain" allows us to think, reason, learn, remember, and regulate our emotions and is mostly unwired at birth. It takes time and experience for the upstairs brain to become hardwired.

The "downstairs brain" is mostly wired at birth and allows a newborn to eat, sleep, drink, stay warm or cool, and eliminate. A newborn's reflexes and basic bodily functions are rooted here.

TIGHT is

Whole-Child
Attachment-Based
Trauma-Informed
Evidence-Based
Multi-Systemic
Approach
Developmentally

Respectful

When a child experiences trauma, it can impact the wiring and chemistry of the brain—the lower, more primitive parts of the brain can overdevelop from reactions to fear and efforts to survive while the more sophisticated upstairs brain remains underdeveloped.

Repeating nurturing experiences can strengthen connections to the upstairs brain, so it can help regulate the downstairs brain, strengthening the balance between the two parts of the brain.

If a child spends too much time in fear, the brain organizes itself around the survival response—fight, flight, or freeze—and the downstairs brain runs the show.

Without felt safety and the ability to trust, the more sophisticated functions of the upstairs brain are largely inaccessible to a child. This is why the TBRI approach to addressing early trauma is vitally important.

ACEs

Considering the impact of adverse childhood experiences (ACEs) can provide a window into the developmental impact of relational trauma. Examples of ACEs include emotional abuse, physical abuse, sexual abuse, substance abuse, mental illness, domestic violence, criminal behavior, divorce, separation, and/or the death of a parent or loved one.

Possible Physical and Mental Health Risk Outcomes

- + Obesity
- + Diabetes
- + Depression
- + Suicide attempts
- + STDs

- + Coronary heart disease
- + Cancer
- + Stroke
- + Chronic obstructive pulmonary disease (COPD)
- + Autoimmune disease

To download an ACEs questionnaire, visit the Resources page at showhope.org/hopeforthejourneyresources.





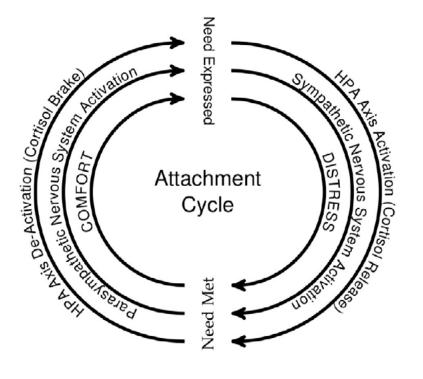




TBRI Connecting Principles

In this session, you'll explore attachment theory and how to help your children feel valued, safe, and connected. You'll walk away with practical strategies for addressing fear and building trust in everyday life, so your child or teen can expand his or her capacity for connection, growth, and learning.

Goal: To build trusting relationships that help children and youth feel valued, cared for, safe, and connected. Disarming fear and building trust greatly increase the capacity for connection, growth, and learning.



Foundation for

Trust

(Child knows adults will meet their needs)

Self-worth

(Child knows they are precious)

Self-efficacy

(Child knows their voice mattersconfident somebody will show up)

> Self-regulation Mental health

Mindfulness Strategies

- + Identify the thoughts, beliefs, and behaviors you bring to relationships based on the care you received.
- + Realize how these thoughts, beliefs, and behaviors influence your relationships.
- + Identify personal triggers. Ask yourself, Why does this behavior or situation trigger me so much?
- + Practice regulating yourself during times of stress:
 - » Pray.
 - » Take 10 deep breaths.
 - » Go for a walk.
 - » Remind yourself, It is my job to help my child regulate.
- + Stay calm and emotionally present during a child's distress. This allows you to:
 - » Think flexibly.
 - » Solve problems creatively.
 - » Model compassion.
 - » Co-regulate with your child.

Engagement Strategies

- + Use an appropriately authoritative voice—a blend of structure and nurture—never weak, shaming, or harsh.
- + Value eye contact (but never force):
 - » "Can I see your eyes, please?"
 - » "I love seeing those beautiful eyes!"
- + Match your child or teen's body position, posture, and voice.
- + Incorporate healthy touch (with permission):
 - » Chin prompt
 - » Hand on shoulder
 - » Hugs
 - » High fives or fist bumps
- + Interact playfully:
 - » Play games.
 - » Be silly together.
 - » Use imaginative play.

Be aware of yourself, your child, and the environment. Be a calm, attentive presence.







TBRI Empowering Principles

Empowering Principles examine how our bodies and external environments shape and impact our needs. With that understanding, you'll learn different strategies for better meeting the physical and sensory needs of your children, helping them navigate transitions, and more, so they eventually learn how to regulate and balance their minds and bodies.

Goal: To prepare bodies and brains for success by meeting the environmental and physical needs of children and youth.

One of the most important outcomes of TBRI Empowering Principles is to teach the capacity for regulation. These skills can be taught through modeling; practicing co-regulation; and by using physical exercises, daily routines, and/or nurturing activities. The goal is to give children the tools needed to use their brains and bodies to keep their internal state regulated and balanced. This is learned through healthy relationships.

Our own personal past experiences and history will influence how we perceive a new experience. The brain develops in sequence and will heal in sequence. Therefore, a child's ability to access any part of her or his brain that is not fully developed due to age or traumatic influence will be impaired.

Physiological (Physical/Internal) Strategies

- + Have your child's physical needs been met?
 - » Manage sleep, hydration, and blood sugar.
 - » Meet nutritional needs.
 - » Engage sensory needs by providing physical activity, at least, every two hours.
 - » Teach regulation by modeling and practicing regulation skills in physical and/or nurturing activities throughout the day.

Ecological Strategies

- + How is the environment affecting your child or teen? In what ways can you modify the environment to help your child, and/or how can you prepare your child for the environment?
 - » Use daily rituals that are predictable.
 - Create morning and evening routines and stick to those.
 - If possible, communicate any changes to the schedule with your child in advance.
 - » Foster and model predictability in transitions (i.e. "in five minutes, we will ... ").
 - » Develop awareness about the levels of sensory input—both for those who are sensory seeking and those who are sensory avoidant.
 - Consider noise levels, unfamiliar or strong odors, lighting, tactile experiences, and so forth.
 - Practice extra patience and compassion in environments that you cannot change or adequately equip child for, helping them walk through situations with the tools they do possess.

To download a list of resources and sensory integration tools, including some of our favorite fidgets, visit our Resources page at showhope.org/hopeforthejourneyresources.







TBRI Correcting Principles

It's important to remember that behavior will not change without connection. The real transformation comes through proactive connecting and empowering strategies. However, there will be times when we need to correct behavior. These principles will help you teach your child appropriate strategies for getting his or her needs met.

Goal: To help children learn appropriate strategies for getting their needs met and to learn to navigate successful interactions throughout their day.

Hallmarks of Connected Parenting

- + Time-ins vs. Time-outs
- + Bringing your child closer vs. Sending him or her away
- + Choices and Compromises vs. Consequences
- + Problem-solving vs. Lectures
- + Advocacy stance vs. Adversary stance (Coach vs. Warden)
- + Focus on your child's preciousness vs. Focus on his or her failures

Correcting Principles: The IDEAL Response®

- » Immediate: Respond immediately.
- » Direct: Engage directly (with eyes, proximity, and touch when possible).
- » **E**fficient: Maximize playfulness when possible, and use only the Level of Response that is essential for addressing the challenge.
- » **A**ction-Based: Give your child a chance for a "redo." Maximize learning by creating body memory for the right choices.
- » Leveled: Direct at the behavior, not the child. Make it clear to your child that you are her or his advocate, not adversary.

Solving behavioral challenges quickly and effectively while building connection between the caregiver and child is a primary feature of TBRI.

Foundational to TBRI is the premise that most behavior is driven by unmet needs. Ask yourself the following questions when your child or teen is using behavior to communicate something she or he doesn't have the words to express:

- + What is this behavior really saying?
- + What does my child really need?
- + How can I teach my child to get his or her needs met in healthy ways?
- + How can I teach this skill at a calmer time?

To help disarm fear and negative behaviors in children who are being disruptive, consider asking questions like:

- + Can you tell me what you need?
- + How can I help you?

Correcting Principles: Levels of Response

Level 1: Playful Engagement

Challenge: This is a low-level challenge in which your child or teen is disrespectful or dysregulated in some way.

She or he may roll her or his eyes, speak without raising her or his hand, grab something without your permission, etc.

At this level, there is no threat of danger or physical harm.

Opportunity: Tremendous learning can occur at this level of intervention because the response can still be playful.

Children learn at this level if the adult is consistent. In TBRI-informed environments where adults are connecting, empowering, and teaching proactively, 70 to 80 percent of challenging behaviors can be addressed at this level.

STRUCTURED ENGAGEMENT

PLAYFUL ENGAGEMENT

PROTECTIVE ENGAGEMENT

Goal: Simply give your child an opportunity to "redo" the behavior.

Since motor memory is formed through active participation, deep learning occurs.

Level 2: Structured Engagement

Challenge: This is a higher-level challenge and/or one that was not resolved with Playful Engagement. No one is in danger, and there is no physical threat. But if mishandled, there is a potential for escalation.

At this level, the adult should provide additional attention and structure.

Opportunity: Learning can still occur at this level because your child's fight-flight-freeze-fawn system is not fully activated.

Although it may take a couple of minutes, this is still a great win for both you and your child.

Situation: Your child or teen refuses to complete her or his homework.

Response: You will need to complete your homework, but you can do it now or after dinner. Which do you choose?

When it's over, it's over! (The goal is to demonstrate to your child that his or her value is not defined by the episode.) Immediately return to Level 1: Playful Engagement.

Goal: Providing "choices" gives the child a sense of safety and active participation in the resolution. Again, give your child or teen an opportunity to "redo" the behavior, which contributes to motor memory and deep learning.

Level 3: Calming Engagement

Challenge: At this level, the challenge is escalated, and your child or teen may be at risk of becoming violent. You must remain laser-focused and attentive in order to help your child or teen de-escalate.

Opportunity: An unexpected opportunity arises out of this more significant level of challenge because your child or teen will learn to trust you through this "hard place."

Handled correctly, a Level 3 challenge can become a tremendous opportunity for connection and growth.

Again, when it is over, it's over! Return to Level 1: Playful Engagement.

Situation: Your teen or child storms out of the room.

Response: You are having a hard time right now. Where can we take you, so you will be safe while you have a minutes to think about what you need, so you can tell me?

Note: When your child or teen has returned to a calm state, a redo can be requested as a learning opportunity, never to shame.

Goal: Support your child's or teen's need to regulate. Another goal is to prevent a full-blown crisis.

Level 4: Protective Engagement

Challenge: At this level, there is an active threat of danger and/or physical harm. Protection must be provided for your child or teen as well as others who are nearby.

Opportunity: The most powerful message you can give your child or teen is the knowledge that you can keep her or him safe and that you know your child's or teen's behavior is not what defines her or him.

Situation: Your child becomes physically or verbally threatening and/or begins a behavioral meltdown, doing damage to property or persons nearby.

Response: Remove either your child or teen and/or those in close proximity. If necessary, seek help from an adult who can stay with other children while you stay with your child who is struggling to regulate. Find a private, quiet space where your child can be kept safe and is not alone. Remove objects that might become harmful to your child or others. Remember, do not take personal offense at their words or actions in this state.

Goal: The immediate goal is to provide safety for all who are involved, including your child.

Remember, particularly in Protective Engagement situations, the goal is to demonstrate to your child that her or his value is not defined by the episode. As time allows (which may take days or weeks), look for opportunities to process the event(s) with your child or teen to foster greater connection.

As you navigate TBRI Correcting Principles, the ultimate goal is to complete all interactions in such a way that behavior is changed, the connection is strengthened, and both you and your child or teen are content.







The Gospel + TBRI

At Show Hope, we have a common saying: The adoption journey does not end the day a child is welcomed home—in many ways, it's just beginning. And the truth is, this journey is not meant to be traveled alone. For many families impacted by adoption and foster care, the local church is an important community of needed encouragement and support. The following are some very practical, tangible ways a church has in serving and supporting children and families, particularly those impacted by adoption and foster care.

First, consider hosting an evening of prayer for children and families. The power of prayer is where true change begins to take place. Having a night focused on praying for children and families can be incredibly impactful. Spend time focusing on specific needs:

- + Children and youth ministries
- + A vision for a ministry focused on serving families impacted by adoption and foster care
- + Children and teens impacted by adoption and foster care
- + Birth parents
- + Parents and caregivers
- + Schools, teachers, and systems
- + Children and teens who wait and families longing to welcome them home
- + The need for trauma-informed, trauma-competent care in your church and community (see our <u>Trauma Competency Continuum</u> for more information)

You, ultimately, know the needs within your church, community, and city, so begin there as you plan and outline the evening.

Second, another practical step in serving and equipping families and caregivers is launching a support group or small group for individuals and parents impacted by adoption and/or foster care. Perhaps begin meeting weekly or monthly in prayer, study, and conversation. A great resource to walk through together is "Created to Connect." This study guide sheds light and goes deeper into the biblical principles that serve as the foundation for the philosophy and intervention detailed in "The Connected Child" by Drs. Karyn Purvis and David Cross along with Wendy Lyons Sunshine.

Another idea might include a "Podcast Club." Similar to a book club, groups can gather together to listen to the <u>Empowered to Connect Podcast</u> or <u>The TBRI Podcast</u> and discuss episodes and topics in community.

Third, as part of that support network, recruit volunteers who can be on-call to help meet the everyday needs of adoptive and foster families. It can be as simple as setting up a meal train for busy seasons of life, writing a note of encouragement and mailing it to the family, offering to pick the kids up from school, or offering childcare for parents in their homes, so they can enjoy a night out together.

Fourth, a church can host a Parents' Night Out, where they drop off their children at church for an evening of fun while Mom and Dad enjoy a dinner at their favorite restaurant. This is also a great opportunity to recruit youth and/or college students to help provide care for the kids.

Fifth, with college students or young professionals, consider launching a mentorship-style program where they befriend and spend time with children and teens in the community. For young adults interested in pouring into the lives of kids and teenagers, this could be really impactful and meaningful.

Sixth, another great way to mobilize a church around adoption advocacy and support work is through fundraising. Adoption is expensive, ranging between \$25,000 and \$50,000. In fact, the financial costs to adoption is a prominent barrier standing between waiting children and families. Funds raised through a designated giving campaign could be donated to a specific family in a church or even to Show Hope in our efforts to support children and families on the adoption journey. Consider involving specific groups, like a small group ministry or the youth, and host a car wash or a bake sale. May is National Foster Care Month, and November is Adoption Awareness Month—so these would be ideal times for a giving campaign.

As the Church, we have an amazing privilege to help bring hope and healing to children and families. It's not always a "one size fits all" model and can be messy and complex, but it's good work nonetheless.



Acknowledgments



Mary Beth & Steven Curtis Chapman

Mary Beth and Steven Curtis Chapman founded Show Hope in 2003. The Chapmans were married in October 1984 and have six children—three biological children, Emily Chapman Richards, Caleb Chapman, and Will Franklin Chapman as well as three daughters welcomed home through adoption, Shaohannah Hope (Shaoey), Stevey Joy, and Maria Sue, who is now with Jesus. Mary Beth is a speaker and "New York Times" bestselling author of "Choosing to SEE," and Steven is the most awarded artist in Christian music history. He is also the bestselling author of "Between Heaven and the Real World." The Chapmans live in Franklin, Tennessee, where they enjoy time together along with their family that includes seven "grands."



Kristin Parks

Kristin Parks is the Executive Director of Show Hope. She was born and raised in Southern Illinois but has made Tennessee home since her college days at Union University. After serving 15+ years in a ministry/business organization, God led her to a new place of service at Show Hope, first as the Senior Director of Finance and then as the Assistant Executive Director. Kristin is a Certified Public Accountant (CPA) with experience in accounting, auditing, finance, operations, and human resources. In addition to organizational and leadership development, Kristin is especially passionate about using her expertise to make a difference in the lives of families and children impacted by adoption and foster care. In her spare time, Kristin enjoys cooking, reading, being outdoors, and, most of all, spending time with family and friends.



Sarah Mercado

Sarah Mercado is a Training Specialist with the Karyn Purvis Institute of Child Development (KPICD) at TCU. As a training specialist, her main focus is instructing professionals working with children who have experienced trauma in TBRI. Sarah earned her bachelor's degree from Sweet Briar College in Virginia. She began her career as a direct care staff working with adolescent boys living in a residential treatment center (RTC). After serving in the RTC for several years, she shifted her focus to foster care, where she was regional director for a foster and adoption agency. Sarah spent 20 years serving youth and families within residential and foster care settings as a direct-care worker and trainer before beginning her work with the Purvis Institute in May 2016.



Amanda Purvis

Amanda Purvis is a Training and Consultation Manager with the KPICD. In her role, Amanda's main focus is instructing professionals working with children who have experienced trauma. Amanda earned her Bachelor of Social Work degree from Metropolitan State University in Denver. She began her career working in child protective services as an intake worker. Amanda then transitioned to foster care and post-adoption support, where she spent a decade of her career before beginning her work with the Purvis Institute in December 2017. She holds a Master of Criminal Justice and Criminology degree from TCU and today lives in Colorado with her children.



Geoffrey Nelson

Geoffrey Nelson lives in Waco, Texas, with his wife and two sons and has been dedicated to TBRI since 2015. His journey began at a Methodist Children's Home, where he became a TBRI educator and practitioner, launching a career focused on supporting children and families. Over nearly a decade, Geoffrey has applied TBRI principles in diverse settings, including residential treatment centers, foster care and adoption agencies, schools, and corrections. Today, he serves as a Training and Consultation Specialist with the KPICD. Geoffrey is passionate about creating meaningful change for individuals of all ages. Inspired by Dr. Karyn Purvis's words, "I don't care if they are 1 or 100. People all need the same kinds of stuff," he continues to champion the transformative impact of TBRI in his work and community.



Dr. Daren Jones

Dr. Daren Jones is the Associate Director of Training & Consultation services with the Karyn Purvis Institute of Child Development (KPICD) at TCU. Since Daren joined the Purvis Institute in 2014, he has been an integral part of teaching and spreading TBRI across the U.S. and throughout the world. Daren earned his bachelor's degree in Social Work from the University of Arkansas at Fayetteville. He began his career as a behavior instructor of a therapeutic day treatment program serving children and youth who could no longer function in a regular academic school setting. Daren also spent 12 years serving youth and families within residential and foster care settings before beginning his work with the KPICD. He holds a Master of Social Work degree as well as a doctorate in Counseling & Counselor Education. Today, Daren lives in Fort Worth, Texas, with wife, Katie; daughter, Ruby; and son, Finn.

With the legacy of Dr. Karyn Purvis before us, we want to recognize and thank our partners and friends at the Karyn Purvis Institute of Child Development at TCU and Empowered to Connect. This work would not be possible without you.

About the Karyn Purvis Institute of Child Development

The Karyn Purvis Institute of Child Development (KPICD) is a program of the Department of Psychology in the TCU College of Science & Engineering in Fort Worth, Texas. Their mission is to improve the lives of children through research, education, and outreach that addresses the impact of early abuse, neglect, and trauma. Their research and interventions are empowering parents, professionals, and students with trauma-informed strategies that improve outcomes for children and youth.

About Empowered to Connect

Empowered to Connect (ETC) is a dynamic network of programs aimed at increasing access to holistic care for individuals, families, and communities. ETC's attachment-rich, trauma-informed, and healing-centered resources inform best care practices, prioritizing root causes and community support. At every level, ETC journeys alongside families and communities toward greater healing and hope.



IN MEMORY OF DR. KARYN PURVIS

Dr. Karyn Purvis was the Rees-Jones Director and co-founder of the Karyn Purvis Institute of Child Development at Texas Christian University in Fort Worth, Texas, the co-creator of TBRI, co-author of the best-selling book, "The Connected Child," and a passionate and effective advocate for children.

Among academics, she was a respected researcher, demonstrating how a child's behavior, neurochemistry, and life trajectory can change given the right environment. Among parents, she was an authoritative speaker, writer, and trainer. Many adoptive parents, who marveled at her innate ability to playfully connect and see the real heart of a child, revered her as a "child whisperer." To the thousands of children whose lives she touched, she was warmly known as "Miss Karyn, the queen of bubble gum!"

A mother, grandmother, foster parent, pastor's wife, and developmental psychologist, Dr. Purvis devoted her life to serving children. In the last decade, she and her team at the Karyn Purvis Institute of Child Development taught and inspired tens of thousands of parents, professionals, foreign dignitaries, political leaders, orphan care and adoption workers, lawmakers, judges, and child advocates around the world about the need for trauma-informed care and trust-based interventions for vulnerable children.

SHOW PHOPE





