

Trust Based Relational Intervention

Unpacking The IDEAL Response

"I" is for Immediate

TBRI was developed by Dr. David Cross and Dr. Karyn Purvis,
Texas Christian University, Karyn Purvis Institute for Child Development

Capture their heart and you can take their behavior anywhere!"

Dr. Karyn Purvis



The IDEAL response.

"You Don't Need Force,
You Need Connection" Dr. Purvis

Note: Dr. Purvis often uses biblical references and stories to illustrate a principle of Trust Based Relational Intervention . TBRI is NOT a faith based approach but one that is solidly grounded in neuroscience and brain based research.

First Line of Defense



Stay Calm- Think FAST

As you continue to implement TBRI, you will find that you can prevent or manage **80%** of behaviors through the connecting and empowering principles.

Remember Stay CALM and Think FAST?

This should be your first line of defense when you are facing or looking to prevent a monumental meltdown.

Unpacking The IDEAL Response: I is for Immediate!

Immediate: Within 3 seconds. This is when the learning opportunity is at its peak! This also speaks to keeping in close proximity to your youth.

Direct:

- Efficient
- Action Based
- Leveled at the behavior, not the child



You are Grounded.... Indefinitely!

Dr. Keck told a story of a youth who had been grounded for a year. He finally asked the parents, "is what you are doing working?" The family had to admit, it wasn't. He responded, "Maybe it's time you tried something else!" Parents who are at a loss to find effective consequences will often get stuck in repeating the same consequence, just longer and or with more severity. This cycle can put families on a dangerous trajectory that often creates intense relational strife as the youth is always in trouble and the parents are the "bad guys."

One of the problem with many punitive parenting strategies such as grounding, is that the parent is also grounded (they have to keep the youth in check) and often feel more like a warden than a parent. The youth and parent relationship is usually strained during this time as both parent and child are frustrated and angry.

I once worked at a residential treatment facility where one of the consequences for behavior was having to wear your pajamas all day for a week. One of the youngest residents was a youth who was five years old. The problem of this consequence in his case was by the end of the first day, the youth could not even remember why he was in trouble! There was no cause and effect connection between the consequence and his behavior, so no learning or behavior change took place.

The Three Cs of Correction



One of the benefits of using TBRI to strategies is to correct behavior are:

- 1. The behavior is changed.**
- 2. The connection between parent and child to the child is maintained.**
- 3. Both parent and youth are content with the outcome.**

With TBRI behavioral issues can be resolved anywhere from a couple of minutes, to a few hours depending on the level of response required.

Trust Based Relational Invention is about teaching skills, not punishment.

Behavior is dealt with, but with the intention to help the youth learn to calm themselves and get their needs met without using **violence, aggression** and **control**. Keeping the youth in close proximity will allow you to intervene while the behavior is still "a spark in the forest" as Dr. Purvis liked to say. By maintaining close proximity and staying attuned to your child's cues is critical, parents can catch behaviors while they are low. When you first hear whining or see the first indication of frustration you can step in. Immediately. Before it escalates to a full blown melt down.

Addressing the issue **immediately** allows the youth to learn from their mistake. Intervening immediately will also help the youth make the connection between their behavior and the consequence as well as provide an amazing opportunity to practice doing the right thing the right way (a redo).

We will talk more about redos in the future.

TBRI Tips are developed by Brenda Ursel, TBRI Educator

TBRI Tips are provided as part of ACRF Adoption Support Services and made possible through a grant from the State of Alaska, Office of Children's Services.