

Trust Based Relational Intervention ©
Unpacking The IDEAL Response
"E" is for Efficient &
Levels of Response

TBRI was developed by Dr. David Cross and Dr. Karyn Purvis,
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Trust-Based Relational Intervention (TBRI) is a therapeutic model that trains caregivers to provide effective support and treatment for at-risk children. TBRI has been applied in orphanages, courts, residential treatment facilities, group homes, foster and adoptive homes, churches, and schools.

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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 behavioral meltdown.

Unpacking The IDEAL Response: E is for Efficient

Immediate

Direct

Efficient: "Don't go after a gnat with an elephant gun."

Levels of Response:

1. Playful Engagement
2. Structured Engagement
3. Calming Engagement
4. Protective Engagement

Action Based

Leveled at the behavior, not the child.

E is for Efficient!



Dr. Purvis was fond of saying, "don't go after a gnat with an elephant gun!" In other words, only use as much force as the situation dictates. If you can get your child back on track with a gentle prompt of "are you asking or telling?", that is much more effective than treating the offense as an apocalyptic disaster. This is where the Levels of Response come in. The Levels of Response is a stair step intervention to guide a parent in determining the level of intensity a situation requires. The level of intervention is based on two things, the youth's state of regulation and safety risk posed by the behavior.

The Four Levels of Response

There are Four Levels of Response;

1. Playful Engagement: This is the level at which the best learning occurs. A simple script such as "Try it again with respect", or "Are you asking or telling?" may be all that is needed to get your child back on track. Voice is playful and light. Youth is regulated and there is no risk of harm to person or property. Resolution time: 3-5 minutes.

2. Structured Engagement: "You have two choices".

If the child doesn't respond to level one, then it is time to move to Level Two. In this level, the adult's voice is lower and more firm. The adult gives the child two choices. For example, "You can walk beside me or walk beside me and hold my hand. Which do you choose?" Ideally, the child will choose one of your options. Then it is a high five for making a good choice and back to playful engagement. Resolution time: 5-10 minutes.

3. Calming Engagement: The youth is quickly escalating and a meltdown is imminent. At this point, the parent must communicate calm. Voice is low, slow and calm. Whatever the behavior that resulted the escalation is no longer the issue, regulation is goal one. Bring the youth closer to you in a time in. Prompt the youth to use the self-regulation skills you have practiced together. Offer snacks, water or allow the youth to "chill" with music. When they are ready, then you process the issue. This can be 15-45 minutes.

4. Protective Engagement: When a youth reaches the point of being a danger to self, others and/or property it is recommended you seek training in Mandt or other crisis management technique, especially if the youth is still in state's custody. At Level Four, parents should stay calm and encourage the youth to "Tell me what you need." Do not corner the youth. If violence is imminent, call the authorities or have a safety plan in place. The best way to avoid a Level Four is to proactively make a plan and practice the skills desired for the youth to get their needs met. Resolution time: 1-3 hours. Once the youth is regulated, process, do a quick redo if he is ready and return to playful engagement.

Did Your Intervention Meet the Three Cs of Correction?

- *Are you and your child calm and connected?*
- *Are you both content with the outcome?*
- *Was the behavior changed and did you practice doing the right thing the right way?*

Next Tip: A is for Action Based: Doing the Right Thing the Right Way!

TBRI Tips are developed by Brenda Ursel, TBRI Educator

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