

# Trust Based Relational Intervention

## Ruptures and Repairs- Redos are for Parents Too!

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### The Importance of Repairing your Mistakes.

Please be aware this clip references Dr. Purvis' Christian faith. 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.



## You don't have to be perfect to be a perfect parent.

This is great news to all us imperfect parents! It is no surprise that everyone has parenting fails. No one is more aware of that than our kiddos. To quote a Hannah Montana song, "Everybody makes mistakes, everybody has bad days." It is turning those bad days, and parenting "fails" into teaching and healing moments for our kiddos.

This may be a challenge if you grew up in a family that did not deal with relational conflict in a healthy way. Avoidance, giving someone the cold shoulder, silent treatment, or using passive or actively aggressive techniques are common coping strategies for people who could not use their voice to deal effectively with conflict.

Learning how to repair the relationship following a rupture is a powerful teaching tool. There are going to be times when you are harsh, short tempered and/or emotionally reactive with your child.

While these moments are a given, it is your reaction that will be the most telling. Remember the first tenant of TBRI? Mindfulness. This refers to the awareness of what you are bringing to the interaction in any given moment. It is the awareness of your internal state, triggers and past traumas that are impacting your response.

Parents who are "hangry," stressed, frustrated, tired or otherwise overwhelmed are more likely to be short tempered and reactive with their kiddos and others. In TBRI terms, this results in a "rupture" in the connection with your child. You will have these moments and when you do, it is important that you go back and learn how to repair the disconnect.

This is going to require you to;

1. Accept responsibility for your behavior.
2. Demonstrate humility and go to the child and apologize.
3. Ask for a "do over " and do a redo.

For children from hard places, it is safe to assume they have never learned conflict resolution or witnessed a safe adult come back to them to repair the relationship with a redo and apology. Parents who are willing to do this are modeling and teaching their child a valuable life skill. They are demonstrating that making mistake is not dangerous and will not result in the disruption of the placement in their family. You are also helping that children learn to accept responsibility and apologize for hurtful actions . This is a lifelong relational skill that will serve them well!



## **Action Point**

### **Teach them how to "settle their glitter".**

- Watch this video with your youth.
- Teach your youth how anger feels in his body.
- *Teach him or her the words and help him or her use those words.*
- Teach and practice ways that can help a youth calm down.
- Make a glitter jar together
- PRACTICE using calming skills!

You can also help your youth by make a coping chart with your child like the one on the next page.

Remember the goal is to equip your youth with the skills he needs for self-regulation while connecting with others!

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