

Trust Based Relational Intervention Unpacking The IDEAL Response "A" is for Action Based, Part One

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

Trust-Based Relational Intervention (TBRI) is a therapeutic model that trains caregivers to provide effective support and treatment for at-risk children.

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 of her faith to illustrate a principle of Trust Based Relational Intervention. TBRI is NOT a faith based approach but one that is solidly grounded in neuro-science and brain based research.

If a child feels threatened, hungry, or tired, her primitive brain jumps in and takes over. Physically located in areas of the brain such as the amygdala, this primitive brain constantly monitors basic survival needs and behaves like a guard on patrol. When the primitive brain is on duty, more advanced areas of the brain - particularly those that handle higher learning, reasoning, and logic - get shut down. Helping a child feel safe relaxes and disarms the primitive part of her brain. We purposefully soothe and disengage the primitive brain so it won't bully the child into poor behavior.



**"Stay
CALM &
Think
FAST"**

This should be your first line of defense when you are facing or looking to prevent a behavioral meltdown. Hunger, thirst, fatigue can trigger a fear response in the brain. Remember, meet practical needs FIRST!

Unpacking The IDEAL Response:

Immediate

Direct

Efficient

Action Based: *Do the right thing, the right way!*

Leveled at the behavior, not the child.

"A" is for Action Based



Olympic Level Parenting **TBRI is simple, but it is not easy.**

Dr. Purvis often refers to TBRI as high investment parenting. It requires everything of the parent: self-discipline, insight, commitment, practice and perseverance. I like to call it "Olympic level parenting" for that reason. It is hard work!

As part of TBRI, a parent needs to make the shift from a *punitive* mindset to a *coaching* mindset. Our goal as parents is not to punish our kids into compliance, but to coach and mentor them in learning the skills they will need to become productive adults. Ultimately, that means we are Olympic level coaches to our child. As such, I went to the best coaches in the world to discover what make an Olympic level coach.

In the article, **Qualities of a Great Sports Coach, from the International Olympics Committee**, I found some wisdom to help you become an action based parent. As you will see, many of the qualities of an Olympic coach apply to us as TBRI parents.

QUALITIES OF A GREAT SPORTS COACH

[Read Full Article Here](#)

A good coach is positive, enthusiastic, supportive, trusting, focused, goal-oriented, knowledgeable, observant, respectful, patient and a clear communicator.

8 Characteristics of A Great Coach

A Great Coach:

1. Must plan, know the rules, and provide a simple, structured environment for athletes to succeed.

Plan- Prepare - Rehearse - Perform - Compete are the essence of good coaching.

In TBRI Terms: For our kids, it looks a little more like this;

Plan- Prepare - Practice- Practice- Practice - Perform - Repeat

Being **Action-based** means being creative in planning how you will teach a skill and being willing to *practice* it with your child. It is only through practicing the right behavior the right way that will allow your child to perform during the crunch time. By practicing the correct behavior, you are creating a body memory for the right response.

2. Is Highly Energized and is a Motivator.

The successful coach is a motivator with a positive attitude and enthusiasm for the sport and the athletes. The ability to motivate and inspire is part of the formula for success. *Motivation means keeping the practice fun, fresh and challenging. Fun and enjoyment are the cornerstones to successful coaching.*

In TBRI Terms: All of us learn better when our coach/teacher is happy, loves the job, is fun, engaging and creative with their lessons. Great coaches teach in a way that makes us excited to learn. This is why TBRI starts with Playful Engagement. It is the best way to catch behaviors low and practice the desired response.

3. Knows the Athlete, Values and Respects that Relationship.

Being aware of individual differences in athletes is an important ingredient in coaching excellence. Yelling, screaming and other emotional displays may work for some athletes but could have a devastating effect on others. *(For our kids, it will devastate them and shut them down.)* Individualizing communication and motivation to specific athletes is vital to successful coaching. Paying attention to the athlete's emotions, strengths and weaknesses are the responsibility of a good coach. Understanding every athlete is different, and have different ways of receiving coaching information is key to good coaching, especially in a team game.

In TBRI Terms: Remember your child is precious, his voice matters and he matters. Get to know your child, how she learn, her triggers and her talents. Teach in the way your child learns. *Be attuned and attentive to your child.*

4. Is an Effective Communicator & Teacher

The effective coach is a coach who communicates well and exudes credibility, competence, respect and authority. A coach should be able to explain ideas clearly. Clear communication means setting defined goals, giving direct feedback and reinforcing the key messages. Acknowledging success is also essential for good communication. Language is a key part of coaching, and keeping everything simple and easily understood is a sign of a successful coach.

In TBRI Terms: Keep it Simple--12 words or less. Write, define, and post the goals with the child. Give short, specific praise when the child succeeds (it is called "marking the behavior.") The parent should always be calm and regulated when interacting with the child.

5. Is a Good Listener

Part of communicating effectively is listening. A coach should be a compassionate ear and should welcome the athletes comments, questions and input. The effective coach will actively seek out information from athletes, and work in an environment. where athletes are encouraged to present ideas and thoughts to the coach. Finally, the good coach will be flexible and will use player feedback to modify the training plan if necessary.

In TBRI Terms: Give the child voice and choice. Involve them in the process. Be flexible and make room for compromises. Watch for non-verbal cues that your child may be shutting down. Remember the signs of fight, flight or freeze? Look for them.

6. Is Disciplined, Strong in Character and Integrity

Trust between athlete and coach is of paramount importance at all times and essential for successful coaching. Trust comes from the quality of the actions from both coach and player alike. The effective coach clearly states a code of conduct up front and adheres to it. Evidence supports that for discipline to effectively change behavior, it must be mild, prompt and consistent. Coaches must be committed to individual integrity, values and personal growth.

In TBRI Terms: Building trust is cornerstone to success. You have to show the child they are safe and you will meet their needs. To successfully change undesirable behaviors, your response should be immediate, direct and start with playful engagement.

7. Leads by Example with Very High Attitude to Hard Work

The effective coach also leads by example. A good coach adheres to the same rule he/she expects of athletes. A coach who wants respect should also show respect. A coach who expects athletes to remain positive needs to display a positive attitude. A coach who wants athletes to listen should also listen to athletes.

In TBRI Terms: Model what you teach. You can't give what you don't have.

8. Displays Commitment and Clear Passion for the Sport

The best coaches are in the profession because they love it. Besides being strongly committed to the sports and success, the best coaches display a clear commitment to looking out for the best interest of the individual athletes. Coaching in many ways is a 24/7 365-days-a-year job as top coaches live and sleep the art of coaching.

In TBRI Terms: Display a unwavering commitment to your child . Show them you have their back and that there is safe adult on duty. Love and delight in your child. Be passionate about their success. To be a TBRI parent, you have to eat, sleep and breathe these principles. This journey is not a sprint, it is a marathon and you have to prepare for the long haul. I guarantee it will be worth the investment.

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? Did you practice doing the right thing the right way?

TBRI Tips are developed by Brenda Ursel, TBRI Educator

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