

Trust Based Relational Intervention

Unpacking the IDEAL Response: D is for Direct

TBRI was developed by Dr. David Cross and Dr. Karyn Purvis, Texas Christian University, Karyn Purvis
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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: D is for Direct !

Immediate:

Direct: Engaging all the connecting principles!

Efficient:

Action Based

Leveled at the behavior, not the child.



Direct: *This is often easier said than done!*

**Being Direct starts with TVC—
Total Voice Control**

TVC focuses on how you say, what you say. When considering the "direct" of the Ideal Response think about a multi-sensory approach and awareness regarding your non-verbal messages. Compare the pictures below. Which would trigger safety systems and which would trigger fear systems in a child?



This is a picture where you can easily imagine the sound of the teacher's voice without ever hearing a word. Her expression, posture and gesture communicate that this conversation will not be a pleasant one.



This picture communicates something very different. Though it is evident the youth is struggling, the teacher's posture and expression are gentle and non-threatening. She is resting her hand on the youth's shoulder. From her body language, one could ascertain that she is there to help the youth.



"It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being"

- John Joseph Powell

What are you reflecting back to your child through your expression, posture, voice, tone and cadence?

Remember the belief system our children are operating from. They already feel rejected, as if they don't belong and that their needs or voice do not matter. This is why our children can be hyper sensitive to a hint of frustration or annoyance in our voice, a furrowed brow or a harsh tone. Sometimes, even simple prompt to make a correction will send our child scrambling to hide! When they are reprimanded, they don't just think "I made a mistake" they believe "I am a mistake". They are filled with so much shame that the thought of doing one more thing wrong and seeing disappointment and anger reflected in your face is too much for them to bear.

5 Tips for Being Direct with Our Children

1. Get down at their level, don't tower over them, kneel off to one side if you are able. This communicates safety at a primitive level.
2. Make gentle eye contact. Smile with your eyes. Be mindful of glaring and harsh looks.
3. Keep a playful tone for a lower level behavior issues. For a more serious issues, lower your tone and slow down your rate of speech.
(cadence). If they get louder, you get calmer and use fewer words.
4. Gently touch their shoulder (if they are not escalated) or ask for good eyes and hands.
5. Most importantly, stop what you are doing and fully engage with the child. No lobbing directives from across the room or multi-tasking. Be direct, at their level, ready to communicate safety and calm!

**TBRI Tips are developed by Brenda Ursel, TBRI Educator
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