

# TBRI® & TRAUMA-INFORMED CLASSROOMS

Trust-Based Relational Intervention for the Educational Environment

## What is TBRI®?

Trust-Based Relational Intervention (TBRI®) is a method of intervention for children who have experienced abuse, neglect, or trauma. Due to their past experiences, these children have changes in their bodies, brains, and behaviors.

This method treats behavioral issues by addressing a child's physical needs, connecting with the child to build trust, and disarming fear-based behaviors

## In the classroom, vulnerable children experience:



A surge in high stress neurochemicals



Lower learning and retention rates

### If a child focuses on:

- Safety
- Hunger/Thirst
- Fatigue
- Scary Situations
- Emotional Hurts

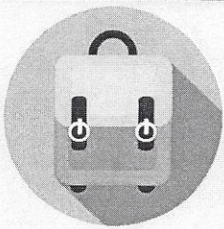
### The child cannot focus on:

- Discussions
- Complex Reasoning
- Mathematics/Puzzles
- Abstract Concepts
- Logic

### Instead, the child may:

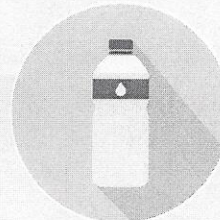
- Run or Hide
- Try to exert control
- Show Aggression
- Display Anger or Cry
- Shut Down

## HOW WE CAN HELP:



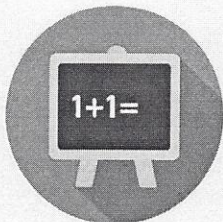
### Create a Safe Space

- Establish a predictable routine
- Healthy positive touch (high fives, handshakes, etc.)



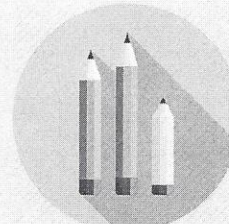
### Stay Regulated

- Emotional check-ins
- Hydration
- Exercise and movement
- Take breaks



### Build Trust

- Give advance notice of upcoming change
- Warm interactions
- Listen and praise



### Give Voice

- Offer choices
- Compromise
- Empower

Need more information? Check out these resources for additional research, videos, and training materials.

- TBRI website at Texas Christian University: <https://child.tcu.edu/about-us/tbri/#sthash.SSoIM3zT.dpbs>
- Karen Purvis, Dansereau, & Parris (2013). Trust Based Relational Intervention (TBRI): A Systemic Approach to Complex Developmental Trauma. *Child and Youth Services*, 34.4, 360-386.