

Overview TBRI®

Trust based relational intervention

At-risk-children and TBRI

Meeting their special needs.

Children coming from stressful backgrounds are often at high risk for:

- Creating unhealthy relationships.
- Experiencing delays in development.

TBRI is an attachment-based, trauma-informed model created to meet these relationship and developmental needs for at-risk children.

TBRI uses 3 principles

1. Connecting: Addresses child's attachment needs.
2. Empowering: Addresses child's physical needs.
3. Correcting: Lessens child's fear-based behaviors.



While we base this model is on years of sensory processing, attachment, and neuroscience research: The heartbeat of TBRI is connection.

Children coming from hard places

Life's hard places may include situations of overwhelming abuse, neglect, or abandonment. Because of this history of ongoing stress, children often find it difficult to trust loving and

well-meaning adults that are now entering their life.

What frequently results are puzzling behaviors; behaviors that just do not make any sense.

TBRI for meeting these special needs

This is the tool for anyone who cares for these children.



TBRI recognizes that the cause for many of these problem behaviors and strange beliefs are actual chemical changes that have taken place in the bodies and brains of at-risk children.

While some traditional parenting strategies may help in typical situations, children from hard places need caregivers that can understand and focus on these physical changes.

TBRI is proven effective in

- Home
- Schools
- Group homes
- Camps
- Inpatient psychiatric units
- Partial hospitalization programs (PHP)
- Residential treatment centers

Cook Children's and TBRI

A tool for all children.

We believe that TBRI® is useful tool for children from hard places. However, we also feel TBRI is an excellent tool for other children.

These children may be struggling with behavioral health issues, but they are not necessarily from hard places.

At Cook Children's Psychiatry, we believe in the TBRI model and we currently have several professionals who are trained TBRI Practitioners.

Each staff member has received special training at Texas Christian University (TCU) Karyn Purvis Institute of Child Development (KPICD).

Our goal is to train the TBRI® principles to all of our staff in the psychiatry department.

Your questions

Please know that everyone needs help understanding health information. You are not alone if you find things confusing at times. Your questions and concerns are very important to us. Please ask us or write them down so you can ask us later. Always let us know if our answers are not making sense or are not clear.

We look forward to meeting with you and working with you, your child, and your family.

Sincerely, Your treatment team

Parents and TBRI

For more information on TBRI:

The Connected Child: Bringing hope and healing to your adoptive family (2007) by Purvis, K.B., Cross, D.R., & Sunshine, W.L. McCraw Hill.

Visit the TCU KPICD website at <https://child.tcu.edu/about-us/tbri>

Reference:

Karyn B. Purvis, David R. Cross, Donald F. Dansereau & Sheri R. Parris (2013). Trust-Based Relational Intervention (TBRI): A Systemic Approach to Complex Developmental Trauma, Child & Youth Services, 34:4, 360-386, DOI: [10.1080/0145935X.2013.859906](https://doi.org/10.1080/0145935X.2013.859906)

Behavioral health

For contacts and locations visit

cookchildrens.org/services/behavioral-health/contact-us/ or



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.