

## **Trust-Based Relational Interventions for Caregivers**

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Our March newsletter announced the Travis County Collaborative for Children (TCCC) initiative that brought Texas Christian University to Travis County for trainings in Trust Based Relational Interventions (TBRI). The week long training in March proved to be a successful introduction of the model, and we'd like to provide you with an update of its valuable teachings.

During the training, the presenters incorporated TBRI strategies and philosophies by supplying the attendees with nutritious meals and snacks every two hours, providing opportunities to re-energize, and keeping everyone well hydrated. For practitioners and caregivers who implement and use this model, one fundamental component is that children who have been victim to a trauma require just as much attentiveness to their psychological needs as they do to their physiological needs. Caregiver responsiveness is a key factor in healing trauma in children.

The principles of *connecting*, *correcting*, and *empowering* were also highlighted in the training, along with strategies on how to achieve this. One such strategy that encourages connection is through "playful engagement." Playful engagement disarms fear, promotes social competence and builds attachment. In addition to speaking on the TBRI principles, the trainers spent time talking about attachment styles, for both the child and the parent. TBRI is the first therapeutic model that uses a holistic approach to healing children who have "come from hard places." The model looks at several factors, such as, the child's neurobiology, trauma history, and sensory processing issues.

The purpose and dream behind having such training in TBRI is for there to be more continuity between agencies, foster homes, and the Texas Department of Family and Protective Services. The hope is that we, as caregivers, clinicians, and healers, can be more compassionate with our children that we serve, as well as, more effective in our healing strategies by having a better understanding of how trauma affects the brain and a child's behavior.

