

TRUST-BASED RELATIONAL INTERVENTION®

Caring for Kids From 'Hard Places'



Trust-Based Relational Intervention® (TBRI) is a whole-child, attachment-based, trauma-informed, multi-systemic, evidence-based intervention which has proven to be successful for children who have experienced relational trauma (abuse, neglect, domestic violence or institutionalisation). It is a practical therapeutic model that shows professionals and carers how to provide effective support and treatment for these children.

Because of their histories these children have changes in their bodies, brains, behaviours, and belief systems. It is often difficult for them to trust loving adults in their lives, which results in perplexing behaviours. While a variety of parenting strategies may be successful some of the time, children from hard places need care that meets their unique needs and addresses the whole child.

TBRI® uses *Empowering* Principles to address physical needs, *Connecting* Principles for attachment needs, and *Correcting* Principles to disarm fear-based behaviours. TBRI® interventions are based on years of attachment, sensory processing, and neuroscience research; however, the heartbeat of TBRI® is still connection. The approach is effective because it is founded in research on how optimal development should have occurred and applies these principles to help troubled young people to return to their natural developmental trajectory.

TBRI® offers practical tools for helping professionals, caregivers, parents, and teachers who want to see the children they are working with or caring for reach their highest potential. Although the primary focus is on children cared for children, the principles and strategies of this approach are effective for any child or young person who has come from a 'hard place'.

**Available as public workshops and in-house training
to professionals and carers**

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