

# TRUST-BASED RELATIONAL INTERVENTION®

## FREQUENTLY ASKED QUESTIONS



### What is it?

Trust-Based Relational Intervention (TBRI®) is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection.

### Who is it for and who should use it?

TBRI® is designed to meet the complex needs of children who have experienced adversity, early harm, toxic stress, and/or trauma. Because of their histories, it is often difficult for these children to trust the loving adults in their lives, which often results in perplexing behaviors. TBRI® offers practical tools for parents, caregivers, teachers, or anyone who works with children, to see the “whole child” in their care and help that child reach his highest potential.

### Why use it?

Because of their histories, children who have experienced trauma have changes in their bodies, brains, behaviors, and belief systems. While a variety of parenting strategies may be successful in typical circumstances, children with histories of harm need caregiving that meets their unique needs and addresses the whole child. That said, we’ve found that any child benefits from a nurturing, trusting relationship with a safe adult.

### Where is it used?

TBRI® is used worldwide in homes, residential facilities, group homes, schools, camps, schools, juvenile justice facilities, courts, with survivors of sex trafficking, in faith communities, courts, with law enforcement, in clinical practices and beyond.

**TBRI® training is available and provided by  
CASA Child Advocates of Montgomery County:**

Please reach out to TBRI® Manager, Jennifer Reitmeyer,  
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