



# Attachment: When things go wrong

## TBRI Strategies for Creating Securely Attached Parent-Child Relationships



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# Introduction To Trust Based Relational Intervention (TBRI)

TBRI is an ...

Attachment-Based

Trauma-Informed

Whole-Child

Multi-Systemic

Evidence-Based approach

to understanding children (and all human beings)

**TBRI HELPS CHILDREN RETURN TO THEIR NATURAL  
DEVELOPMENTAL TRAJECTORY**



Please, share your WHY 😊



# TBRI<sup>®</sup> Connecting Principles

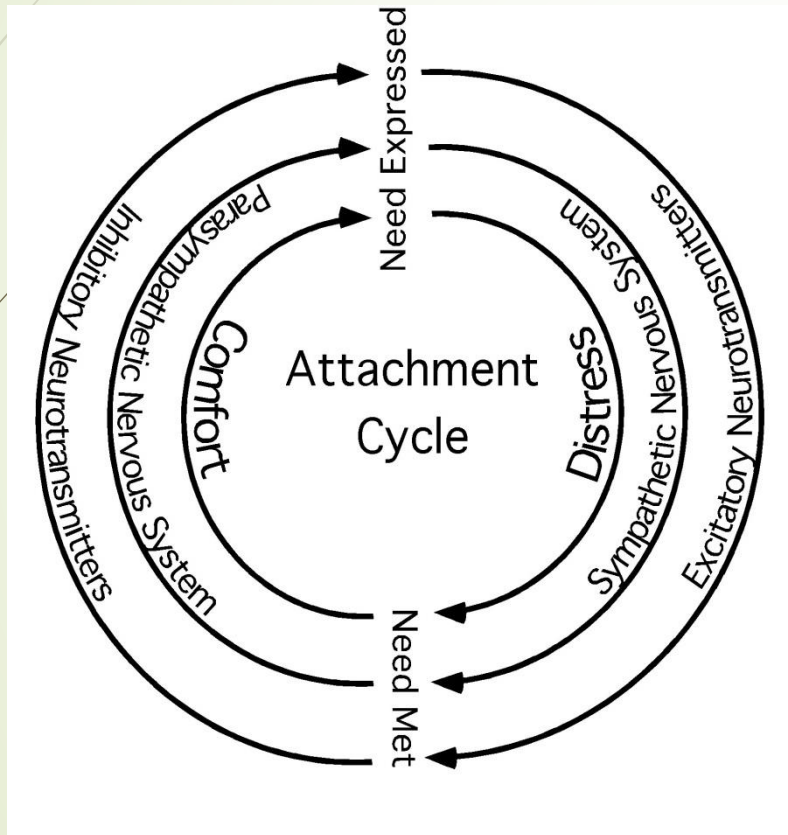
# Understanding developmental risk factors

- Difficult pregnancy
- Difficult birth
- Early hospitalization
- Abuse
- Neglect
- Trauma

Experiencing even one of the risk factors causes a child's developmental trajectory to change in response.



# The Attachment Cycle

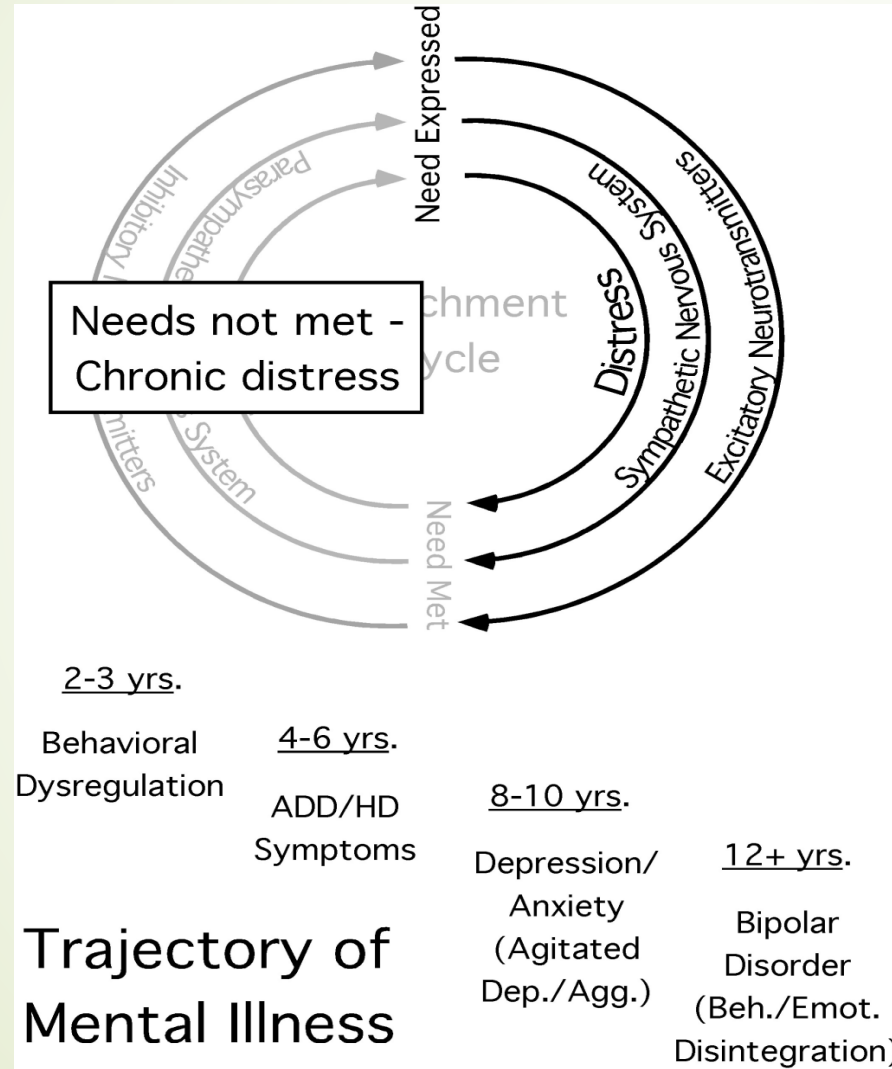


**Healthy Attachment is the Foundation for:**

**Trust**  
**Self-worth**  
**Self-efficacy (voice)**  
**Self-regulation**  
**Mental health**

Other regulation → Co-regulation → Self Regulation

# The Attachment Cycle DISRUPTED



**Chronic Distress leads to:**

**Survival Behavior  
(fight, flight or freeze)**

**Behavioral dysregulation**

**Aggression, manipulation,  
control**

# Infant Attachment

Histories with caregivers influence attachment patterns

Infants use attachment as their model for relationships

Attachment Style	History with caregiver	Infant's strategy when upset
<b>Secure</b>	Caregiver consistently, warmly responds when infant is upset	Cries; infant knows that caregiver will soothe
<b>Anxious-Avoidant</b>	Caregiver does not respond in emotionally warm way when infant is upset	Infant has learned not to cry to get needs met
<b>Anxious-Ambivalent</b>	Caregiver inconsistently responds when infant is upset	Infant cries and is difficult to soothe) in an effort to stay in caregiver's direct attention
<b>Disorganized</b>	Caregiving is frightening/traumatic	Infant has no clear strategy when upset





# 4 signs of Secure Attachment

The ability to

Give Nurturing Care

Receive Nurturing Care

Use Voice to Negotiate Needs in Appropriate Ways

Feel Comfortable Being an Autonomous Self

*Though a person's attachment style is highly developed by 12 months of age, it can be modified in the context of a loving, safe, securely attached relationship*

# Check in: Where do you spend most of your time and energy?

- **Connecting**  
Being with, enjoying, engaging, giving affection
- **Empowering**  
Meeting a child's physiological (internal) needs and ecological (external needs)  
Guiding your child toward self regulation
- **Correcting**  
Developing social and behavioral competence  
Responding to challenging behavior

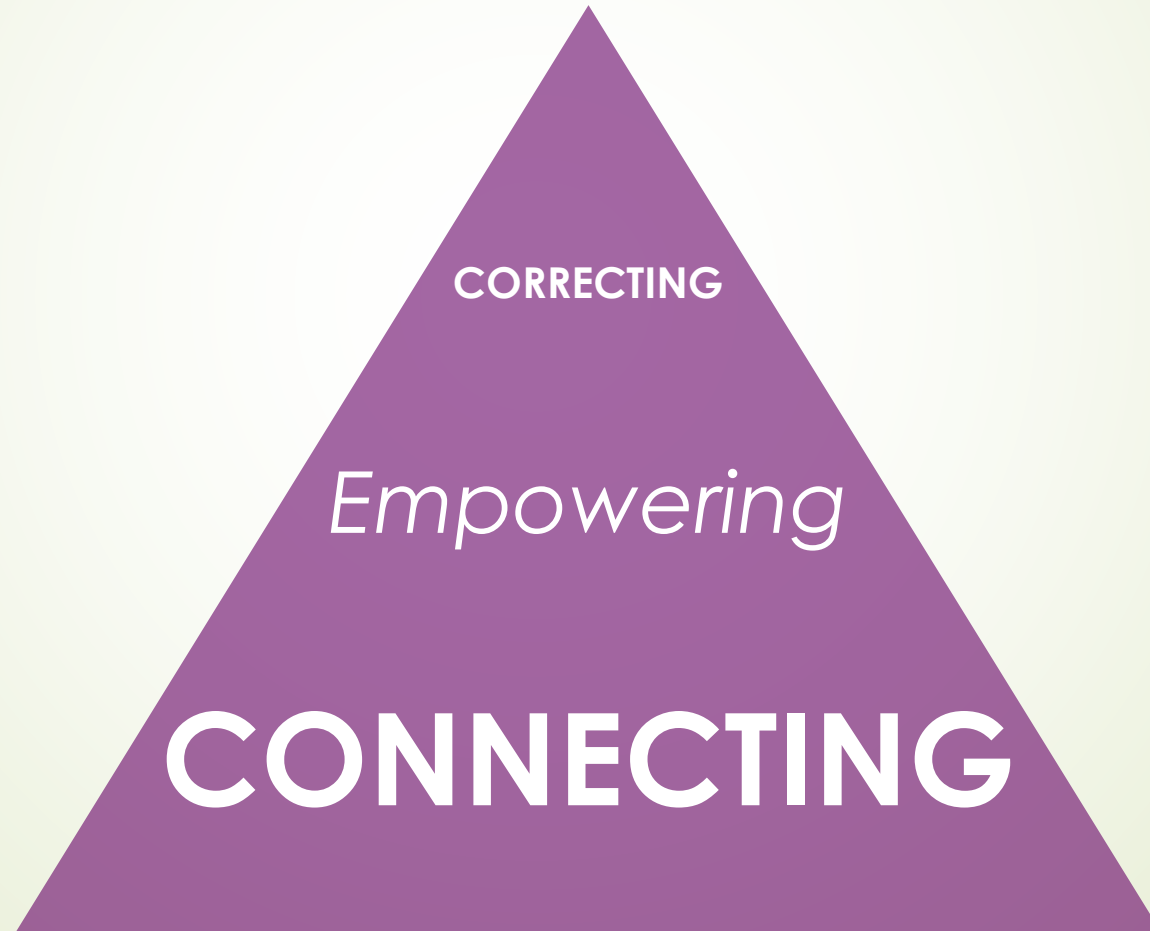
Honestly, most of us are here ...

**CORRECTING**

*Empowering*

**CONNECTING**

Relationships with the strongest foundations  
are highly **CONNECTED** relationships





Moving toward a secure attachment relationship includes:

Creating FELT SAFETY by Giving Voice

Increasing MINDFULNESS

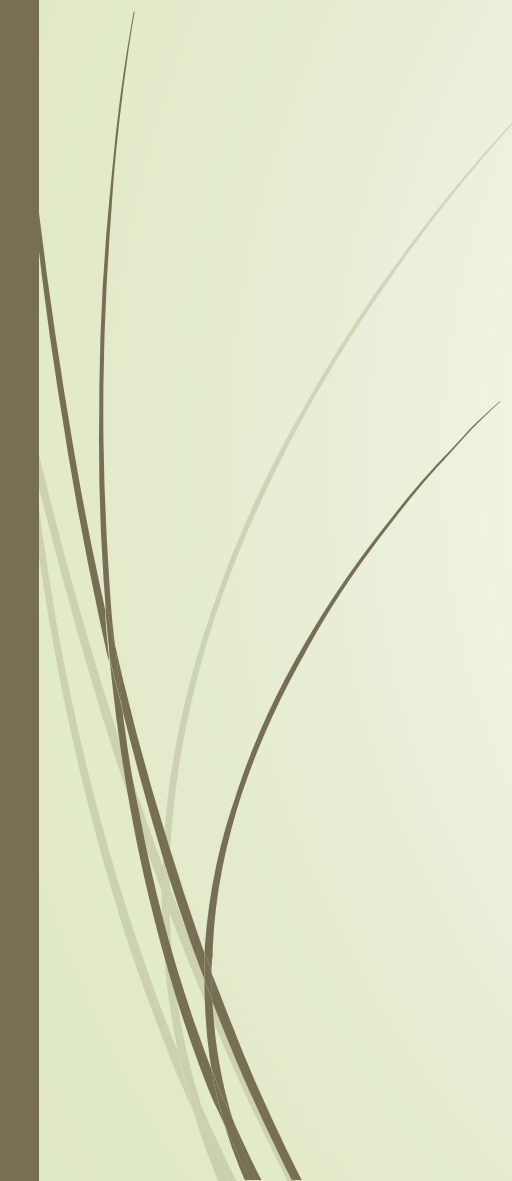
Improving ENGAGEMENT STRATEGIES





# Creating FELT SAFETY by Giving Voice

We increase trust and secure attachment when we:

- See the need behind the behavior
  - Meet the need (say YES)
  - Celebrate every need expressed by your child as an opportunity for trust to develop
  - Help your child develop the ability to use their voice to express needs – Practice Practice Practice
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# Mindfulness Strategies

- Awareness of how my history affects my parenting style
- Awareness of how my child's history affects his behaviors and moods
- Be a detective – observe and explore your child
- Become attuned to your child's cues so you can be proactive
- Become aware of your own triggers so you can respond rather than react
- Q: Is what I'm feeling right now about me, about my child, or about my own history?
- Practice giving yourself and your child grace and opportunities for re-dos. Repairs are incredibly strengthening for attachment.



# Engagement Strategies

- Awareness of how my non-verbal cues affect my child
- Behavioral Matching
- Nurturing touch
- Warm eyes
- Voice tone & cadence
- Playful engagement





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What do you want to focus on  
improving?

Creating Felt Safety by Giving Voice  
Increasing Mindfulness  
Improving Engagement Strategies