

TBRI® 101: A Self-Guided Course in Trust-Based Relationships

PART I

I. Understanding Trauma

- a. An Introduction to TBRI® (15m 45s)
- b. Complex Developmental Trauma (46m 46s)

II. Empowering Principles

- a. Bodies & Brains: Regulating the Body (25m 7s)
- b. Bodies & Brains: Seeing it in Action (25m 3s)
- c. Bodies & Brains: Nourishing the Body (26m 26s)

III. Connecting Principles

- a. Mindfulness (39m 6s)
- b. Engagement Strategies (33m 35s)
- c. Giving Voice (32m)
- d. Healing Touch (27m 39s)

PART II

IV. Correcting Principles

a. The IDEAL Response®

- i. IDEAL Response® Overview (8m 5s)
- ii. IDEAL Response® in Action (1m 41s)

b. Behavioral Scripts: Levels of Response™

- i. Levels of Response™ (11m 48s)
- ii. Level 1: Playful Engagement (1m 54s)
- iii. Level 2: Structured Engagement (1m 46s)
- iv. Level 3: Calming Engagement (2m 40s)
- v. Level 4: Protective Engagement (2m 24s)
- vi. Levels of Response™: Nurture Group Example 1 (55s)
- vii. Levels of Response™: Nurture Group Example 2 (4m 3s)
- viii. Levels of Response™: Light Switch Example (2m 25s)

c. Life Value Terms (stand alone video) (24m 37s)

d. Advanced Behaviors

- i. Proactive Strategies (26m 55s)
- ii. Responsive Strategies (33m 21s)
- e. Advanced IDEAL Response: Internalizing Behaviors (29m 28s)

V. TBRI® Portraits

- a. The Jones Family's Story (3m 28s)
- b. The Aguayo Family's Story (5m 28s)
- c. The Christensen Family Story (6m 35s)

Total run time: 7 hours 19 minutes