



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

- I. Understanding Trauma**
  - a. An Introduction to TBRI® (16 minutes)
  - b. Complex Developmental Trauma (47 minutes)
  
- II. Empowering Principles**
  - a. Bodies & Brains: Regulating the Body (25 minutes)
  - b. Bodies & Brains: Seeing it in Action (25 minutes)
  - c. Bodies & Brains: Nourishing the Body (26 minutes)
  
- III. Connecting Principles**
  - a. Mindfulness (39 minutes)
  - b. Engagement Strategies (34 minutes)
  - c. Giving Voice (32 minutes)
  - d. Healing Touch (27 minutes)
  
- IV. Correcting Principles**
  - a. The IDEAL Response®**
    - i. IDEAL Response® Overview (8 minutes)
    - ii. IDEAL Response® in Action (2 minutes)
  - b. Behavioral Scripts: Levels of Response™**
    - i. Levels of Response™ (12 minutes)
    - ii. Level 1: Playful Engagement (2 minutes)
    - iii. Level 2: Structured Engagement (2 minutes)
    - iv. Level 3: Calming Engagement (3 minutes)
    - v. Level 4: Protective Engagement (2 minutes)
    - vi. Levels of Response™: Nurture Group Example 1 (1 minute)
    - vii. Levels of Response™: Nurture Group Example 2 (4 minutes)
    - viii. Levels of Response™: Light Switch Example (2 minutes)
  - c. Life Value Terms (25 minutes)
  - d. Advanced Behaviors**
    - i. Proactive Strategies (27 minutes)
    - ii. Responsive Strategies (33 minutes)
  - e. Advanced IDEAL Response: Internalizing Behaviors (30 minutes)
  
- V. TBRI® Portraits**
  - a. The Jones Family's Story (3 minutes)
  - b. The Aguayo Family's Story (5 minutes)
  - c. The Christensen Family Story (7 minutes)