TRUST-BASED RELATIONAL INTERVENTION® (TBRI®)

The 5 B's of Relational Trauma

Understanding the effects of relational trauma on people of all ages—children, youth, and adults—can be simplified through *The 5 B's of Trauma: Brain, Biology, Body, Behavior, and Beliefs*. These five categories help explain the various ways stress and trauma impact us. Relational trauma goes beyond just influencing behavior (like aggression, withdrawal, or defiance); it affects the whole person. Explore below how each "B" plays a role in the holistic well-being of individuals.

Brain

Stressful experiences can cause the developing **brain** to organize around survival ("fight, flight, or freeze"), which means it is harder to access higher-level processes that allow for learning, creativity, and healthy relationships.

Biology

Through its impact on the brain, stressful experiences impact human **biology** through a variety of mechanisms, including chronic activation of the stress response system, which impacts immunity, digestion, sleep, and memory.

Body

Stressful experiences impact the **body** by altering our sensory experience of the world, and our experience of our own body.

Behavior

Stressful experiences impact a child or youth's ability to self-regulate. This along with the brain organized around survival can result in difficult behavior. But remember: **behavior** is the language of unmet needs.

Beliefs

Stressful experiences may disrupt attachment and can impact **beliefs** about the self, including self-awareness, self-regulation, self-esteem, and self-efficacy, as well as beliefs about others and the world.

How to consider *The 5 B's* into your environment:

- When faced with difficult behavior, ask yourself "what is the need behind the behavior?"
- Pick 1 or 2 regulation strategies to teach (e.g., deep breathing, wall pushes).

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