



## Upcoming TBRI® Classes (Trust Based Relational Intervention)

Class	Date	Time	Location
TBRI® Overview	Wednesday, Sept. 12	9:00am-4:30pm *break for lunch on your own	BP Energy Center 1014 Energy Court
Connecting Principles	Friday, October 5	9:00am-4:30pm *break for lunch on your own	Alaska Center for Resource Families 840 K Street, Ste. 101
Empowering Principles	Friday, November 9	9:00am-4:30pm *break for lunch on your own	Alaska Center for Resource Families 840 K Street, Ste. 101
Correcting Principles	Friday, December 14	9:00am-4:30pm *break for lunch on your own	BP Energy Center 1014 Energy Court

**Trainer: Brenda Ursel, ACRF Adoption Specialist**

**To Register: call ACRF at 279-1799 or email [acrpsc@nwresource.org](mailto:acrpsc@nwresource.org)**

**Connecting Principles:** The TBRI® Connecting Principles are designed to teach parents how to strengthen and deepen relationship connections with their children through learning mindfulness and engagement strategies. When children come from difficult backgrounds, they have most likely experienced relationship-based traumas and need help learning how to trust and connect with others. The TBRI® Mindfulness Strategies are designed to encourage parents to examine their own relationship histories and how they may influence what they bring to the relationships with their children.

**Empowering Principles:** The TBRI® Empowering Principles are designed to facilitate change in children by supporting their physical needs and teaching them self-regulation skills. Self-regulation skills, managing behavior & emotions, are important for children's success in the classroom, with peers and in interaction with adults.

**Correcting Principles:** TBRI® has three goals for correcting: 1) Parents maintain connection with children (not disruptive to the relationship) 2) Children end the episode feeling content (not discouraged or shamed) and 3) Episode ends with behavioral change. The goal is real behavioral change, not simply stopping a behavior in the moment, but an understanding and mastery of important life skills. The goal of parenting is preparing your child to be a successful, independent, moral adult. We accomplish this goal through guidance and instruction, not through teaching fear and blind obedience. Beyond behavior change, the benefit of utilizing the TBRI® Correcting Principles is that it feels positive to parents and promotes a stronger parent-child bond.

### **Directions to the BP Energy Center:**

- If northbound on New Seward Hwy., turn right into BP's southwest entrance. Turn right at the first stop sign into the BP Energy Center parking lot. Follow footpath through woods to building entrance.
- If eastbound on Benson Blvd., turn right into BP's main entrance. Turn right and follow access road to 4-way stop. Continue through intersection into the BP Energy Center parking lot.