

Introduction to TBRI Questions

These questions go with the Introduction to TBRI Video.

It is recommended to read over the questions before starting the video.

1. Research has shown that children from hard places can be developmentally less than half their age. Dr. Cross stated they should be parented more like a toddler or an infant. What might that look like with children in the age range of 5-10? _____

2. What are the key things Dr. Carver mentioned that would wire the brain? _____

3. Kids in foster care have a PTSD rates twice as high as that of combat veterans. *True or False.*

4. There is a _____% probability that a child placed for adoption has experienced some level of harm or stress.

5. What are the six key risk factors?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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6. When talking about the empowering principles, Dr. Carver talked about two strategies. Physiological strategies focus on the child's body and what he needs. Give an example of when a child may need a physiological strategy implemented. _____

7. Empowering principles also include "ecological strategies." These strategies are focused on the child's environment. Schedules and rituals are important ecological strategies. What are times of the day or specific situations that may be dysregulating for a kid from a hard place? How can you use schedules and rituals for smoother transitions? _____

8. What is the goal of the Connecting Principles? _____

9. There are two strategies that go with the Connecting Principles; Engagement and Mindfulness. Why is it important to understand the trauma your child has experienced, as well as your own trauma experiences, triggers, and personal history? _____

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10. What are some ways you can give voice to a child? _____

11. What is the goal of the Correcting Principles? _____

12. Dr. Carver talked about “catching behavior low” and keeping correction playful. Why is this helpful, especially for kids from hard places and do you think playful correction will be easy for you or hard for you? _____
