

What We Offer

NAFI Florida provides:

TBRI Core Training

A 9-hour evidence-informed caregiver training. (Virtual or In-Person)

Individual Coaching

- In-home coaching
- Virtual coaching
- Telephone consultation

Crisis Support

Immediate guidance for families experiencing behavioral or placement challenges.

Monthly Support Groups

Opportunities for caregivers to:

- Learn
- Connect
- Share experiences
- Receive encouragement

Annual Refresher Training

Helping caregivers continue developing their TBRI skills



Who Can Benefit

TBRI is effective for:

- Foster Parents
- Kinship Caregivers
- Adoptive Families
- Biological Families
- Relative Caregivers
- Child Welfare Professionals
- Teachers
- Residential Staff
- Juvenile Justice Professionals
- Anyone caring for children who have experienced trauma

Every Behavior Has a Need

Instead of asking:

“What’s wrong with this child?”

TBRI teaches us to ask:

“What happened to this child?”

Healing begins with understanding.

When children feel safe...they begin to trust.

When they trust...they begin to connect.

When they connect...they begin to heal.



North American Family Institute (NAFI-FL)

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NAFI-FL

Trust

Based

Relational

Intervention



North American Family Institute (NAFI-FL)

www.nafi.com

What is TBRI?



Trust-Based Relational Intervention® (TBRI®) is an evidence-informed, attachment-based, and trauma-informed approach developed by Dr. Karyn Purvis and Dr. David Cross at the Karyn Purvis Institute of Child Development at Texas Christian University.

TBRI recognizes that many children who have experienced abuse, neglect, trauma, loss, foster care, or multiple placements need more than traditional parenting strategies. They need caregivers who understand how trauma affects the brain, behavior, and relationships.

- Build trust
- Reduce challenging behaviors
- Improve emotional regulation
- Strengthen attachment
- Increase caregiver confidence
- Create lasting family connections

Three Principles of TBRI

💙 CONNECTING

Building safe, trusting relationships.

Examples include:

- Meaningful eye contact
- Playfulness
- Healthy engagement
- Active listening
- Encouragement
- Shared activities

Children heal best through safe relationships.

💚 EMPOWERING

Meeting physical and emotional needs before behaviors escalate.

Examples include:

- Healthy nutrition
- Hydration
- Sleep routines
- Sensory supports
- Predictable schedules
- Teaching regulation skills

A regulated child is more capable of learning and connecting.

💜 CORRECTING

Teaching rather than punishing.

TBRI helps caregivers:

- Stay calm
- Teach appropriate behaviors
- Practice "redos"
- Offer choices
- Set healthy boundaries
- Correct with respect

The goal is to teach skills—not simply stop behaviors.

Why TBRI Works

Research has shown that TBRI can help:

- ✓ Reduce trauma symptoms
- ✓ Decrease behavioral problems
- ✓ Improve emotional regulation
- ✓ Increase positive social behaviors
- ✓ Strengthen caregiver-child relationships
- ✓ Improve placement stability

TBRI Caregiver Training has been recognized as a **Promising Practice** by the Family First Prevention Services Act (FFPSA) in Mental Health Prevention and Treatment.

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