

JANUARY 2025

TBRI® Newsletter

Trust-Based Relational Intervention®
The Baby Fold - Adoption Support and Preservation



[“FELT SAFETY- WHAT’S THAT?”](#)

[THE BAFFLING BEHAVIOR SHOW WITH ROBYN GOBBEL](#)

Robyn Gobbel is an internationally-recognized child mental health expert who helps decode the most “baffling behaviors” for parents of kids with vulnerable nervous systems. Robyn has a Master’s Degree in Social Work, and has worked as a therapist with many children and families, including foster and adoptive families. She has training/certifications in EMDR, Theraplay, and is a TBRI Educator.

Felt safety is a subjective experience of safety.

Being safe doesn’t necessarily mean *feeling* safe. Our brain takes our previous experiences, both conscious and unconscious, and puts them together with what is actually happening in the present. So, it makes sense that a child (or any person) from “hard places” may react differently to something seemingly non-threatening, than a child who has not had the same negative experiences. For example, if a child had a negative, even dangerous experience with a male teacher (or coach or family member, etc.) in 1st grade, it makes perfect sense why they might have difficulty and “severe” reactions to a wonderful male teacher in 4th grade. Though something or someone *seems* safe, doesn’t mean that a child *feels* safe. Felt safety can also be impacted by a child’s inner experience (heart rate, feeling hungry, being sick, sensory dysregulation, and so forth), as well as the environment.

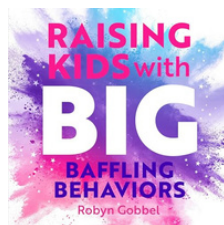
What can we do to help provide cues of safety?

We can try to help provide as much structure, routine, and predictability as possible, and be aware of/make accommodations to experiences that the child experiences as unsafe. Making sure the child is well-fed, well-rested, and that their sensory needs are met can be very impactful (think about the TBRI empowering principles here!). Prioritizing our own regulation as caregivers, and finding experiences of our own felt-safety, are very important in helping our children experience safety and connection in relationship with us, as well.

Additional Resources:

Check out [Robyn’s website](#) for additional podcast episodes and other FREE resources!

Also, her book, *Raising Kids with Big Baffling Behaviors* is an amazing resource, and will be featured in The Baby Fold’s new “Book Club” caregiver support and education group coming in February!



Parent Support Groups at The Baby Fold:

TBRI Classes and Caregiver Support:
The Baby Fold is hosting an interactive and informative Trust-Based Relational Intervention Training February 10-13! This event will be hybrid- taking place in-person in Bloomington and on Zoom. [Click here for more info and to register.](#)

Coming February 2025!

Book Club- Caregiver Support and Education Group (virtual):

Are you an adoptive or foster parent struggling with your child(ren)’s behavior, seeking additional support and resources? Join us as we discuss *Raising Kids with Big, Baffling Behaviors* by Robyn Gobbel!

Wednesday Noon Group (virtual):

Provides education and support related to parenting, trauma, and self-care within the context of adoption and foster care. Meets 2x a month.

Dads Sharpen Dads (virtual):

A safe place for dads to share their unique challenges, as well as education and support for each other to be their very best. Meets 2x a month.

Contact Melissa at MLegendre@thebabyfold.org or 309-557-1149 with any questions about ASAP services, groups, or TBRI.



Follow ASAP on our new [Facebook page!](#)

Gobbel, R. (Host). (2021, Feb 9). Felt-Safety: What’s the Big Deal? [Audio podcast]. Retrieved from <https://robbygobbel.com/feltsafety/>



TRUST-BASED RELATIONAL INTERVENTION®



Classes and Caregiver support

Join our **4-day training** designed for caregivers and professionals working with children from hard places.

Learn trauma-informed strategies to help children heal, grow, and thrive.

What is TBRI®?

A trauma-informed program that focuses on meeting the relational and developmental needs of children, while supporting caregivers in building healthy attachments and effective interventions.

Key Takeaways from the Training:

- Introduction to TBRI®: Empowering, Connecting, Correcting principles.
- Understand the link between trauma history and development.
- Learn to interpret and respond to behaviors to strengthen attachment.
- Discover strategies for creating felt safety and addressing behavior factors.
- Explore secure attachment and building deep emotional connections.
- Develop practical tools to balance structure, nurture, and correct behaviors.

Training Details

February 10 - 13, 2025
1701 W Market Street
Bloomington, IL 61701

Register here:

Eventbrite:

<https://tinyurl.com/TBRI-Feb-Training>

Contact Information

Dr. Rhonda Howard
(309) 557-1014

The Baby Fold - Adoption Support and Preservation

Book Club

**CAREGIVER SUPPORT &
EDUCATION GROUP**

Are you an adoptive or foster parent struggling with your child(ren)'s behavior, seeking additional support and resources?



Join us in discussing

"Raising Kids with Big, Baffling Behaviors"

by Robyn Gobbel

A 12-week, virtual group beginning on February 24, 2025

Mondays from 12:00-1:00 pm

Email Melissa at MLegendre@thebabyfold.org

to register and/or receive additional info!

Dads Sharpen Dads

“As iron sharpens iron, so one man sharpens another.”

The Baby Fold

Dad’s Support Group

1st & 3rd Monday evenings

7:15 pm–8:15 pm

Email Ken Summers at ksummers@thebabyfold.org

to sign up!

“ If we can communicate to our children,
It’s you and me against your history,

We have a strong place to begin.”

Dr. Karyn Purvis



THE BABY FOLD'S
**VIRTUAL PARENT
SUPPORT GROUP**

1ST AND 3RD WEDNESDAY OF EACH MONTH
12:00-1:00 PM

SUPPORT AND EDUCATION FOR FAMILIES FORMED
THROUGH ADOPTION AND GUARDIANSHIP

EMAIL MELISSA AT MLEGENDRE@THEBABYFOLD.ORG FOR
MORE INFORMATION & LINK TO MEETINGS

“You cannot lead a child to a place of healing
if you do not know the way yourself.”
– Dr. Karyn Purvis