

OCTOBER 2024

TBRI® Newsletter

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



THE TBRI PODCAST:

[MEETING THE NEEDS OF ADOPTIVE SIBLINGS](#) [WITH DR. JANA HUNSLEY](#)

Dr. Jana Hunsley is an experimental psychologist, licensed clinical social worker, TBRI Practitioner, and advocate for foster and adoptive families. Jana received her doctorate in experimental psychology where her research focused on understanding and meeting the needs of every member of adoptive and foster families. Jana's passion for this work began as a teenager, when her parents adopted seven children internationally.

Key takeaways from this episode:

- Adoption/fostering affects a whole family's dynamic; this includes children (either biological or adopted) already present in the family. In Dr. Hunsley's work, adoptive siblings often reported difficult feelings of invisibility, as though their needs were pushed aside, etc.
- TBRI can (and should!) be used with every relationship within a family, not just with a specific child who was adopted, is struggling, and/or considered "high needs"
- What matters the most is healthy communication in the family.
 - "Healthy communication is creating a home where you can talk freely and openly about your thoughts and feelings without fear about how those thoughts and feelings will be received; another way to think about it, is how to create felt safety in the home".
- Mindfulness is vital; this means being present and open to receive what your children have to say. Modeling openness and asking questions is also very helpful and important.
- Finally, simple habit-formation is key. Every day interactions can help connect with each individual child (such as dinnertime check-ins, intentional conversations in the car, connecting bedtime routines, etc.).

ADDITIONAL RESOURCES:

Learn more about [Project 1025](#), Jana's organization. The website includes informative and helpful handouts on family communication, adoptive siblings' experience, and parenting tips.



Mercado, S. (Host) "Meeting the Needs of Adoptive Siblings". TBRI Podcast. Spotify, September 2021. <https://open.spotify.com/episode/OTX4obDapxgarkyBEjPw1A>

Current virtual parent support groups at The Baby Fold:

Wednesday Noon Group:

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:

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.

TBRI Virtual Series:

Trust-Based Relational Intervention® (TBRI®) is a trauma-informed program for caregivers and professionals who work with children who "come from hard places."

Tuesday evenings, 5:30-7:00 pm
September 24th- December 17th
[Register by clicking here!](#)

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





TRUST-BASED RELATIONAL INTERVENTION®



Classes and Caregiver support

Join our **12-week virtual 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

Sept. 24th-Dec. 17th

Tuesday evenings, 5:30-7:00
12 weeks, 3 weeks each section

Register here:

Eventbrite:

<https://www.eventbrite.com/e/trust-based-relational-intervention-classes-and-caregiver-support-tickets-1005204823687?aff=oddtcreator>

Contact Information

Michaëlle Maier

Email: mmaier@thebabyfold.org

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