

Trust-Based Relational Intervention®

Principles, Strategies, & Practices

Principles	Strategies	Practices
Empowering	Ecological	<i>Creating a Safe Environment</i> Transitions, Rituals, Artifacts
	Physiological	<i>Preparing the Body</i> Hydration, Blood Sugar, Healthy Touch, Physical Activity, Rhythmic Activities, Sensory Milieu
Connecting	Mindfulness	Calm Presence, Attunement & Awareness, Flexible Responding, Creative Problem Solving
	Engagement	Valuing Eye Contact, Authoritative Voice, Behavioral Matching, Playful Interaction, Healthy Touch
Correcting	Proactive	Life Value Terms (e.g., Using Words, With Respect) Behavioral Scripts (e.g., Choices, Compromises, Re-dos)
	Responsive	IDEAL Response® Levels of Response™