

# Therapeutic Parenting Flow Chart

Trust Based Relational Intervention (TBRI) is a specific *therapeutic parenting* process developed by the late Karyn Purvis, Ph.D. She describes the TBRI technique in the book, *The Connected Child*.

This flow chart is designed to support parents who want to do therapeutic parenting with their child. As humans, all parents have the possibility of experiencing moments when their issues affect their parenting; they move from, rational thinking behaviors (non-reactive responses, operating out of their frontal cortex known as the Upstairs Brain) to reactive behaviors (reactive responses, operating out of their amygdala known as the Downstairs Brain). The situation below describes options for a “non-reactive” parent and a “reactive” parent. These role titles describe the condition of the parent’s brain *in the moment* the child is having an issue.

While either parent can be reactive or non-reactive at any time, generally one parent may be reacting while the other is not. The hope is both parents won’t be reactive at the same time. If both parents are simultaneously reactive, there will be chaos until one parent becomes aware and is willing to follow the chart. Hopefully this flow chart will help you be aware of the therapeutic parenting process and how to communicate with your spouse and child in a healthy way.

Note: This chart is based on the TBRI therapeutic parenting model. It can be easily adapted for traditional parenting by replacing the phrase “TBRI parenting” with “parenting engagement”.

Situation With Child



