Trust-Based Relational Intervention
Classroom Curriculum
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Goals of the Experiential Component
• Collaborate with MFCC staff to create a trauma-informed curriculum based on the TBRI model that can be implemented in classrooms.
• Explore and evaluate models and research that focus on addressing trauma and neglect to incorporate into a TBRI curriculum.

Identified Needs of MFCC
• MFCC has successfully served the Memphis community with their clinical services based on the TBRI model and has recently been giving TBRI trainings to local schools.
• MFCC has longed for a tangible TBRI-based curriculum to provide to the schools following these trainings.
• MFCC asked that I create this curriculum as part of my Experiential Component partnership with them.

Mission and Vision of Memphis Family Connection Center
Mission: Memphis Family Connection Center (MFCC) provides connection-based trauma informed care to the Shelby County, TN adoptive, foster care, and special needs community. Holistic attachment-centered counseling, connection based play, occupational therapy, calming techniques, nutrition plans, sensory care, resources, and educational support are all provided through the Trust Based Relational Intervention (TBRI) model.
Vision: The vision of the MFCC is to provide holistic hope, healing, support, and care for the entire family and to be a place where families learn to move from simple survival to deep connection, awareness, and joy.

Methodology
• Examined existing TBRI resources in order to gain an understanding of the model.
• Observed and assisted in a variety of services offered at MFCC in order to see TBRI in practice and become familiar with implementing it myself.
• Conducted a literature review related to trauma in order to determine other effective strategies of addressing trauma and neglect.
• Designed TBRI curriculum, informed by evidence and clinical observation.

Outcomes, continued
• Created 9 TBRI Lesson Plans that include:
  o Note to the facilitator
  o Goals for the lesson
  o Social story based on Goldilocks and the Three Bears
  o Brief lesson on the topic
  o Activities
    ▪ Interactive Journal
    ▪ Movement
    ▪ Sensory
  o A section that describes the handouts created for the lesson
  o Optional additional resources for the lesson
  o References
• The 9 Topics are:
  o Feelings
  o Self-Regulation
  o Empathy
  o Making Amends
  o Respect
  o Kindness
  o Compromising
  o Mindfulness
  o Growth Mindset

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