

# Detect, Decode, Respond: Trauma-Informed Parenting for Challenging Behaviors

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# Class Guidelines

Sign in by entering your name and location in the chat box

Participate in activities

Step forward, step back

Respect each other during our discussions

Respect confidentiality

Take care of your needs

Ask questions and have fun

# Nettiquette

Speak clearly and aim your voice to your microphone

Step away quietly if you need to

Keep yourself muted unless speaking

Make sure your camera is set to show your face so others can see your expressions

Use the chat box to ask questions or message one of the hosts for support

# Agenda

- 1 Introduction: Understanding Disrupted Attachment in Foster Children
- 2 The Impact of Disrupted Attachment
- 3 Building Trust: The Foundation of Attachment
- 4 Supporting Attachment Through Caregiver Interventions
- 5 Therapeutic Approaches to Foster Attachment
- 6 Applying the Strategies
- 7 Conclusion: Key Strategies for Supporting Foster Children

# An Overview of Attachment Dynamics

Let's test your knowledge

# Introduction: Understanding Disrupted Attachment in Foster Children

- **Defining Disrupted Attachment**
- **Significance in Foster Care Context**
- **Goals of the Presentation**



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# The Impact of Disrupted Attachment

Consequences for Emotional and Social Development

- **Emotional and Psychological Effects**
- **Long-Term Consequences**
- **Influence on Relationships and Development**



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**“AN ADOPTIVE FAMILY IS A REMARKABLE  
ENVIRONMENT FOR HEALING FROM EMOTIONAL  
AND PHYSICAL TRAUMAS AND CAN REVERSE  
DEVELOPMENTAL DEFICITS.”**



# The Impact of Disrupted Attachment

Four Areas of Functioning Challenged by the Impact of Loss, Trauma, and Inadequate Nurture

## CAPACITY FOR RELATIONSHIPS

INTIMACY..... ISOLATION

## FELT SAFETY AND CONTROL

SENSE OF SAFETY AND CONTROL.....FEAR AND  
POWERLESSNESS

## SELF-REGULATION

SELF-CONTROL ..... IMPULSIVITY

## IDENTITY

SELF-INTEGRATION ..... IDENTITY CONFUSION

# The Impact of Disrupted Attachment

What does disrupted attachment look like?



DETECT

# The Impact of Disrupted Attachment

## CAPACITY FOR RELATIONSHIPS

INTIMACY..... ISOLATION

- Development of trust
- Positive expectations of others
- Positive self-esteem
- Self-control
- Empathy
- Conscience
- Emotional connectedness

- Fear of closeness
- Anger
- Distrust of others
- Numbing
- Withdrawal

# The Impact of Disrupted Attachment

## CAPACITY FOR CONTROL

SENSE OF SAFETY AND CONTROL..... FEAR AND POWERLESSNESS

- Ability regulate emotions
- Emotional regulation
- Sense of power/choice
- Self-control
- Willingness to be vulnerable

- Extreme vulnerability
- Fear
- Rage
- Constant fear of impending doom
- Strong need to control
- Oppositional

# The Impact of Disrupted Attachment

## SELF-REGULATION

### SELF-CONTROL..... IMPULSIVITY

- Ability regulate emotions and behaviors
- Mastery of cause and effect thinking
- Development of a conscience
- Internalized values and rules
- Capacity for empathy
- Motivation to adjust behaviors

- Impaired impulse control
- Impaired reasoning
- Impaired consideration of consequences
- Unable to physically modulate tension
- Unable to identify feelings

# The Impact of Disrupted Attachment

## IDENTITY

### SELF-INTEGRATION..... IDENTITY CONFUSION

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>● Positive self-worth</li><li>● Ability to identify parts of self</li><li>● Development of a conscience</li><li>● Internalized values and rules</li><li>● Capacity for empathy</li><li>● Motivation to adjust behaviors</li></ul> | <ul style="list-style-type: none"><li>● Impaired impulse control</li><li>● Impaired reasoning</li><li>● Impaired consideration of consequences</li><li>● Unable to physically modulate tension</li><li>● Unable to identify feelings</li></ul> |
|---|--|

# Building Trust: The Foundation of Attachment

Time to practice



DECODE

# Building Trust: The Foundation of Attachment

Establishing a Secure Base for Connections

- **Understanding Trust**
- **Trust's Role in Attachment Formation**
- **Strategies for Building Trust**



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# Supporting Attachment Through Caregiver Interventions

## TBRI Principles

- **Connecting:** Communicating safety and building nurturing relationships
- **Empowering:** Meeting environmental and physical needs
- **Correcting:** Proactive and Responsive Strategies



# Supporting Attachment Through Caregiver Interventions

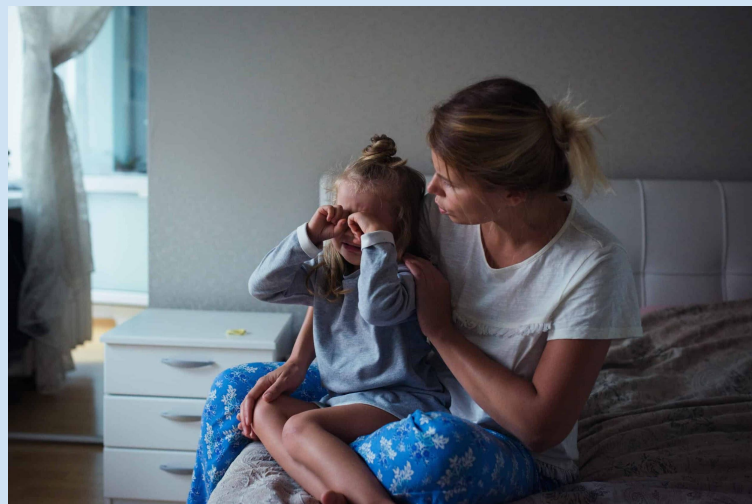
## STAY CALM – THINK FAST

**C**elebrate their need

**A**ttend to the need

**L**ook for fear

**M**entor their brain



# Supporting Attachment Through Caregiver Interventions

## STAY CALM – THINK FAST

**F**ood

**A**ctivity

**S**ensory

**T**ired, thirsty,  
transition



# Supporting Attachment Through Caregiver Interventions



Choices



Re-dos



Compromises



Life Value  
Terms

# TBRI PARENT POWER TOOLS!

# Supporting Attachment Through Caregiver Interventions

## BECOMING A BEHAVIORAL DETECTIVE

1. Identifying problem behavior **detect**
2. Underlying emotional issues **decode**
3. How might fear be coming into play? **decode**
4. Think FAST **decode**
5. Environmental factors (triggers) **decode**

## APPLYING THE STRATEGIES - RESPOND

1. What is the skill/behavior you want to see in place of “x” and how are you going to teach it?
2. How might you have prevented this situation?
3. How can you use choices, compromises, redos, or life scripts in this situation?

\* Note on expectations

# Supporting Attachment Through Caregiver Interventions

## CAPACITY FOR RELATIONSHIPS

INTIMACY..... ISOLATION

### Tasks for Parents - RESPOND

- Calming, redirecting, de-escalating
- Work through own losses
- Help child express grief
- Honoring child's previous attachments
- Claiming child; positive interactions
- Help child to verbalize feelings
- Responding to child's needs at his/her developmental level

# Supporting Attachment Through Caregiver Interventions

## CAPACITY FOR CONTROL

SENSE OF SAFETY AND CONTROL..... FEAR AND POWERLESSNESS

### Tasks for Parents - RESPOND

- Find out what triggers trauma response and find ways to support the child
- Encourage expression of feelings while limiting behaviors
- Tolerating children's pain/healing work
- Unhooking from power struggles
- Providing opportunities; praise
- Managing own anger and teaching child the same
- Empower child to make good choices



# Supporting Attachment Through Caregiver Interventions

## SELF-REGULATION

SELF-CONTROL..... IMPULSIVITY

### Tasks for Parents - RESPOND

- Learning therapeutic parenting skills
- Recognizing/coping with triggers; controlling own anger
- Helping child to verbalize feelings
- Processing incidents
- Letting child accept responsibility for behavior
- Affirming child's abilities; presenting united parental front

# Supporting Attachment Through Caregiver Interventions

## IDENTITY

SELF-INTEGRATION..... IDENTITY CONFUSION

### Tasks for Parents - RESPOND

- Share all information
- Demonstrate respect for birth family
- Able to communicate about adoption
- Affiliate with other adoptive families/trans-racial families
- Maximize openness in child's best interest
- Reinforce positive self-esteem

# Conclusion: Key Strategies for Supporting Foster Children

## Summarizing and Looking Forward

- **Summary of Key Points:** The presentation highlighted the significance of attachment and trust in fostering healthy development among children in foster care, emphasizing the strategies and interventions that play critical roles in healing disrupted attachments.
- **Future Directions for Research and Practice:** There is a need for ongoing research into effective attachment interventions and the unique experiences of foster children. Practitioners must adapt their approaches based on emerging insights and continue to prioritize child-centered practices.
- **Resources for Further Support:** Providing caregivers and professionals with access to resources such as training programs, literature on attachment theory, and support networks fosters continuous growth and improves outcomes for foster children.



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