

**Trust-Based Relational Intervention®**  
*Principles, Strategies, & Practices*

Principles	Strategies	Practices
<b>Empowering</b>	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
<b>Connecting</b>	Mindfulness	Calm Presence, Attunement & Awareness, Flexible Responding, Creative Problem Solving
	Engagement	Valuing Eye Contact, Authoritative Voice, Behavioral Matching, Playful Interaction, Healthy Touch
<b>Correcting</b>	Proactive	Life Value Terms (e.g., Using Words, With Respect) Behavioral Scripts (e.g., Choices, Compromises, Re-dos)
	Responsive	IDEAL Response® Levels of Response™