



TEXAS
JUVENILE  JUSTICE
DEPARTMENT

THE MOST IMPORTANT FACTOR IN SUCCESSFUL CAREGIVING

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TBRI[®] Practitioner and Educator

Trauma-Informed

- How I became involved

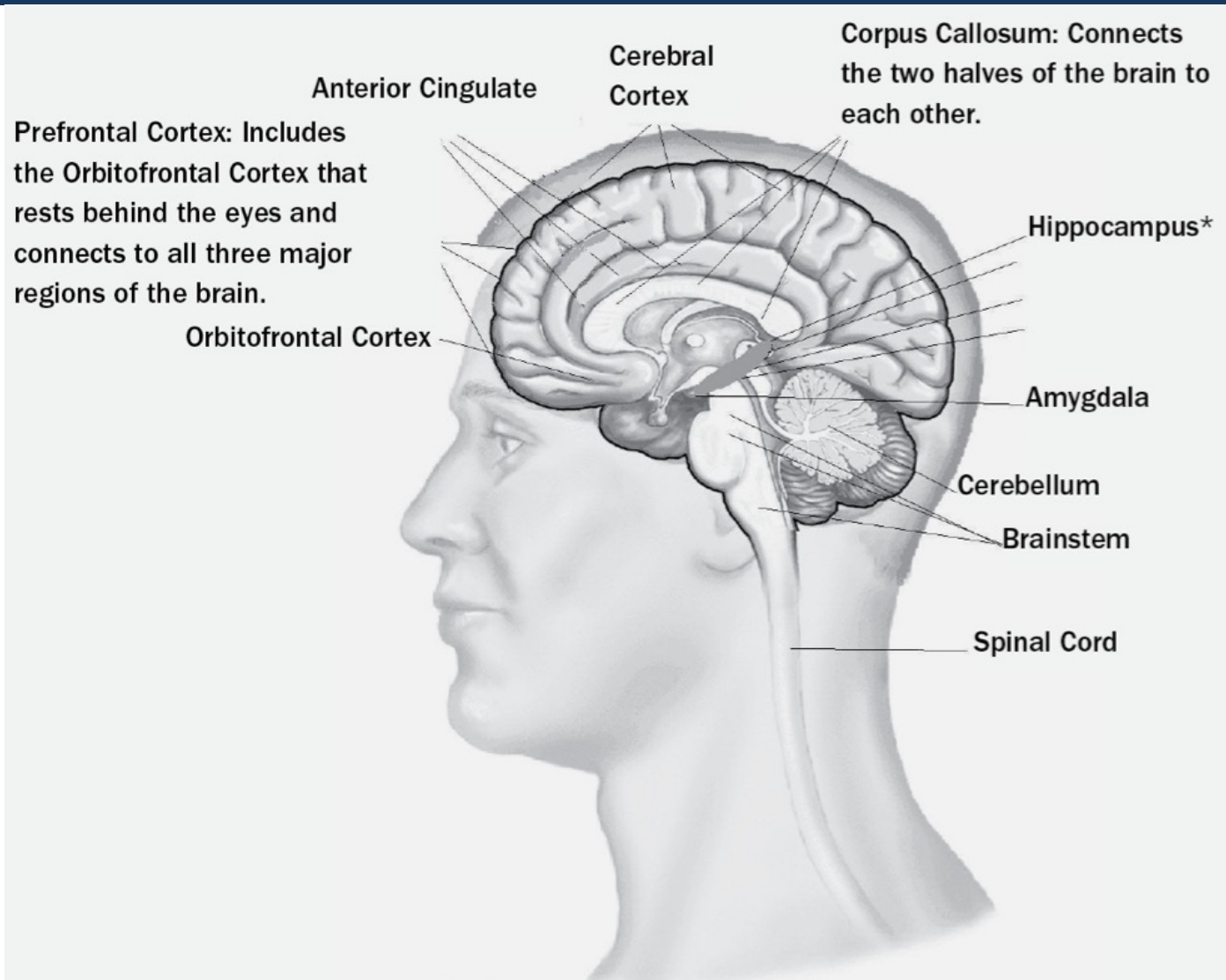
THE MOST IMPORTANT FACTOR

The Most Important Factor in Successful Caregiving

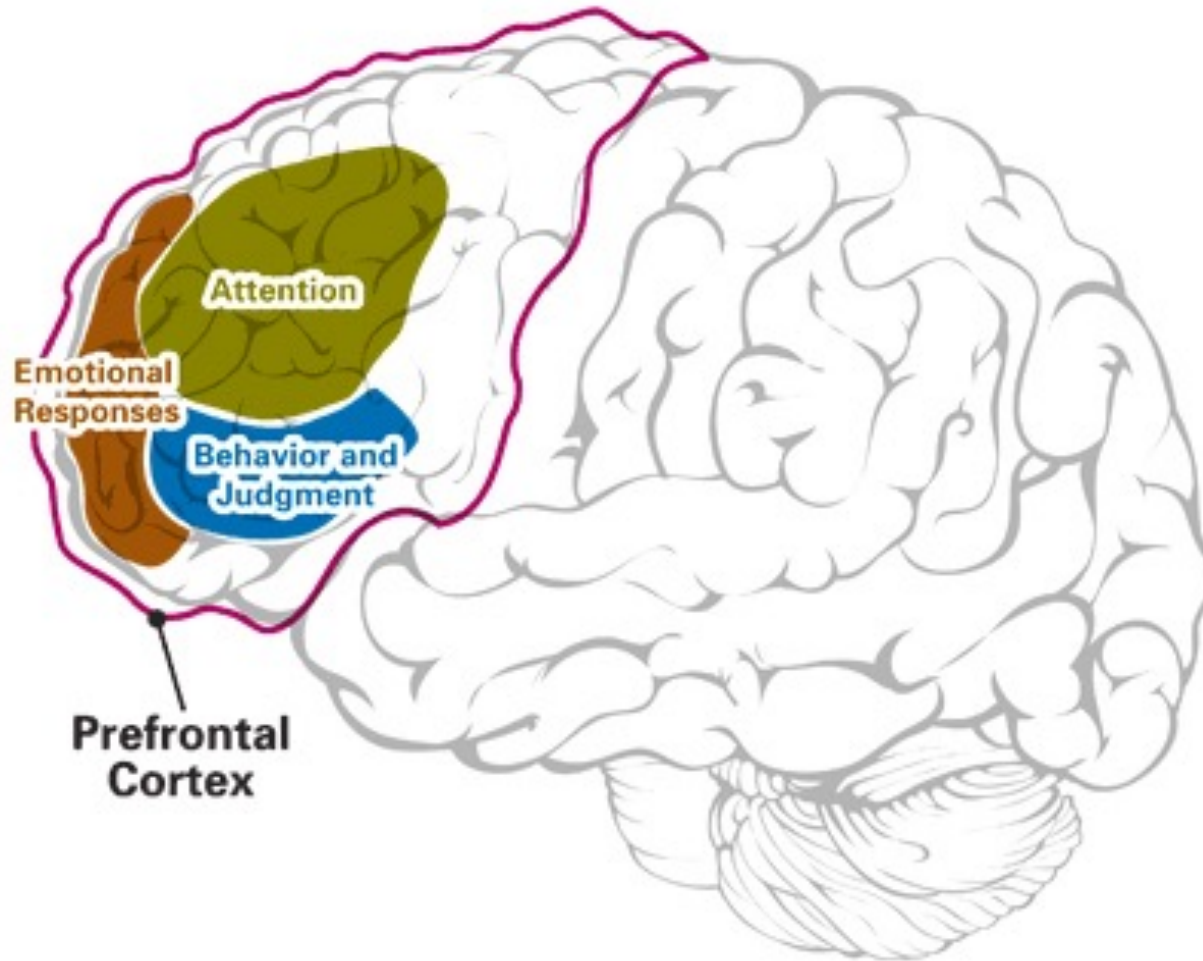
- The least known factor
- The most rejected factor

The Caregiver Making Sense of Their Own Past

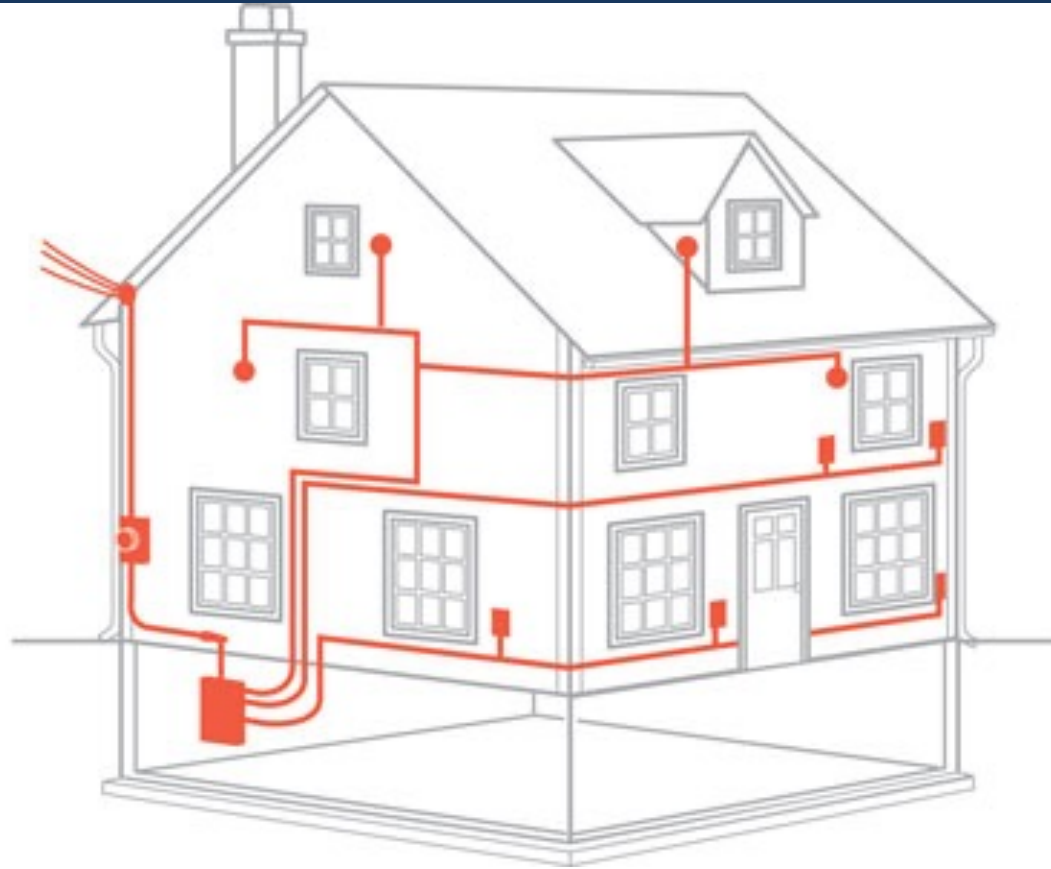
Brain Basics



Pre-frontal Cortex



How the Brain Develops and Wires



- "Lower brain" wires to the "Upper brain" during development.
- These connections are "hard-wired."

Trauma-Informed

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

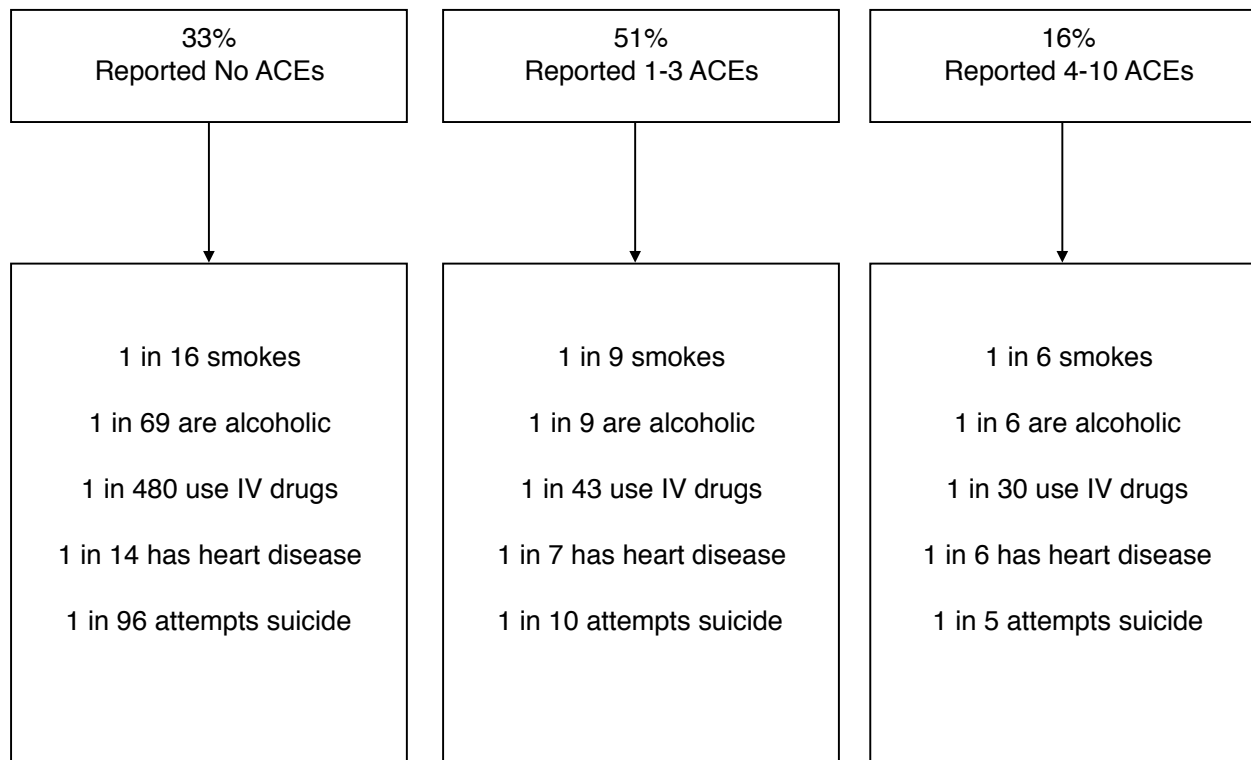


Divorce

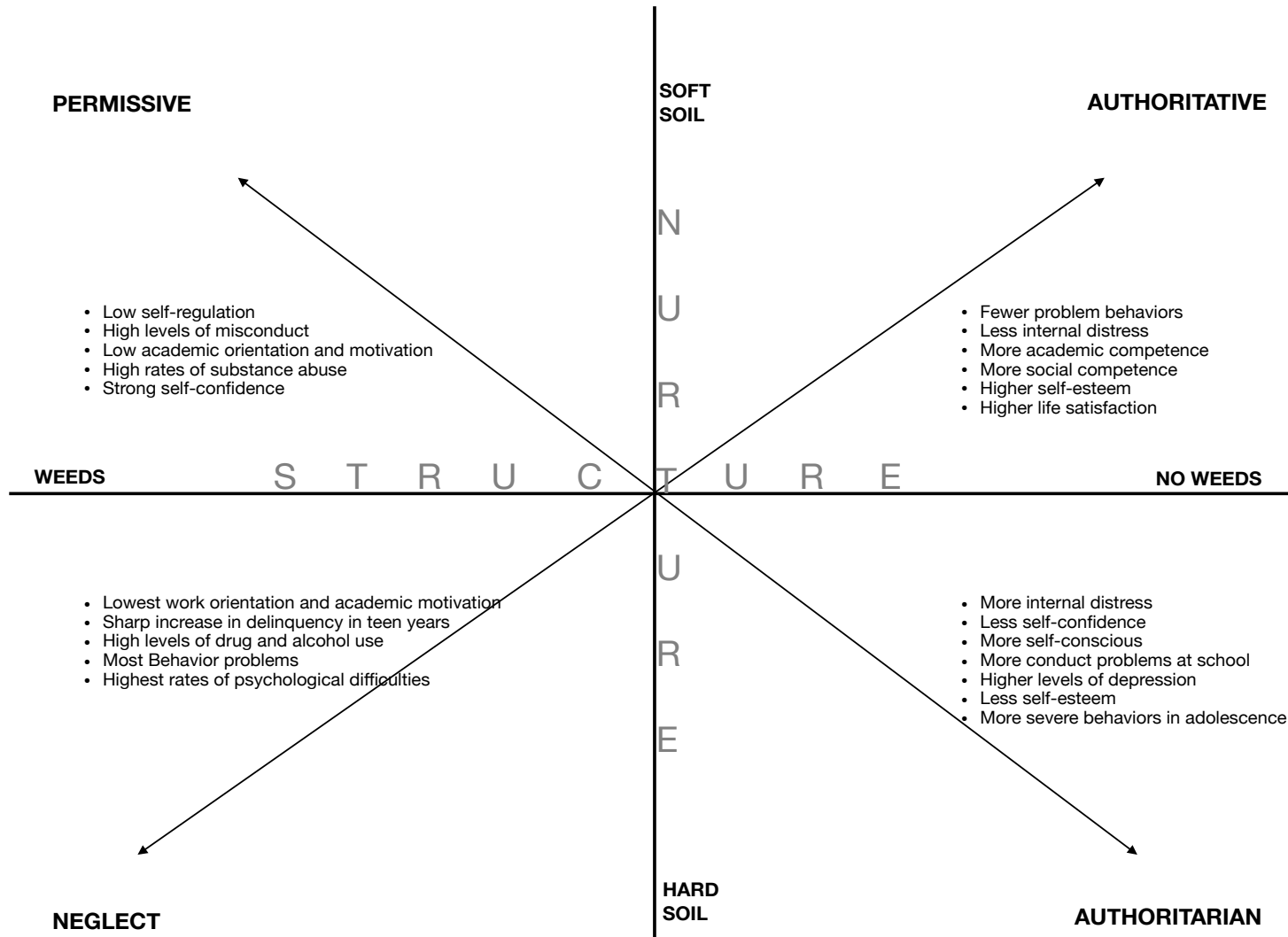
Trauma-Informed

The ACE Study Revealed:

Out of 100 People



CAREGIVING STYLES



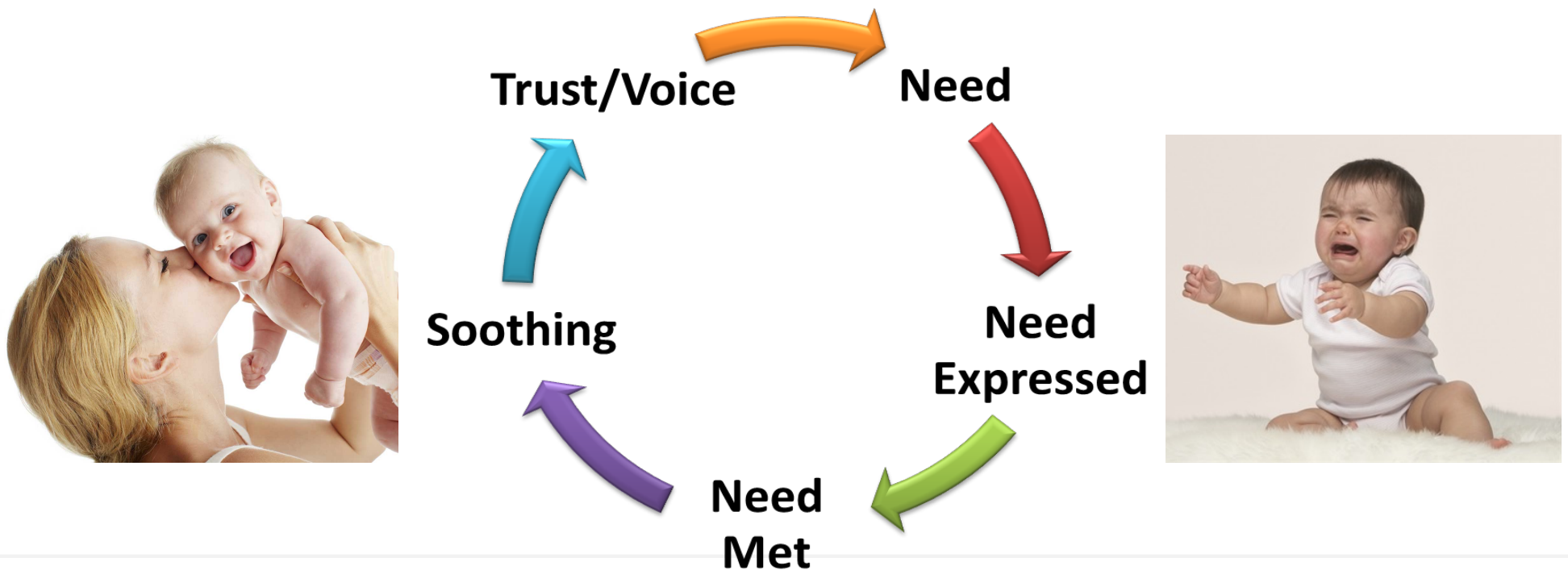
Attachment Cycle and Styles

Inhibitory

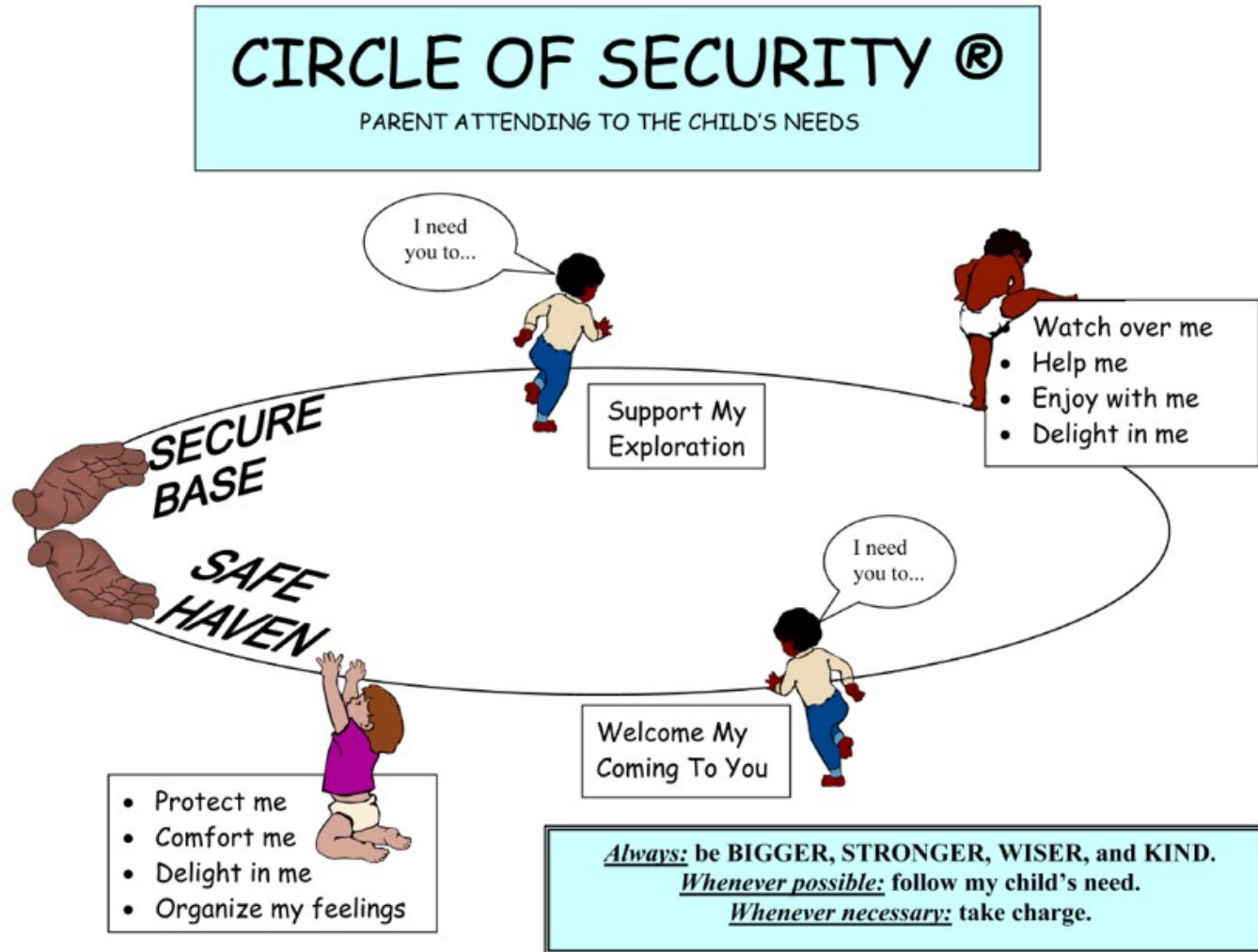
Neurotransmitters Firing
Parasympathetic
Nervous System

Excitatory

Neurotransmitters Firing
Sympathetic
Nervous System



Attachment Cycle and Styles



Web page: Circleofsecurity.org

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Attachment Cycle and Styles

Inhibitory

Neurotransmitters Firing

Parasympathetic

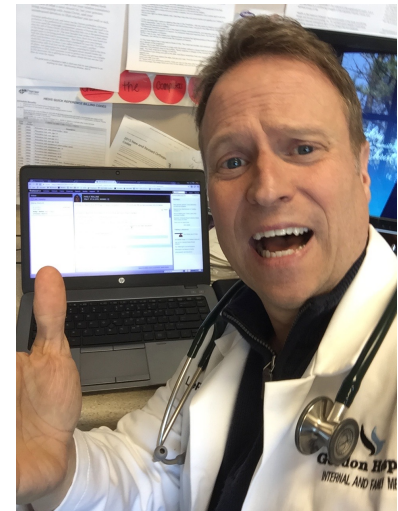
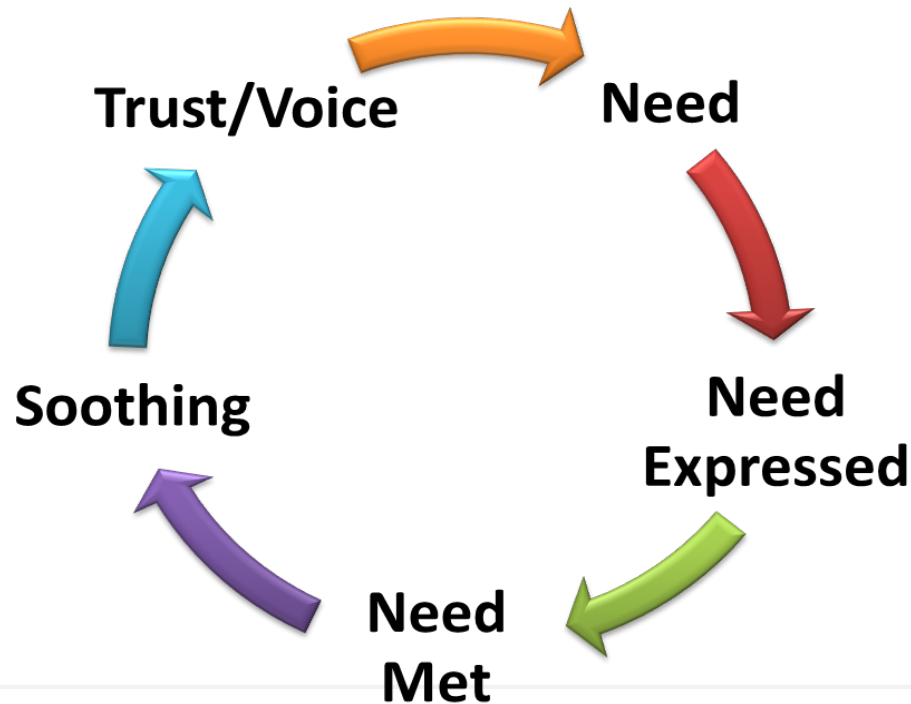
Nervous System

Excitatory

Neurotransmitters Firing

Sympathetic

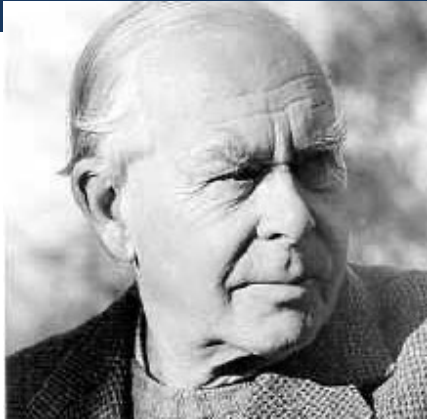
Nervous System



Attachment Cycle and Styles

It takes secure attachment to
create secure attachment!

ATTACHMENT THEORY



Science shows that our children will become who we are rather than what we say or do. The most important factor in successful parenting is the caregiver making sense of their own past.

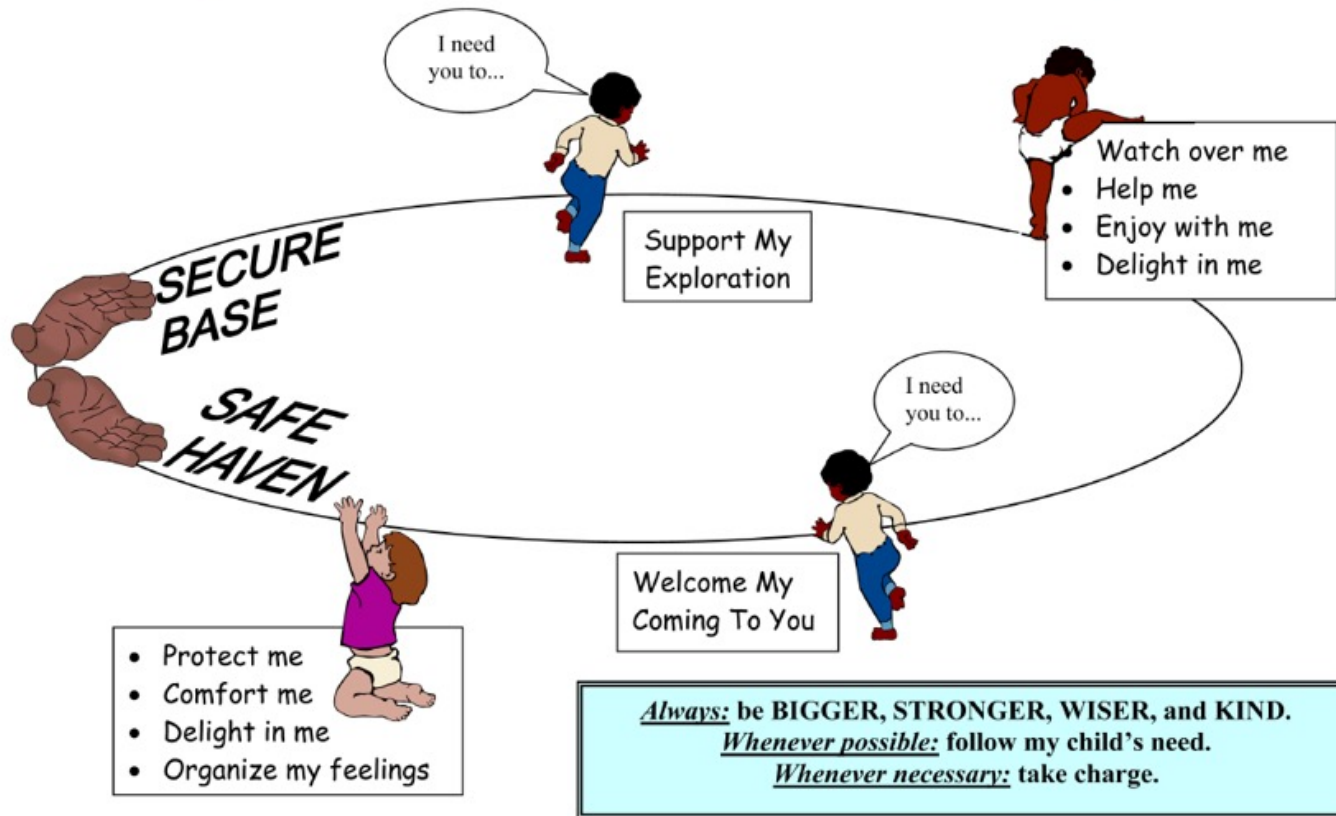
The Adult Attachment Interview (AAI) can predict with up to 85% accuracy the attachment style of the child.

We must LIVE what we want those around us to learn. It is the only way that teaching works.

ATTACHMENT THEORY

CIRCLE OF SECURITY ®

PARENT ATTENDING TO THE CHILD'S NEEDS

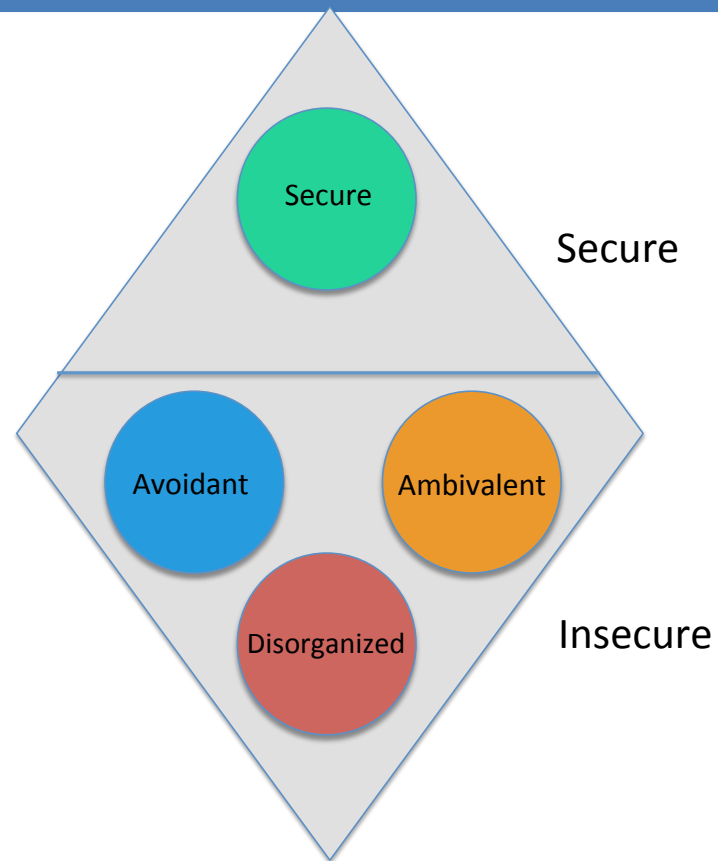


Web page: Circleofsecurity.org

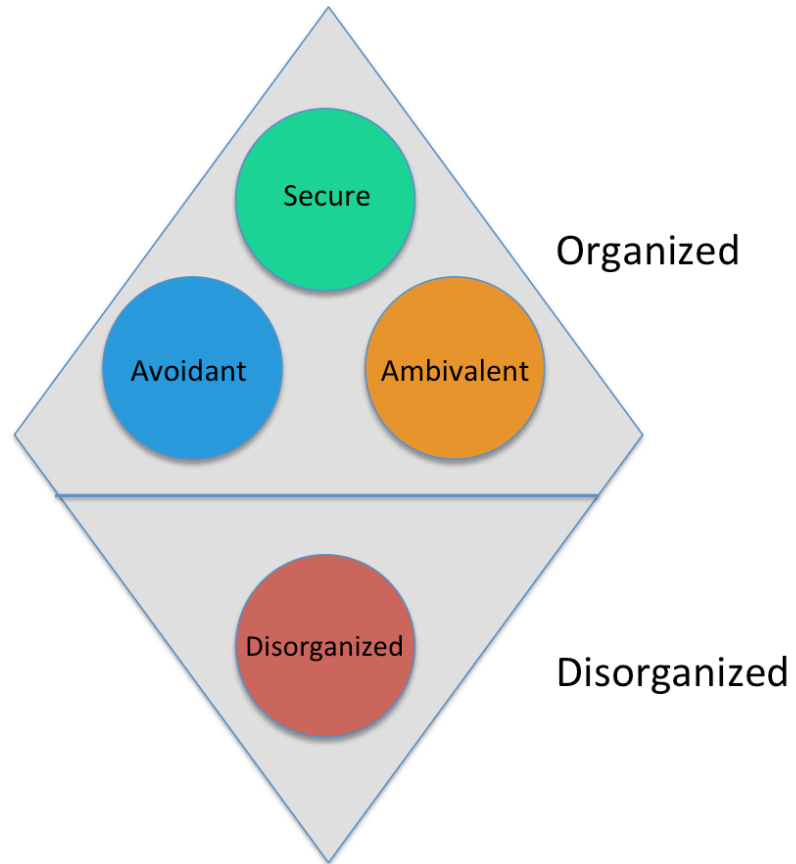
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My Past Will Affect How I Connect

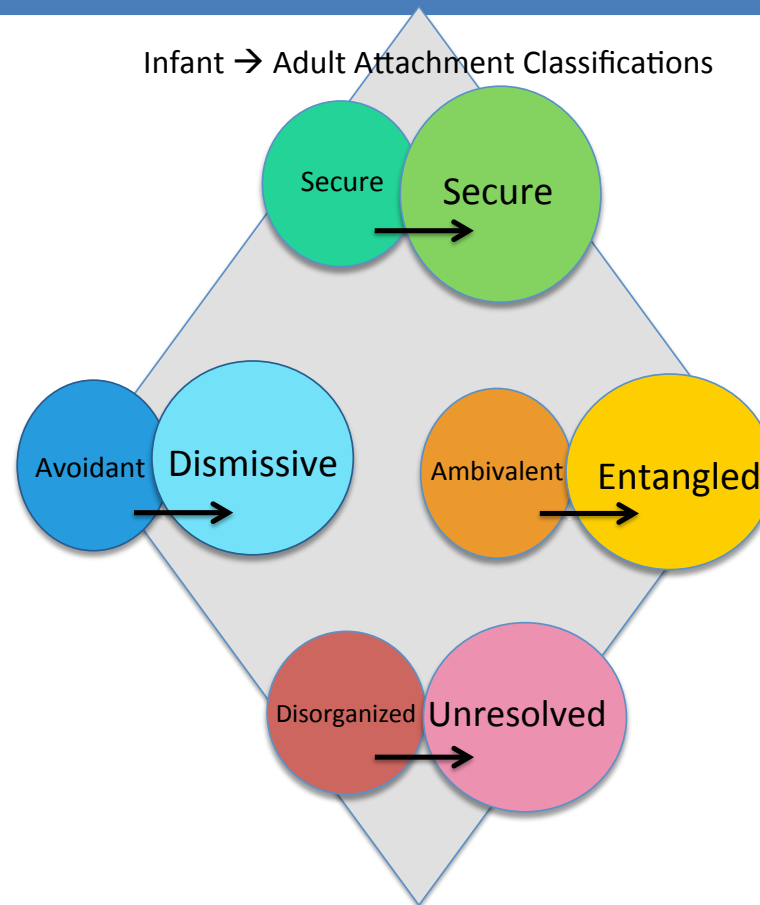
ATTACHMENT STYLES



ATTACHMENT STYLES



ATTACHMENT STYLES



ATTACHMENT STYLES: SECURE

Pillars of Secure Attachment:

- Give care
- Receive care
- Negotiate
- Okay with autonomous self

ATTACHMENT STYLES: SECURE

Secure attachment breeds:

- Self regulation
- Flexibility
- Organization
- Empathy

ATTACHMENT STYLES

- Research shows that securely attached adults do better in life overall, including employment, marriage, parenting, and friendships.
- Insecure attachment styles will struggle in relationships and will lead to a sense of un-fulfillment.

ATTACHMENT STYLES

Avoidant Attachment

- Often does not speak out when has a need
- May have inability to negotiate
- May resist help unless at end point

ATTACHMENT STYLES

Ambivalent Attachment

- Give inconsistent care
 - Care may be intrusive or absent
 - Responses may be nurturing at times or punitive at others

ATTACHMENT STYLES

Disorganized Attachment

- No real strategy to deal with stressors
- Aggression
- Manipulation
- Control
- Difficulty completing tasks, focusing (chaotic)

ATTACHMENT THEORY: SECURE

ATTACHMENT THEORY: AVOIDANT

ATTACHMENT THEORY: AMBIVALENT

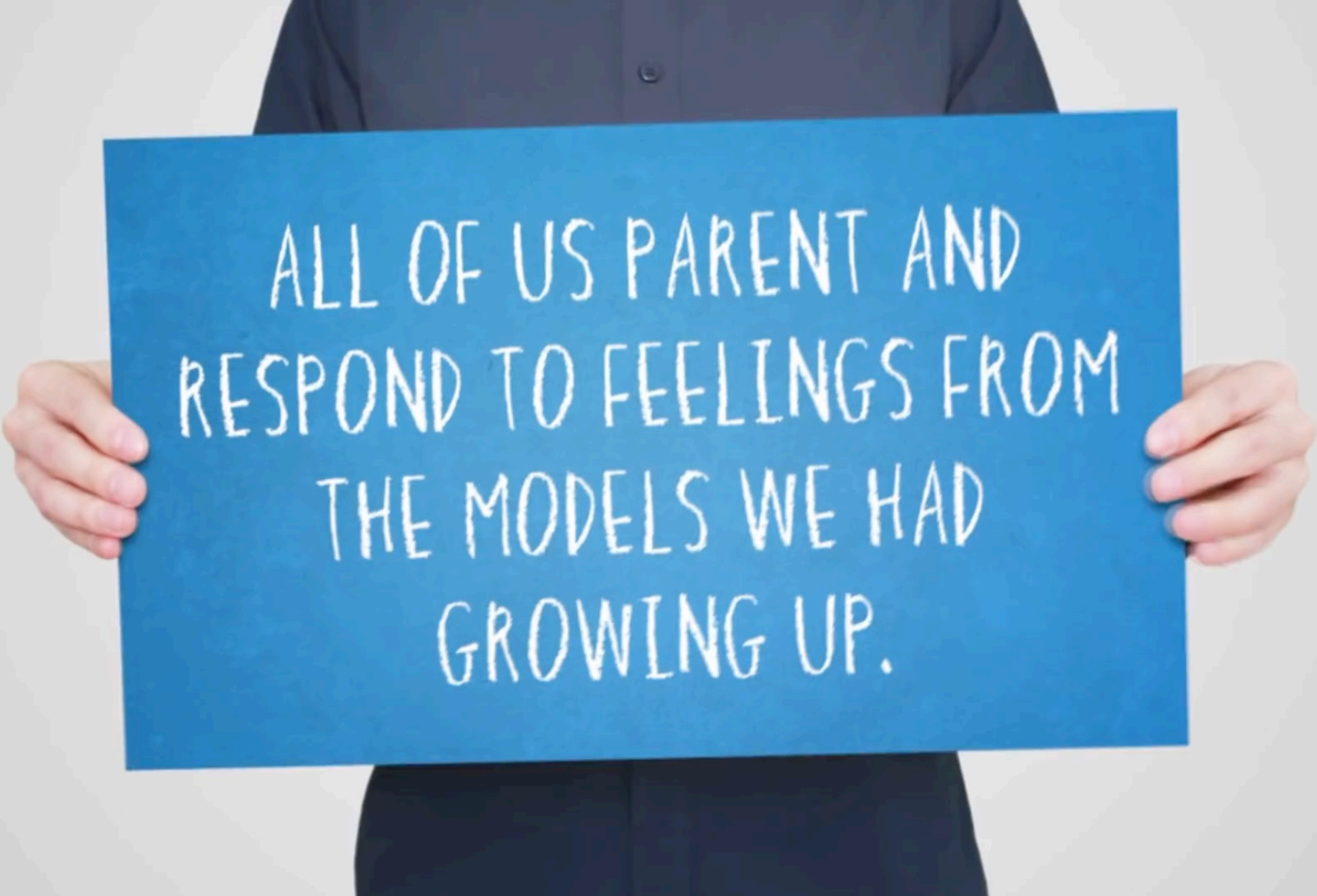
ACTIVITY

- Google “How We Love Quiz”
- Click on link “Love Style Quiz – How We Love”

SECURE ATTACHMENT

- Four Pillars
 - Give care
 - Receive care
 - Negotiate
 - Okay with autonomous self

CAREGIVING STYLES VARY GREATLY

A person wearing a dark blue button-down shirt is holding a large blue rectangular sign with both hands. The sign has white text written on it in a casual, hand-drawn style. The background is a plain, light-colored wall.

ALL OF US PARENT AND
RESPOND TO FEELINGS FROM
THE MODELS WE HAD
GROWING UP.

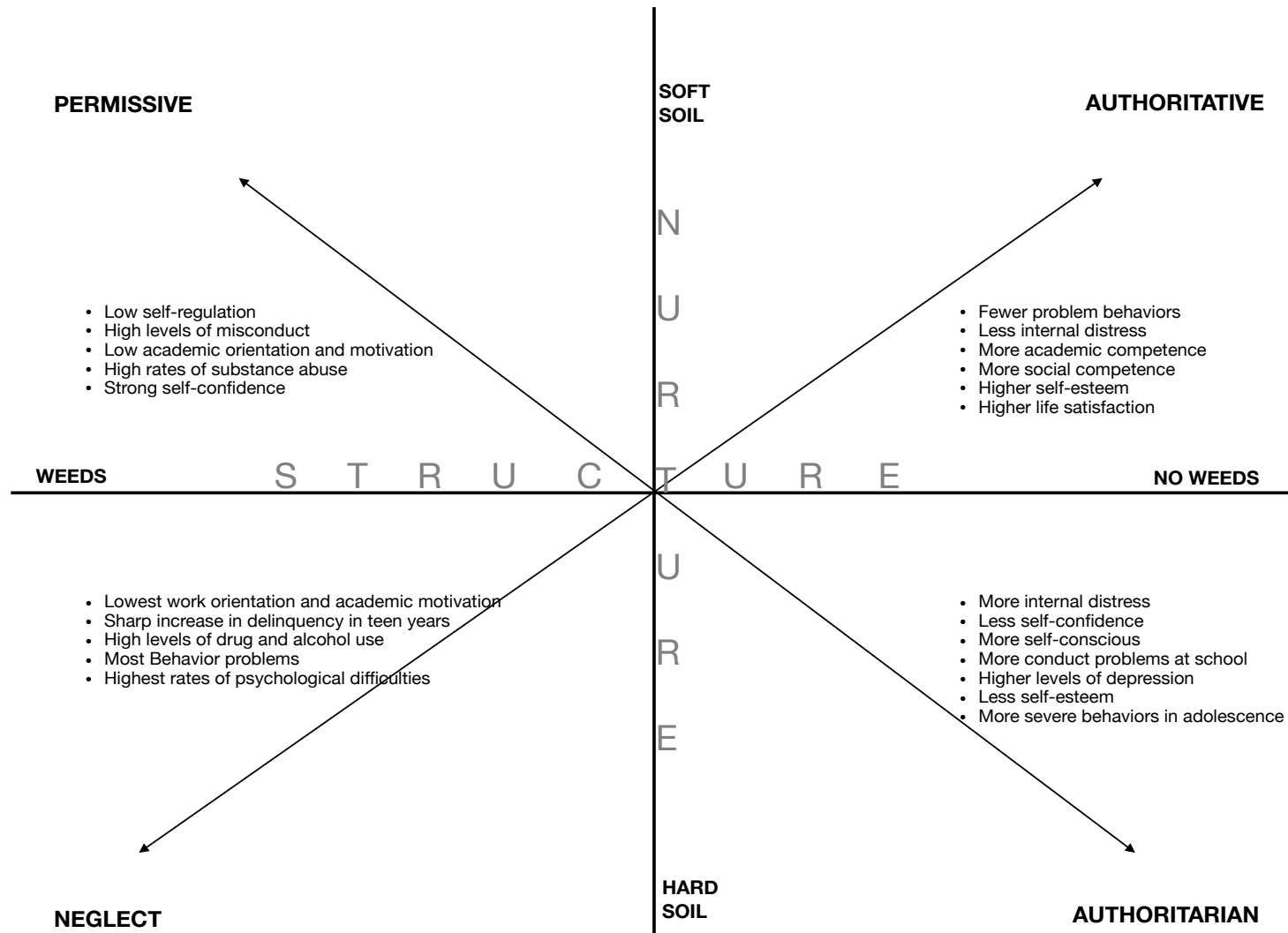
CONNECT



INTERPERSONAL NEUROBIOLOGY

- BIG paradigm shift in caregiving
- HIGH structure, HIGH nurture (does not allow for disruptive behavior)
- Discipline with the definition of structure that aids in training a disciple
- It isn't "fixing the person" or changing behavior as much as it is changing the relationship
- HIGH investment, but HIGH yield
- Optimally guides behavior with maintaining the person in the pre-frontal cortex
- Will require caregiver to spend much work on themselves

CAREGIVING STYLES

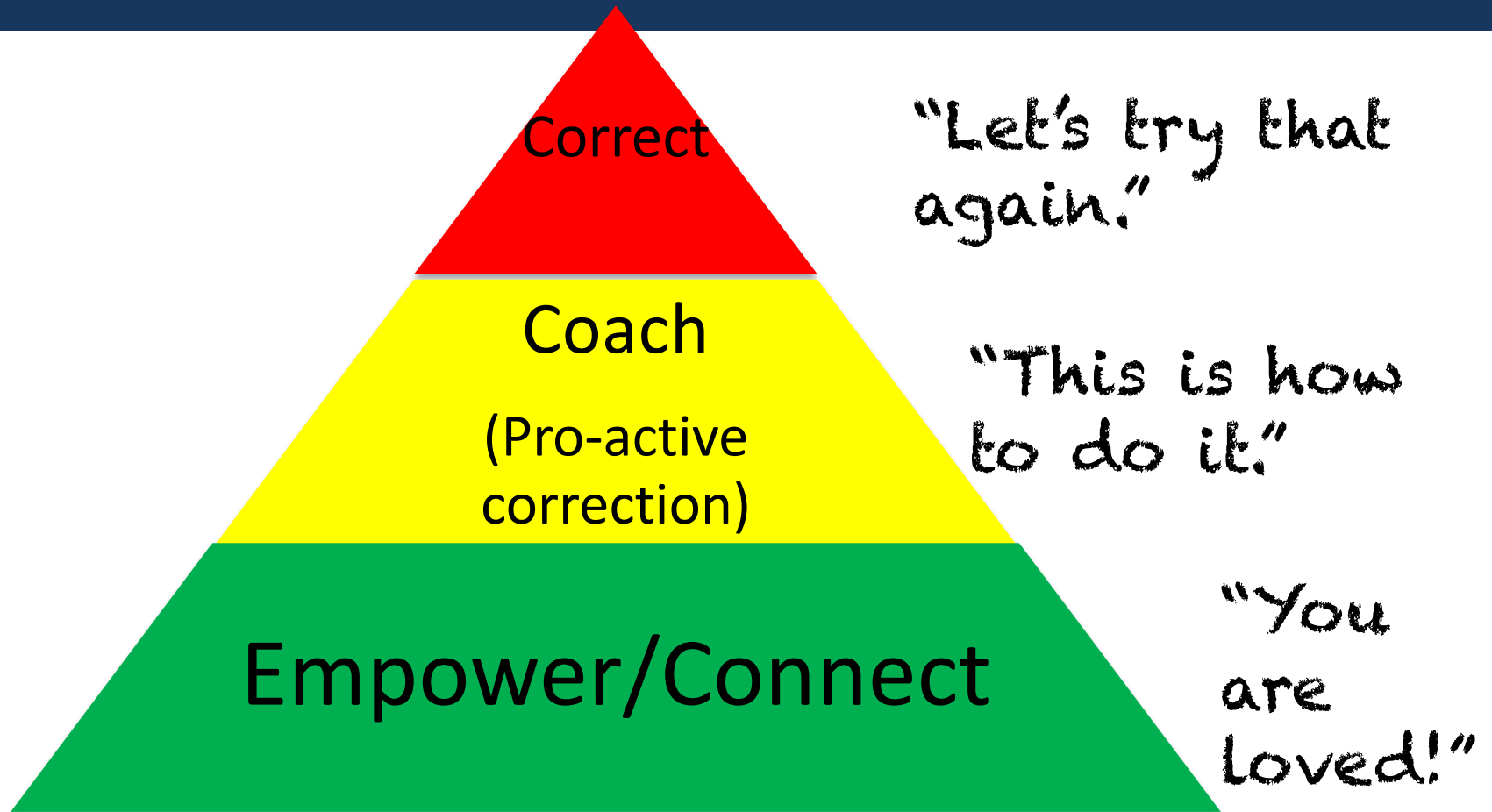


TBRI: Basics

3 PRINCIPLES:

1. EMPOWER (Body)- Meeting the needs of the child allowing the child to feel safe and well cared for.
2. CONNECT (Spirit)- engaging through activities and healthy touch. Including child in decisions. Building a trust-based relationship.
3. CORRECT (Soul)- Guiding new behavior by re-directing and working on behavioral skills proactively. Coaching a child and preparing them in a playful setting with the skills that will allow them to get it right the first time in daily life events. Stop wrong behavior and re-do with praise once right behavior is achieved.

TBRI: Basics



THE MOST IMPORTANT FACTOR

The Most Important Factor in Successful Caregiving

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- The most rejected factor

The Caregiver Making Sense of Their Own Past

Putting it All Together

Bridging the Tools: “The most important factor in successful care-giving”

- Understand the individual tools of the therapeutic model
- Attachment style is foundational to emotional intelligence (EQ) and trauma-informed therapeutic models
- Learn to bridge the tools together

Putting it All Together

Emotional intelligence:
Aware of what is going
on within me and around
me. This requires me
knowing who and where
I am in any given situation.

No Therapeutic tools.



Putting it All Together

Therapeutic
Model without
EQ



Putting it All Together



EQ



Tools

Putting it All Together

Putting it all
together



KNOWLEDGE IS NOT UNDERSTANDING

