

[00:00:01.390] - Lisa Qualls

Welcome to the Adoption Connection podcast, where we offer resources to equip you and stories to inspire you on your adoption journey. I'm Lisa Qualls.

[00:00:10.310] - Melissa Corkum

And this is Melissa Corkum. Don't worry, we get it, and we're here for you.

[00:00:18.870] - Lisa Qualls

This week, we're bringing you a recording from a recent workshop that took place in The Village.

[00:00:24.100] - Melissa Corkum

In case you haven't heard about it, the Village is our membership community where you can find support and training to meet your needs. For more information, head to [theadoptionconnection.com/village](http://theadoptionconnection.com/village).

[00:00:34.900] - Lisa Qualls

We hope you enjoy the workshop.

[00:00:41.350] - Greg Lombard Rea

This is "How Would Jesus Parent? Letting go of Shame Based Parenting." And this first part, I am going to be providing a lot of information, and it's going to be a lot like drinking from a fire hose. But we will have these spots where we'll just check in and see if everybody's going okay, because in some parts there's just a lot to cover, and then we'll be able to have good casual conversation and interact and everything after that. So, welcome. And I would like to just to make sure that I'm on the same page, would you please type in the chat why you're here? What grabbed you about this presentation and, you know, just a few words, it doesn't have to be. I mean, the word desperate communicates a lot, right? Hope, the idea of I came in here and my spouse is watching the kids, so I figured 2 hours away from them. The title. Want to be a Christ led parent, excellent. Yes, you'll have access to the slides. Encouragement, curious. Oh, better train our Christian foster presence. Reminder to be more like Jesus. Walking through some challenges, yeah. To be a better parent. Five kiddos with different levels of trauma. See, this is why I do this. My heart just breaks for you all and for your kiddos. Yeah, you're going to get the biblical explanation of TBRI. Training for Christian parents. Good stuff. All right, give my son what he needs. As I've been rolling up stream in our community about parenting this way, and we're excited to listen to a biblically based reason for why we parent. Oh, good. And it is my hope that you all will be able to see what I've been seeing for the past three years. Pastor in a Church, I used to do that. And that's actually where I just started to discover this. And I'll tell you a little bit about that. All right, I'm going to go ahead and dig into who and who. I am Greg. I am a dad of four. In 1990, I became a bio dad. In 2008, I became an adoptive dad. I've got an MDiv or master of divinity from Texas Christian University in Fort Worth, Texas, from Bright Divinity School, which is the graduate school of the seminary there. I became a trust based relational intervention practitioner in 2019. I also am an Enneagram coach, which is a whole lot of fun. I was a Christian pastor for 40 plus years and I worked solidly in Church. Technically, I'm still a Christian pastor, but I'm not working in a Church. You all are my people now. I'm also a post adoption support specialist because I started learning TBRI, and I ended up leaving pastoral Ministry to become a post adoption support specialist. It was a huge calling. I am also acquainted with the journey of cancer and the journey of grief because my wife went down that she went on the journey of cancer, and our family has been in that journey of grief since January of 2020. 2020 was a bad year for a hard year for lots of us, and especially when our family lost my wife of 30 plus years. So the why I am here is because once I started learning about TBRI and I was preaching every Sunday and I was immersed in the Gospels and the rest of the scriptures all the time, I began to see patterns. And I was changing my mind to think in a trust based relational intervention framework. And I was taking that framework to my sermon prep, into my personal devotions and to my scriptures. I was baptized in about probably 1970, but I got serious about following Jesus in about 1975, long before many of you were born. And although I grew up in a mainline Church, when I was in College, I hung out at Calvary Chapel, which was the Jesus Hippies in the 1970s. And it was all about peace, love, and Jesus. And that was where I learned Christianity isn't a religion, it's a relationship. And you've got to know Christ, you have a personal relationship with Christ. And I bought into all of that and began connecting and nurturing my relationship with God and

Jesus in the most intimate ways that I could. And that's a part of my journey. But when I started looking at this, I started seeing TBRI in the Gospels, and it was amazing. I'm going, in a way, revolutionized my faith. It actually helped me to talk about Jesus better because I really felt like I had this understanding of who Jesus was and understood his Ministry a little bit better. And that's why I'm going to kind of fire hose you all tonight, because there's so much good stuff, but you don't have to learn it all. Then the second reason that I am here is because following this principles and strategies of TBRI, I have seen the healing in my children. I have seen the healing in me because I've needed to change and become more who God wants me to be in order to be the healing force that's needed in my kiddos lives. I believe in the presence in Christmas, the incarnation is the thing for me, okay. God taking on flesh and walking that human life, and that's what I see in Jesus' Ministry. Jesus took on human flesh and walked with us. I am taking on love. I'm becoming love incarnate in a way, and being that power of love and healing just by my presence in my children's lives. And I've had to do a lot of healing from my past. So that's why it's been a healing journey for me. My 17 year old son, last year, when we were doing lots of stuff, I was preparing a session for preparing for adoption, speaking to about 40 people who are getting ready for adoption and what you needed to know. And so my son popped his head in while I was preparing a presentation, and I said, so you have any advice for these pre adoptive parents? And he listed ten things. And the 10th thing he said was, you are probably going to get the kid to make you deal with your issues. You are probably going to get the kid to make you deal with your issues. That has been 100%. So as a result, because of the pain of parenting my child, God has transformed me during that. So that's kind of what's going on. So I saw healing in me, I saw healing in my children. And I love adoptive parents and I love adoptive kids. And so I'm here because I found this Oasis in the middle of the desert where there is cool, crisp, life giving water. And I just want to show you where it is. So how would Jesus parent? I'm going to do four things before Q&A, all right. Number one, I'm going to compare behavior management and trust based parenting, not because I hate behavior management. Behavior management has a place, and it is so much easier than trust based parenting. It is so much easier. It doesn't require as much soul searching. You just learn the tool and apply the tool. So I'm going to make a case for behavior management parenting. The bottom line is it doesn't work for kids from trauma. So we're going to look at that. Then we're going to look at the three lies that I am vulnerable to, how that it got expressed in my adoption with my kids and then how Jesus has been dealing with those three lies in my life. Okay, so three lies, how it expressed in adoption. And then Jesus hooking in there. And then I'm going to give you the content. I'm going to overview trust based parenting. I'm going to overview 24 hours of TBRI training in about seven minutes. Okay? And then we're going to review it because then I'm going to take that TBRI framework and the four parts of that, and I'm going to apply it to the Ministry of Jesus and see if I can help you see what I saw during those months when I was preparing them, going, oh, my goodness, Jesus practices TBRI strategies. It's not that I believe that Jesus read the Connected Child or the connected parent. I believe that Karen Purvis, in her own Christian walk and her passionate faith and trust in Jesus Christ, saw things and saw patterns, and they worked in her work with her children. So I don't think Jesus used Karen Purvis and Dr. David Cross's stuff. I think it's the other way around, but I saw it. Then, probably the most important part is I want you to know that trust based parenting begins with trust. And I want to see if I can give you some gifts so that might encourage you, enable you, empower you to trust a little bit more in the one that you call your Lord and Savior and see if that makes a difference. Not that I do it 100% of the time, but I've certainly found some ways that I've been able to trust more in Christ and in God and in the movement of the Spirit. And I'd like to share that with you and maybe you all would share stuff with one another. Any questions before we go for this? All right. We're in good shape time wise, I think. Here we go. Behavior Management and Trust Based Parenting. I didn't put a versus there intentionally, okay? But behavior management and trust based parenting has two different goals. Behavior management means our needs to limit chaos in our homes and in our lives. Okay. Behavior Management, we want to prevent theft in our home. We want to prevent property damage in our home. We want to prevent injuries in our home. We want to prepare meals in our home. We want to be able to stay employed. Right? So these are all things behavior management is trying to manage it if you're a teacher, you know you need behavior management in the classroom, otherwise you can't accomplish anything. Okay. TBRI, however, meets the complex needs of vulnerable children. So it's a different mindset. TBRI Trust Based Parenting, Connected Parent, Empowered Parenting, TBRI meets the complex needs of vulnerable children. Helps to heal their trauma, promotes attachment because being attached to a caregiver is vital to human existence. Providing felt safety because our baby's brains can't develop. I mean, even my six foot baby, our

baby's brains can't develop unless they have felt safety. TBRI helps provide regulation skills for our kiddos and social and emotional skills. So the goal, the focus is different. Behavior Management meet our needs keep our eye meet the complex needs of vulnerable children. We also acknowledge that we do behavior management to help teach our kids to how to obey the law right and how to live in society. And those things work and let's move on. However, especially for the children who experienced early complex developmental trauma, behavior management sends a different message. Behavior management says well behaved children are valued and included, but poorly behaved children are sent to time out. They are sent away. When you know how to behave properly, you can return to the family. Okay? Behavior management says good children are rewarded. Behavior management says bad children are punished. Okay. They experience negative consequences. Now, for some homes, that means hit, spanked, could mean grounded, could mean loss of privileges, could be loss of possessions and all of those things. Good children get my attention. Bad children are ignored. And those behavior modification techniques have shaped, well, they've shaped me. In many ways, it's what my parents use. But here's the difference. Children who experienced being sent away or abandoned, children who experienced being hit spanked, losing all of their possessions because they were taken out of the home, lose their family, lose their possessions and put in strangers home. Children who are ignored or neglected. How do they pick up that message from behavior management? Right. It's oh, I'm a bad child. That's why my parents left me. Oh, I'm a bad child. That's why I was abused in my early years. I'm a bad child. That's why I was neglected. If I had been a better child, if I had been better behaved, if I had been just more what my parents really wanted, then I would have been accepted in the family and I wouldn't be living in foster care and I wouldn't be living in an adoptive home. All right. So that message comes through. TBRI message is you are valuable. You are precious. You my sweet one. Your needs matter. You are safe from harm, and I'm going to keep you that way. You are attached to me and I love you. I will protect you and not harm you. You are not your behavior. I will teach you the skills that you need to survive and thrive in this life. Right. That's what the TBRI messages. So a question in the chat, in a few words, how has behavior management been working for you and for your kids? All right, how has behavior management been working for you and for your children? NOT. Yeah. I'm going to tell you my story after. Unmanageable. Not working. Spinning my wheels. You can get behavior changed briefly sometimes. Home functions well, but no one likes each other, dang. 17 years of the same struggles, behaviors exist. Oh, yeah. Sending the very messages you described. Depends on the day. There are days where this stuff works, right? And other times we end up pulling our hair out. To be honest, it's been working better than any attempts at TBRI. Interesting. Well, good for you for the honesty. All right. Not really any lasting change. Yeah, those are the things. Thank you. All very unhelpful. On average. It is. Well, I'm going to tell you my story. Well, here I'm going to tell you a little bit right now. Is that the reason I started learning trust based relational intervention is because none of the other stuff was working and we were at the end of our ropes and did not know what we were going to do. And we're thinking desperate thoughts of can we continue to do this? And it was at that moment that we discovered TBRI Trust Based Relational Intervention. I'll tell that story in just a little bit. So for me, this is just personal. Looking at the three lies, how they affected me in adoption, and then how Jesus helps heal me from those lies. I am vulnerable to these three lies. I am not enough. The lie of shame. I do not have enough. The lie of scarcity and God is not enough. The law of self. The reason that I have to be in charge of everything is because God's not enough. God's not going to fix this problem for me, okay? And so the lies I believe is that I'm not good enough. I'm not smart enough, I'm not talented enough, I don't have enough skills, I don't have I don't have enough time, I don't have enough resources, I don't have enough energy. And I've been abandoned, obviously, because I've been told over and over, if you're faithful to God, you're going to be rewarded. Or if you're faithful to God, good things are going to happen to you and we carry that disinformation around with us. How did that affect me? All right, well, it was easy. I'm not enough for my children, okay? I can't help these kids. There's nothing I can do. I do not have enough for my children. That scares me I don't have enough money, resources, anything. Do you know how much that kind of therapy costs and this kind of therapy. But you know what? You still do and I'll bet you many you still try it out. You go ahead and spend the money. You go ahead and waste hundreds of dollars just in case this works. And God is not helping me. And the lies kept me from saying yes. Here's what I mean by that. In Trust Based Relational Intervention, we talk about the attachment cycle and the attachment cycle goes like this. A child, a human being. But let's go a baby. Baby has a need. Baby expresses the need. Loving adult comes and meets the need and trust is developed. Need expresses the need. Need is fulfilled. Need is met and trust develops. It happens 100,000 times in the

early years of life and our children's brains are wired for attachment. All I have to do is make my needs known and somebody's going to do it. It's going to take care of it. The world is a beautiful place, but our babies didn't experience that. Okay? When they express the need, they got hit, smacked, ignored, abandoned, not fed, left in the dirty diaper, not comforted when they were scared, they didn't get enough yeses. So I learned that. That my kiddos, when they came to my home, I had to go back and make up for all those yeses that my children's bio parents didn't give them. And all of a sudden it's on me to tell them yes, but here's the problem. Because of the lies, it limited my ability to be able to tell my babies my little ones, I got them at four and six to tell them yes. And the other part of the lies is they send me. I want to be on the path, right? But what happens when I'm vulnerable to the lies? It'll send me veering off to be controlled. And I get angry and I get big and I get scary and I threaten and I take things away and I ground and I've just got to control this behavior and dang it, I'm going to shut this behavior down now. Thank you very much. Or when the lives really get to me, I veer off on the other way and off the cliff of despair. Okay? Never mind. I just can't do this. I am not good enough. And there is no point me trying. It's those days where you just want to pull the covers up and you don't want to show up to life. Right? And that's what the lies did to me. When they've got a hold of my head, when they've got a hold of my heart, they limit me. And I can't say yes to my kiddos. And the lies also send me off the track into controlling my kids and despair. Thank you for joining me for my therapy session. That's been actually numerous years of therapy to get there. So where does Jesus fit in? Well, along my path. Guess what I saw in the Gospels? I see that Jesus trusted that he was enough. No shame. Jesus trusted that he had enough. No scarcity. Jesus trusted that God is enough. I'm hoping that you all are familiar with that. the story of Jesus temptation, the testing in the desert, right? It's in Luke, chapter four. Jesus is baptized by John the Baptist, and the spirit leads him into the desert, and he fasts for 40 days, preparing for his battle for Satan. Right? That fasting, that's a spiritual preparation. So that when Satan shows up, the tester shows up, Jesus is going to be able to pass the test, and he does. So Satan shows up and says, dude, you must be hungry. Look at that. You see that stone right there? Doesn't that look like a fresh loaf of bread? Why don't you just change that stone into a loaf of bread and we can have a little party right here in the desert. And Jesus, he says no to scarcity. He says, we do not live by bread alone, but by every word that comes from the mouth of God. And Jesus says no to scarcity. So Satan takes him to the top of the pinnacle and says, jump off Jesus. You're going to have this three year Ministry, and it's going to be hard. And you really need to see if God has your back, because what if you get a year and a half into this and God just abandoned you. So you need to test God, jump off just to make sure that God's got your back. And Jesus says, no, I'm not going to test God. God is 100% enough for me and rejects self in testing God. And then Satan shows them in an instant, all of the kingdoms of the world. And Satan basically says, you don't have to do this servant thing where you're a nobody, where you're going to be rejected, where you're going to be persecuted, where the Roman government's going to look down on you, where you're not going to get the respect you deserve. You just bow to me, and in an instant, you will be the ruler over every single one of these things. You don't have to go, that you don't have to be nothing. You can be something now. And Jesus says, no, I'm enough as a servant. If you have notes, there's a great passage in Philippians chapter two, verses one through eleven that, wow. Just describes that, especially that Jesus sees himself as enough. So Philippians two, one through. And most scholars believe that that one section that kind of looks poetry was an early song that the early Church actually sang. So it's great stuff. But in the Gospels, I see that Jesus trusted that he was enough, that he had enough, and that God was enough. So for his whole Ministry, even in the face of hunger, thirst, rejection, persecution, poverty, pain, torture, and death, Jesus trusts God. Boom. Jesus didn't succumb to the lies. And as a result, Jesus went down that path of trust. Not veering off into control, not veering off into despair. He possibly had moments of both, but where right? But Jesus didn't veer off. And I saw that of the one that I call my Lord and Savior. And here's the thing that living Jesus Christ, the one whom God resurrected, called me to trust. Greg, I want you to trust that you are enough, that you are loved. Greg, I want you to trust that you have enough. I want you to trust in that lord's Prayer, give us this day our daily bread. Our daily bread. Right. And Greg, I want you to trust that God is enough. Even in the face of hardship and desert times and storms, God is enough. And even in the face of the challenging behaviors of my children, Jesus calls me to trust in God so that I stay on that path and don't go veering off into control or veering off into despair. All right, question. Are you vulnerable to these lies? The lie I am not enough. The lie of shame, the lie of scarcity. I do not have enough. The lie of self. God is not enough. When you are caught by one of these lies, do you tend to veer off into control or to despair? If you're willing to risk in this group who I believe gets you, do you

veer off into control or despair? Despair. Control, Jackpot. Depends on the day. There's something different. Both, right? Yeah, it is both for me early on. Control. Both. Yeah. Day. In the circumstances, there are some things that will send us flipping our lids, right? Sometimes it'll just send us to cover our beds. Seasons of despair. Oh, you guys. Yeah. When I'm with my kids. Control, right. Control, Erica. Despair. Yeah. You guys, this is hard work, right? So thank you for following all question. I want to pause for a second. Does anybody have any quick questions for clarity or understanding? Do you have any questions about the content that I've given so far?

[00:28:20.590] - Speaker 1

So the aspect of shame and not being enough, how do you balance that in your mind with the knowledge that you truly are not enough for your children, that it is Jesus that is going to sanctify them and work in them? How do you achieve a Truthful balance and not have that toxic shame?

[00:28:39.990] - Greg Lombard Rea

Well, number one. Oh, I love that. So let me just reiterate. So in a way, from a certain perspective, I am not enough for my children because Jesus is the healer, right? Is that kind of what you're saying? In my experience, I am given certain tasks, okay? I am not in charge of completely healing my children. There's this idea, preachers, we do stewardship, right? But one of the things we preach about stewardship is that everything is God's and including these children, okay? These children are God's children. And ultimately, God is the one who is 100% responsible for their healing. However, as a follower of Jesus Christ, as one who is filled with the spirit, I do have responsibilities towards my children to imitate Jesus in their life. So, yes, only in Christ are we enough. Scarcity drives us to the gospel and his Grace. So what it's done for me? How has it done for me? Because the truth is we are enough for the task that we have been, that has been set before us. Moses, Exodus, chapter three. Moses is at the burning Bush and God says, hey, dude, I'm sending you to Egypt to go stand before Pharaoh and to tell him, hey, this God that I met out on the desert says, let my people go from slavery and Moses does nothing but argue for the next chapter, right? I can't do this. I can't do this. I can't do this. I can't do this until finally God just goes, says, fine. Here's a compromise. Okay? Okay. TBRI does compromise if you're familiar with it. At the end of Exodus, chapter three, God compromises with Moses about going. And the compromise is fine. You go I'm going to send Aaron and Aaron is going to do the talking for you, okay? You just take the staff I gave you and do the miraculous things. But Aaron's going to do the talking. Can you live with that? Right. So Moses stands there and argues with God and God compromises. That's not a clear answer, I know, but I hope it's sufficient for right now. Look, there is no condemnation shame for those in Christ. Even though we are not the ones in charge of our healing for our children, we are still enough for the job that we have. Although sometimes I have trouble believing it. Okay. Now let me tell you briefly about trust based parenting and my journey with trust based parenting. And then where I see Jesus doing those four aspects. Okay. All right. The day things began to change for our family on May 17, I lived in Salina, Kansas. We lived in Salina, Kansas. Kim was one year into cancer treatment, and we got the tornado sirens went off. So in our family, it's a tradition. What we would do is you grab snacks, you grab phones, you grab your Chargers, and we all go to the basement, sit in front of the big screen TV, and we eat, we chat and we wait out the storm. We listen to the radio, the television. If actually a tornado is coming towards our house, we run right into the room that is very secure so that it would be the safest place. But it's usually not a problem. On May 18, about 5 in the afternoon. My son is just in everybody else's space. He's in my space, especially his half sister's space. He goes into a room which was also in the basement. Just kept going in there, not staying out and hitting her, bothering says, she's doing this to me. I had to go in there because she's doing these mean things to me. So I just needed him to stop. So I tried to get bigger, louder, scarier to shut this behavior down. We moved them in an area where there's a bed and we surrounded by dressers and stuff and just tried to lock him in there just to stay in this space because he was killing us here. And still he wouldn't do that. He's still obnoxious. He's still going crazy with this stuff. As soon as I knew that the tornado had gone on and passed enough, I just took him upstairs and had to go to his room and still had to be big and scary just to keep him there. It was insane. And by the end of that night, at 09:00, that night, I sit back in the comfy chair in the living room, just exhausted. I can't do this anymore. This is ridiculous. This is the pinnacle of a month filled with emotional pain and struggle and failure and shame and guilt. And we can't do this. And where the heck is God and all of this. This was the biggest moment of that. And then Kim walks in from tucking our daughter in the basement, saying good night to her. And she sits on the couch next to me and

breaks out her phone and goes on the Facebook. Can I get a testimony, right? And she goes on there and all of a sudden in the exhaustion in my head. I hear this today on the Empowered Parent podcast, why traditional parenting doesn't work with kids from trauma. Excuse me, it doesn't work. And there's an alternative in that. We learned about empowered parenting. Trust Based Parenting discovered that it was created by Dr. David Cross and Karen Purvis at TCU. We were both TCU grads. She from undergrad and mine was my graduate school. And so we immersed ourselves to learn what we could discovered that Kansas actually had free TBRI training all 24 hours. And we just went down that passion that was simply amazing to discover that. And here's the summary. This is my picture. This is not official TBRI stuff, but this is how I want to describe TBRI to you. It's a pyramid and it starts at the bottom. And the foundation, that biggest piece is a deep understanding of the risk factors which leads to compassion. So that's why we've got the head for understanding and the hearts in the head for compassion. They are related. Then on top of that, when you've got the compassion, then you've got the connecting strategies to provide emotional felt safety for the children. And it is all about parents connecting with their children in love. And on top of that, you've got the empowering strategies. And the empowering strategies are about giving our baby's bodies. Yes. And telling them, yes, you can have food, yes, you can have water, yes, you can have your sensory needs met. Yes, I will provide you an environment that doesn't trigger you and all of those things. Then when our kids have deep understanding compassion, when we've provided emotional felt safety, when we've provided physical felt safety, then on top of that, then we teach the correcting strategies are about teaching kindness and love, selfregulation and skills, social skills, and all of those things. That's what's going on there. So I want to briefly overview all four of these things. And if I also get distracted is because I can hear the skateboard going in my garage. So hopefully nothing's going to get broken while that sound is going on in there on the other side of the wall here. So let's look at the deep understanding of the risk factors. Okay. These are common challenges that I have seen firsthand. So things that I have seen as a parent and in my work as a post adoption support specialist, swearing, insults, threats, fire, starting, terrifying another child, urine and feces outside the toilet, property damage, lying, stealing, addiction, prescription, misuse, depression, self harm, attempted suicide, juvenile court, police in the home, juvenile detention, psychiatric, residential treatment facilities, behavioral health facilities, and children living with their significant other's family, aggression, pushing, grabbing, slapping. And you all could probably add to this list of behaviors, as a matter of fact, are their behaviors that you've experienced that are not on that list or whether or not you've seen it in your home. But you know that these behaviors exist. Yeah. And I think the Yup is to these. Okay, folks, these are tough, tough behaviors. They are over the top difficult. And because of these behaviors, our children are called sinners, criminals, cryptographic, punks, attic, scum, and worthless because of these behaviors. Maybe there's parents in our worst times where we've used them ourselves. It is common to experience these even when. No, it's a question Mark. Is it common to experience these even when you have had children since birth? It is not unusual. There are times where we've talked about it and there are some specific circumstances and brain wiring why these do happen. Okay, so it's not necessarily common, but there are birth parents who experience these things with their children. Oh, look at that. Okay. Did you see that? Check out episode 87 of the podcast The Adoption Connection. So why are our children doing these behaviors? Why could my son not stay in that space? Why was he having to go ballistic and in all these areas? So I'm going to try and share a three minute video with you which talks about this really well. And it's one that's accessible on YouTube.

[00:39:38.280] - Video

As we develop, our brain produces 2500 neurons every minute. By birth, we'll have 100 billion of these miraculous building blocks. But in order for our brains to fully function, we'll need synaptic connections to organize and build networks. Who we become and how we function depends entirely on how these networks develop and our interactions with others and how we've been treated determines everything from functions like heart rate, breathing, and basic emotions to personality, decisionmaking, language, social behavior, and voluntary movement. We know that severe or prolonged abuse or neglect derails that building process. Even in the womb. Distress and high anxiety in the mother allows cortisol, the stress hormone, to cross the placenta and disrupt development. When the toxic stress response is activated repeatedly, brain development and even immune systems are disrupted. Research has shown that high doses of stress hormones inhibit brain function and impulse control over building the fear center and the part of the brain that's critical to emotional regulation. TBRI uses three sets of principles to begin the healing caused by toxic stress. By

recreating the developmental process, TBRI strives to introduce the nurturing that was absent in those toxic situations. And for the child who has endured toxic stress, healing must begin with a sense of both physical and emotional safety, something this child may have never known. Connecting principles are designed to create and nurture healthy relationships through sensitivity, consistency, and availability to disarm fear and gain trust. Giving full attention using a gentle voice and kind facial expressions and body language are just a few of the ways to help build trust. Punitive and controlling responses only feed a child's mistrust and fear. Empowering principles are designed to meet physical needs, including sensory regulation, nutrition, and hydration and strive to be aware of environmental issues such as overstimulation by light, noise or smells that can trigger behaviors that often leave caretakers baffled. The goal of the correcting principles is to help guide a child through day to day strategies by correcting fearbased behaviors and establishing felt safety, helping a child regulate their emotions, tell their stories, and learn through playful engagement. The Adverse Childhood Experiences Study examined the effects of multiple types of abuse in childhood, and the staggering results showed that high doses of childhood Adversity affect brain development drastically, leading to addictions, attempts at selfmedication impacted immune systems, chronic inflammation, and autoimmune diseases. The greater the number of traumatic events, the greater the damage. TBRI can help stop this ugly cycle. There is hope for the damaging effects of toxic stress, but it will take dedication, education, and most of all, understanding.

[00:43:13.650] - Greg Lombard Rea

Hopefully that video gave you a little bit of understanding of what went on in the brain development and the disrupted brain development of our children. As you saw, it can happen in utero as well as in the early years. The earlier the trauma, the greater the effect as well, according to the doctor who wrote what happened to you, Bruce Perry and Oprah Winfrey. That's right. And there's just some amazing things in there, and that's what we're understanding. So our kids these challenging behaviors that are so frustrating for us, it's technically not their fault and it's not our fault that we just can't stand it, that it's so difficult to face these behaviors. So our job is then to become healers in our children's lives. And here is the problem is that I think it takes 50 times more yeses. And need meeting for us that we have to do than if our kids birth parents had done it. It's harder because their brains were already shaped in this way. And we have to come in and through our behaviors and through our need meeting, we have to rewire the brain rather than wiring it correctly in the first place. So it's just so challenging. So how do we heal our children's brains? Glad you asked. In trust based parenting, it's the connecting strategies. These provide emotional felt safety. And I'm just going to go over these strategies briefly, connecting for healing. So there's five basic strategies and I'm going to do it. And you can participate with me if you want. But I start with my hands up high. Kim in 2005 took our family to participate in community theater sliding community theater. And we started doing musical theater. And everybody dances in musical theater, even if you can't dance. And you learn about jazz hands. Okay, so playful attitude is the jazz hands Woohoo playful attitude. Then you bring it down to soft eyes, eyes that communicate love. Then you bring it down to a warm voice, then you bring it down to healthy touch. And then behavior matching. Don't have time to teach you about all those things, but I will say testimony regarding warm voice. I finally heard my son that my voice was irritating the heck out of him. And it was causing conflict or conflict. Conflict. The next day, I changed the way I spoke with him. I lowered my register. I slowed down. I used fewer words. 50% of our conflicts disappeared overnight because I changed the way that I spoke to him. He felt more connected rather than hearing my stress. Alright, let's look at the empowering strategies. So empowering strategies are giving voice to a child's needs. All right? Especially for the body. So the empowering is we say yes to the body. Food, drink, often that's every single, every 2 hours, we make sure that they've got food and drink. We take care of their sensory needs. Man, that's a whole hour discussion in itself. And then we also try to control the environment for lights and sounds. If our kids get stimulated, overstimulated by fluorescent lights or certain sounds or certain music or certain smells, we also teach them. We also learn as a strategy is how do we transition our kids? Our kids hate going from something that they're enjoying doing to something else, right? But story behind the behavior is that when kids are having fun and enjoying something, they feel safe, right? When they're having fun, they're not threatened. Their brains are in playful mode. And when we interrupt them and say, you have to stop doing this thing that you feel safe doing and we're going to go do something else. And the child's brain just has difficulty. So in TBRI, we teach how to do those transitions, and then we do routines and rituals as well. Okay, before I go on to correcting strategies, anybody have any question about connecting or empowering?

All right. Okay, then let's go onto the correcting strategies at the top. So once our kids have we've given them deep understanding and compassion. We've provided emotional felt safety, physical felt safety, and they feel unsafe. Now we can do the correcting or teaching strategies. All right, so they're divided into Proactive. When everybody's regulated, you can't do Proactive strategies in the middle of a conflict. Okay? So you do it outside the moment, usually with play. And we teach them with play self regulation skills, how to breathe in through the nose, out through the mouth. We teach them square breathing. We teach them star breathing. We teach them how to relax their bodies. We teach them name five things you see, name four things you hear, name three all of those self regulation skills. And we teach social emotional skills. Gentle and kind, obey first time with permission and supervision, teaching those social emotional skills that our little ones need. All right, then there's the responsive strategies. When we're facing the difficult behaviors. And in TBRI, the first thing is level one. Try and deal with it playfully. You want to try that again with respect? You asking or you telling? Playful kinds of things to just get things back on track quickly. But if those don't work, then go more structured and you might use choices or you might say, no, I will do that when I am asked nicely. And then the calming when our kids are really going off, then there's the calming strategies to bring them back down. Because when kids are not calm, they've dropped into their basement brain. Right. Rather than their prefrontal cortex. Any questions about Proactive or responsive strategies? Now, let me tell you what I saw as I'm learning all of these strategies, these four parts of TBRI. And now I'm immersing myself in Scripture for my personal and professional life. Here's some of the things that I saw, you guys. I went through the Gospel of Mark and made a list of where all of the scriptures fit into these four categories. Okay? I've gone through the Gospel of Matthew. It's just these massive lists. So if we had hours, I would do an eight week Bible study of let's look at Jesus and compassion and just immerse ourselves in that. But we don't get to do that tonight. So deep understanding of the risk factors. Does Jesus understand that? These are some of my favorites. Okay, so the Pharisees asked Jesus' disciples, Why does your teacher eat with tax collectors and sinners? And Jesus replies, Those who are well have no need of a physician, but those who are sick. For I have come not to call the righteous, but sinners. So Jesus saying, I'm like a physician who's here to repair brain injury, right? I've not come for the righteous. I've come for the sinners, the despicable. I've come for all those things that we had, the sinners, the criminals, the outlaws, all of that stuff. That's who Jesus is here for. And in Greek, the word *sodso* means heal and save. All right? The same word can mean healing or it can mean saving. Interesting, right? So all of Jesus work, when we trust in Jesus, it heals and saves. When he saw the crowds, he had compassion for them because they were harassed and helpless like sheep without a shepherd. That compassion word is used eight times in Matthew, Mark and Luke. And don't you remember that the prodigal son story. But while the son was still off, still far off, his father saw him and was filled with compassion. He ran and put his arms around him and kissed him. You see, the Son hadn't apologized, said, I really messed up, done all of those things. The Father saw the Son and heart beat with compassion and welcomed him home prior to any change of behavior. All right, so for me, G deeply understands human behavior and why we sin and why we mess up and hurt ourselves in each other. And Jesus brings full on compassion. Okay, any question about compassion in the text or chat or if you want to unmute yourself. All right. We're closing in. I know. I'm just nailing you all on this one. Okay. Connecting strategies, right? Jesus tells stories. Playful. Jesus preaches the good news of the Kingdom of heaven. The good news. Tons of sermons are on what's the Kingdom of heaven. But the bottom line is Jesus saying, God is so close, getting ready to break into this world, so trust in God. Jesus connects and calls people to follow him. Jesus casts out demons, free of the person from isolation or reconnects them to community. When somebody is possessed, they are not allowed in town, right? And so Jesus sets them free and they're actually able to reconnect with their community and their family. Jesus is with the disciples in the storm. Jesus blesses the children through touch, lays hands on them, welcomes them. Jesus is raised from the dead and Jesus is alive and is with us, present with us. Now. Jesus connects and helps to heal us through that connection of the sheer presence of Jesus Christ. The Empowering Strategies All right. Body. What does Jesus do? Does Jesus take care of the body, gives food and drink to people, instruct his followers to give food, drink, welcome the stranger, give clothing to the naked, care for the sick, visit the imprisoned. Matthew 25 take care of these bodies. Jesus cast out demons, which gives people back their voice and power. If I'm possessed by a demon, I don't have any choice in my life, right? If I am set free now, I have power and I've got a voice. I am empowered. Jesus believes in taking care of the body and that claims that God does. Which of you? Jesus says, if your son asks for bread, you're going to give him a stone, or if he asked for a fish, you're going to give him a snake? How much more will your father in

heaven give good gifts to those who ask him? And Jesus changes the environment for the disciples when he calms the storm. All right, let's look at the correcting strategies really quick. Hang in there just for a couple more minutes, okay? Jesus does proactive strategies when everybody is regulated. Okay? Just for one example, Matthew five through seven, the Sermon on the Mount. That's one of five teaching sections in the Gospel of Matthew. And in the Sermon on the Mount, Jesus says, Live your life in complete trust of God. God is faithful. And Jesus gives rules for anger, rules for dealing with enemies, anxiety, judging others, money, legal Testament, pride, marriage, prayer, giving alms, all of those things. Jesus when everybody's nice and calm ahead of time. Jesus spends three chapters providing all of this information of teaching, okay? But Jesus does correcting also when it's responsive. Do you remember the story of the woman who was caught in the very act of adultery? Right. And the scribes and the high priests bring her to Jesus and throw her down before him and say, this one was caught in the very act of adultery. No, we didn't bring the guy she was in adultery with. We just brought her and says, what do you say? And Jesus draws on the dirt, right? Who knows what he drew in the dirt? And then he says, Tell you what, let he who is without sin cast the first stone. And it says, from the oldest to the youngest, they dropped their stones and walked away. But Jesus also does structured corrections to those who prefer power, money, tradition over caring for people's human needs. Jesus is strong in correcting to the Pharisees who believe Jesus should not heal on the Sabbath. He argues, Wait a minute. The law says that if your sheep falls in a hole on the Sabbath, you can take hold of it and lift it and work to get it out of the hole. How much more valuable is a human being than a sheep? Of course I can heal on the Sabbath. No, this is not acceptable. And then in Matthew 23, he really goes off and says, Whoa, you teachers of the law and Pharisees, you hypocrites. You give a 10th of your spices, Mint, Dill, and cumin. But you've neglected the more important matters of the law, justice, mercy, faithfulness. You clean the outside of the cup and dish. But inside those cups are full of greed and self indulgence. All right, so here just kind of summarizing this. Jesus provides felt safety, compassion, connection, empowering. If you are sick, hungry, lonely, possessed, outcast a sinner, if you are in shame, guilt, despair, grief, fear, Jesus shows up and provides felt safety. Even if you're considered a sinner, a poor outcast sinner. Right? Jesus welcomes you. Jesus proactively, teaches, crowds, his disciples, everybody. And Jesus brings the stern structure critique. Okay? If the disciples blow it, he says, how long do I have to be with you? When are you going to learn this? Correct the wealthy. Okay, go sell everything that you have and give it to the poor. Then come follow me. Right? Correct the religious leaders. Like we said, those woes for the scribes and the Pharisees. Corrects the political leaders. So if you've got wealth, power, then Jesus brings the structure. Trust based parenting begins with trusting. All right, so here's the invitation. Jesus invites you, and so do I, to trust that you are enough, that God loves you, to trust that you have enough. God provides your daily bread to trust that God is enough, that God redeems your past, and that God gives you hope for the future. So I want to invite you to trust that invitation so that you can be on that path. You notice that this path is an imitation of Jesus path, right? Since we are disciples of Jesus, we imitate our Rabbi, right? And we do the best that we can. And the living Jesus Christ, who is alive, is with you and me with us in this hard work. At the very beginning of the Sermon on the Mount, Jesus says this, blessed are the poor in spirit, for theirs is the Kingdom of heaven. I have a question. Would one person be willing to do a favor for everybody else and read would you be willing to read this Scripture for everybody so that everybody can listen to a different voice for a few minutes than me?

[01:00:31.370] - Speaker 2  
Sure. I don't mind.

[01:00:33.200] - Greg Lombard Rea  
Beautiful. Thank you.

[01:00:35.270] - Speaker 2  
Blessed are the poor in spirit, for theirs is the Kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the Meek, for they will inherit the Earth. Blessed are those who hunger and thirst for righteousness, for they shall they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness sake, for theirs is the Kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account, rejoice and be glad, for your reward is great in

heaven, for in the same way they persecuted the prophets who were before you. The B attitudes. Matthew five, verses three through twelve.

[01:01:34.790] - Greg Lombard Rea

Thank you so much. I appreciate that. I have redone these a little bit. I've done some biblical study about the words, and then I pictured, if Jesus were speaking specifically to adoptive parents, what would he say? Blessed are the exhausted, the depleted, those who give without receiving back. Blessed are those who grieve the loss of dreams, relationships, the loss of hope. Blessed are those feeling ashamed, guilty and like failures. Blessed are those who long to help kids thrive. Blessed are those who open their homes and hearts to other people's children. Blessed are those focused on being an instrument of God's healing. Blessed are those working to bring wholeness into a child's life, putting the pieces back together. Blessed are those who feel like no good deed goes unpunished when they are criticized by kids, schools, mental health workers, child welfare workers, and other parents. Blessed are you when you are cussed at F-bombed, criticized, reviled and rejected, rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you. God understands that you all are enough.

[01:03:23.130] - Melissa Corkum

We are so thankful for the amazing guests who share their wisdom and expertise in the Village. Adoptive parenting gives us both the challenge and the opportunity to keep learning new tools and perspectives.

[01:03:35.250] - Lisa Qualls

Each workshop in the Village is followed by a live Q&A with our guests. If you're not already a member of the Village, we invite you to join us for regular gatherings and workshops where you will find the tools you need for exactly where you are.

[01:03:48.990] - Melissa Corkum

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[01:04:14.860] - Lisa Qualls

Thanks so much for listening. We love having you and remember you're a good parent doing good work.

[01:04:23.130] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Rosevere.