General Concepts: Trauma-informed Adult Assets of the Caregiver

Relational Capacity

* ability to build and sustain relationship especially in times of stress
* Authoritative and warm
* Setting good boundaries
* Attunement: Capacity to connect with emotional distress
* Reparative focus

Ability to Manage Behavior

* connect then correct
* Flexible response patterns
* Good impulse control
* Attune to internal experience while misbehavior is occurring

A **resilient** sense of self:

* Open minded
* Self reflective
* Curious, even when stressed
* Acceptance of emotional discomfort
* Ability to enjoy youth

Offer a **secure** base:

* with an understanding of child development and trauma
* Identify attachment patterns and child's miscues
* Being sensitive and able to challenge
* Mindful

In General:

* Ability to handle rejection
* Willingness and openness to exploring own attachment history
* Engaged in a reflective practice