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