



## Ep. 218: What to Look for In a Therapist

**Recommended Trainings** for Therapists, Helpers, Healers, and Educators Working with Kids (and their Parents) with Complex Trauma & Baffling Behavior

*This is - of course - not an inclusive list of all excellent trainings. There are so many! Please use this guide as just that- a helpful guide- and not as a checklist. Also please note that simply taking trainings doesn't make someone a great therapist. Be sure to still thoroughly vet any professional, regardless of their education and resume.*

### 1. The Baffling Behavior Training Institute's (BBTI) Professional Immersion Program - Year-Long Immersion Program with Robyn Gobbel

- A year-long immersive training rooted in attachment theory, relational neuroscience, and trauma-informed care
  - Integrates tools for understanding dysregulation, co-regulation and presence-based interventions
  - Helps professionals expand internal capacity, reduce burnout, and attune with both children and caregivers
  - Emphasizes being over doing—healing happens through who we are, not just what we do
  - Graduates become registered facilitators of the Raising Kids with Big Baffling Behaviors Parenting Program

### 2. Trust-Based Relational Intervention (TBRI) (Drs. Karyn Purvis and David Cross)

- Rooted in attachment, neuroscience, and sensory processing
- Teaches connection before correction and prioritizes co-regulation and developmental trauma

### 3. Neurosequential Model of Therapeutics (NMT) (Dr. Bruce Perry)

- A brain-based model for assessing developmental trauma
- Guides therapists in sequencing interventions in a developmentally appropriate way

Robyn Gobbel, MSW

[roblyngobbel.com](http://roblyngobbel.com)

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#### 4. Attachment, Regulation, and Competency (ARC) Framework

- Modular treatment framework for complex trauma in youth
- Emphasizes caregiver involvement and building developmental competencies

#### 5. Polyvagal Theory / Safe and Sound Protocol (SSP) (Dr. Stephen Porges)

- Helps therapists understand and work with autonomic states of safety, shutdown, and defense
- SSP offers a sound-based intervention to support regulation

#### 6. Somatic-Based Therapies

- Somatic Experiencing (SE) or Sensorimotor Psychotherapy
- Bottom-up healing of trauma through body awareness and nervous system regulation

#### 7. Dyadic Developmental Psychotherapy (DDP) (Dan Hughes)

- Relational model using PACE (Playfulness, Acceptance, Curiosity, Empathy)
- Built for children with developmental trauma and attachment disruptions

#### 8. Theraplay

- Attachment-based dyadic (caregiver-child) play therapy using embodied interaction to build connection and regulation

#### 9. EMDR (with child/adolescent specialty & complex/developmental trauma speciality)

- Eye Movement Desensitization and Reprocessing adapted for developmental needs
- Most effective when integrated with attachment and somatic approaches

#### 10. Play Therapy (with relational & trauma lens)

- Play as primary expression for young children
- Should integrate attachment, regulation, and trauma—not just generic or only child-led methods

#### 11. Sensory-Informed Training / OT Collaboration

- Deepens understanding of sensory challenges and behavior
- May include direct training or close partnership with sensory-informed OTs
- SMARTmoves (sensory motor arousal regulation treatment)

Robyn Gobbel, MSW

robbyngobbel.com

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## 12. Presence & Self-Attunement Practices

- Examples: Interpersonal Neurobiology (Dan Siegel), Mindful Self-Compassion (MSC), Compassionate Inquiry (Gabor Maté)
- Supports therapists in becoming the regulating presence kids and caregivers need
- There are many, this is not even close to an exhaustive list; look for some evidence that the caregiver recognizes the importance of what they are bringing to the relational experience

## 13. Attachment Theory

- Foundational framework for understanding children's relational needs and developmental pathways (John Bowlby, Mary Main, etc.)
- Guides therapists in recognizing how early relationships impact regulation, behavior, and emotional development
- Informs nearly all other attachment- and trauma-informed modalities

## 14. Interpersonal Neurobiology (Dr. Dan Siegel)

- An interdisciplinary framework that integrates brain science, attachment, and human development
- Emphasizes the importance of presence, attunement, and integration in healing
- Helps therapists deepen their understanding of how relationships shape the brain

Examples of IPNB trainings (not inclusive, there are many):

- Mindsight Institute
- PCC IPNB Post Graduate Certificate Training