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Traumatic Incident Reduction Workshop

Fee: £450

OVERCOME THE PRESENCE OF THE PAST Level I

This workshop covers the nature of trauma, the consequences of traumatic incidents, and the Traumatic Incident Reduction (TIR) technique, a one-on-one, highly-structured, yet person-centered approach to resolving the emotional charge contained in traumas and permanently eliminating their negative aftereffects in a brief amount of time. It also contains data on how past traumas may be triggered, and how unwanted feelings, emotions, sensations, attitudes, and pains ("themes") arising from past trauma may be traced back to their origins and eliminated. The workshop also teaches unblocking, a technique that is highly useful in preparing a client for TIR and for handling issues that are not directly trauma-related relationships. Unblocking can be applied to broad areas of life (e.g. "your self-esteem", "your career", "your relationship with your spouse", etc.).

The TIR Workshop presents a new paradigm of safety and effectiveness for helping others. Upon completing this training, a practitioner can expect to get good results applying what has been learned. It is recommended that the newly - trained practitioner do a post-workshop internship to quickly raise his/her level of skill and confidence.

“ The TIR Workshop is one of the best I have attended. The course structure and material are excellent in terms of delivering a coherent understanding to students and include a strong emphasis on experiential learning – vital for effective absorption of the techniques involved. ”

J.J. – Counsellor – Saffron Walden

Workshop Objectives:

As demonstrated through examination and supervised activities, the student will be able to:

- Explain the theory of the traumatic network and the nature and consequences of traumatic incidents
- Explain the theory and practice of Traumatic Incident Reduction and Unblocking
- Apply Traumatic Incident Reduction and Unblocking to a successful result

After this first level of TIR training you are in a position to build up TIR client hours for your Accreditation with the Traumatic Incident Reduction Association. It includes another form of TIR - Thematic TIR - a method for reaching traumatic incidents that don't appear to have a source. In a TIR session, the client decides what he/she is ready to look at. Unblocking procedure, also taught on this workshop, is a way to prepare a client for more challenging exposure work.

Please go to: www.tir.org/training/ws/tirw.html for more informaion

The broader subject of metapsychology is a systematic approach for enabling detached, non-judgmental observation of almost any inner or outer world event, whether cognitive, emotive, physiological, behavioural or other.

Other workshops in the series

Expanded Applications Workshop (TIR-EA)

This workshop consolidates skills gained in the first TIR Workshop and adds an array of new tools. New methods will benefit a wide range of clients, from fragile to highly functioning people.

The new techniques learned in this workshop can be used to prepare a client for TIR, to build up ego strength (ability to face life) and develop the client's capacity to successfully address specific areas of life. In addition to providing new tools, this workshop expands the use of TIR itself to fit more situations.

This workshop results in greatly increased confidence and certainty in using TIR, and related Applied Metapsychology Techniques, and provides the practitioner with the ability to address and resolve a much wider range of human difficulties and preoccupations, including distractions that make it hard for the client to settle comfortably into the role of a viewer.

Life Stress Reduction (TIR-LSR)

This workshop introduces participants to a much broader range of metapsychological techniques and also has an extensive section on Case Planning. The term 'Life Stress Reduction' relates to the goal of reducing general life stress. That is, counselling for overcoming the effects of any kind of stress or psychological disturbance, not just the effects of known traumas.

What is special about TIR?

- The TIR professional is a facilitator, not a therapist or counsellor. The facilitator does not evaluate or interpret what the client says. There are strict rules of facilitation. Giving advice or passing comment is not allowed.
- Sessions are not time limited. This prevents the session from ending on a low point just because the allotted time is up.
- Clients leave feeling happy. The end of a session is when a client feels positive. A sense of freedom is often reported.
- There is no facilitator burn-out or secondary traumatisation.
- The need for help finishes. Clients are expected to make continuous progress and eventually become independent of mental health services. There is no "therapy dependency".