

# TIR Institute

## PROFESSIONAL DEVELOPMENT OPPORTUNITIES FOR COUNSELLORS AND OTHER HELPING PROFESSIONALS

**Traumatic Incident Reduction (TIR)** is a rapid method of effectively reducing traumatic stress from emotionally and/or physically painful past events. It involves reviewing past traumas in a completely safe environment, free of distractions, judgments, or interpretations.

TIR, correctly applied, usually results in the complete and permanent elimination of traumatic stress and PTSD symptoms. It also provides valuable insights which the client arrives at quite spontaneously, without any prompting from the facilitator (practitioner), and hence can "own" entirely. By providing a means for completely confronting a painful incident, TIR delivers relief from the negative effects, enabling the person to move on. The resolution of past traumatic incidents can bring about a greatly improved quality of life. For more information about TIR see: [www.TIR.org](http://www.TIR.org)

**Testimonials about TIR**, by counsellors, include:

"TIR simply pulls PTSD and most anxiety and panic disorders out by their roots. Literally. Not in 30+ years of practice have I used a more remarkable effective clinical procedure." Robert H. Moore, Ph.D., Psychologist, CTS, Florida.

"In my many years of counselling I had never seen actual resolution the way I did with TIR." Pam Sikal, MEd, Counsellor, B.C.

"I continue to be amazed by the power and simplicity of TIR ... I wish I'd known about TIR years ago." Pauline Brumwell, Counselling Manager, UK

"Adding Traumatic Incident Reduction and many of the other Metapsychology procedures to my practice with children, teens, young adults and their families completely transformed their experiences from: limited relief and longstanding coping, to one of relief and resolution." Patricia A. Furze, MSW, RSW, Toronto

TIR is part of the broader subject of **Applied Metapsychology**. Applied Metapsychology is a clinical approach which is wholly person-centered, non-interpretive and non-judgmental, yet highly focused, directive and controlled. The scope of Applied Metapsychology includes techniques to assist with the kinds of difficulties for which people usually seek counselling, as well as a series of personal-growth workshops. The area of Applied Metapsychology which focuses on resolving existing difficulties is collectively called *unburdening*, while the growth area is known as *discovery*. The focus of the **TIR Institute** is the unburdening workshops as listed below.

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**TIR Institute training** is available in three 4-day workshops:

- TIR Workshop (TIRW) (This is the first-level workshop)
- TIR Expanded Applications Workshop (TIREAW)
- Life Stress Reduction and Case Planning Workshop (LSRW)

These workshops present a new paradigm of safety and effectiveness for helping others. The structured techniques taught in these workshops are easy to learn and to apply. At the same time, they are very efficient and powerful in helping clients release emotional charge and resolve issues that may have challenged them for years.

Upon completing each workshop, a facilitator can expect to get good results applying what has been learned. Each workshop also includes skill-building exercises, an opportunity to give and receive supervised sessions, and practice in developing case plans using the techniques taught.

Each of these workshops is appropriate for all levels of practicing social workers, psychologists, therapists, counsellors, clergy, and critical incident stress debriefers.

**Educational prerequisites:** None. The first-level TIR Workshop is a prerequisite for the two 2<sup>nd</sup> level TIR workshops.

**Attendance at more than one workshop is optional, as the first workshop (the TIRW) is a complete package,** and the skills learned can be applied immediately without further training. Post-workshop supervision internships are available for a fee.

**Registration is limited to 10 people for each workshop to ensure an optimum learning experience.** Each workshop includes theoretical instruction and demonstrations, as well as experience in using the techniques. A comprehensive manual is included with each workshop.

**Continuing Education Credits.** Each of the TIR workshops is recognized for continuing education credits (in Canada) by the **Canadian Counselling and Psychotherapy Association** and (in the U.S.) by the **American Psychological Association**, and the **National Association of Social Workers**. For further information please see [www.TIR.org/training/ced.html](http://www.TIR.org/training/ced.html)

**The TIR Institute**, a partnership between TAPE and Margaret Nelson, offers the three workshops described above: TIRW, TIREAW and LSRCPW.

**For information** about TIR or the workshops, contact Margaret Nelson at 705-835-0752 or [munelson@sympatico.ca](mailto:munelson@sympatico.ca)

**The Instructor** is Margaret Nelson. BA, MEd, Certified Advanced TIR and LSR Facilitator and Trainer. You may learn more about Margaret at: [www.tir.org/training/trainers/margaretnelson.html](http://www.tir.org/training/trainers/margaretnelson.html)

**Testimonials about this training** with Margaret Nelson include:

“Amazing four days! The techniques are fantastic and it is unbelievable how well they work.”

“Learning TIR was quite an awakening experience even though I have been working as a professional counsellor for years.”

“I got much more than I expected. It was a fabulous experience for me. I believe the skills I learned here are going to make a difference for my clients.”

“My training was just right for me; enough theory, enough practice. This has been a wonderful experience for me.

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# TIR Workshop (TIRW) 1st Workshop

Traumatic Incident Reduction involves several major techniques for handling trauma, as well as unwanted negative emotions such as anger, depression and anxiety. TIR utilises powerful techniques for managing communication effectively. TIR also allows the clinician to increase his/her connection to the client and overall clinical effectiveness by readily accessing deeper levels of consciousness, and rapidly relieving negative emotional charge.

## Specific topics included in the TIR Workshop are:

1. The theory and practice of Traumatic Incident Reduction
2. The **Rules of Facilitation** (the first key to successful TIR sessions)
3. **Communication Exercises** (the second key to successful TIR sessions)
4. **The techniques** (the third key to successful TIR sessions):
  - a. Upset handling
  - b. Unblocking (for present time situations, charged persons, places or things, or as preparation for handling trauma)
  - c. Basic TIR (technique for past events)
  - d. Thematic TIR (technique for unwanted emotions and other themes)
  - e. Grounding and remediation techniques
5. **Demonstration** of techniques
6. **Experiential:** Each student facilitates one Unblocking session and one TIR session for another student \*\*
7. **Experiential:** Each student is invited to receive one Unblocking session and one TIR session from another student. Receiving sessions during training workshops is optional.\*\*\*
8. **Evaluation** of learning achieved (student quiz which assesses both knowledge gained and instructor performance – marked during the workshop; any gaps in knowledge addressed before workshop ends.)

\*\* Confidentiality applies to the content of all sessions given and received during workshops.

\*\*\* Students are encouraged to receive sessions in order to personally experience and benefit from these techniques, and better understand the experience their clients will have. However participation is not a requirement for workshop completion.

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# **TIR – Expanded Applications Workshop (TIREAW) 2<sup>nd</sup> Level Workshop**

The **TIR – Expanded Applications Workshop** builds on the skills learned during the TIR Workshop, and expands the practitioner's repertoire with a series of additional techniques. These include TIR on pleasant experiences, Future TIR, a program for handling addictions, and techniques for handling grief and loss, and relationship difficulties. In addition, the techniques taught in the Basic TIR workshop are refined and honed to increase their efficacy.

## **Specific topics included in the Expanded Applications workshop are:**

1. **End Points** – to techniques, sessions, cases.
2. **Additional TIR instructions** for difficult sessions
3. **Additional techniques:**
  - a. Introductory techniques for clients who are anxious
  - b. Fine-tuned Unblocking
  - c. Additional techniques for strengthening the viewer and supporting ego strength
  - d. “Get the idea” – a remedy for fixed ideas
  - e. Communicating with the body (for psychosomatic conditions and viewers with physical health issues)
  - f. Advanced upset and disturbance handling techniques
  - g. Unburdening relationships (for relationship difficulties)
  - h. Grounding technique - locational
  - i. TIR on pleasant experiences (to strengthen a client or balance a case plan)
  - j. Unfinished Business (for grief or unfinished business related to loss)
  - k. Future TIR (for worries about a future event that is likely or unlikely to happen)
  - l. Long term trauma technique
  - m. Wrong Indications (untrue negative evaluations by significant others)
  - n. Addictions Program
4. **Remedial actions and techniques** (when a technique/session doesn't run as expected)

5. **Demonstration** of techniques
6. **Assessment** – an extensive interview (a different one than the one in the LSR workshop)
7. **Case planning and selection of techniques**
8. **Facilitation** (viewing) **versus Consultation**
9. **Experiential:** Students facilitate two or three techniques
10. **Experiential:** Students are invited to receive sessions using two or three techniques. This is optional and not required for completion of the workshop.
11. **Evaluation** of learning achieved (student quiz which assesses both knowledge gained and instructor performance – marked during workshop; any gaps in knowledge addressed before workshop ends.)

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## **Life Stress Reduction and Case Planning (LSRW) 2<sup>nd</sup> Level Workshop**

**Life Stress Reduction** is a term used to describe a comprehensive Applied Metapsychology approach to the kinds of difficulties for which people usually seek counselling. LSR is a structured yet individualised method of **enabling a client to make an organized exploration of his/her mental environment**. This exploration allows the client to face and deal with difficult aspects of his/her life piece by piece, releasing emotional charge and gaining relief and awareness. The expected outcome of LSR is that the client is able to more successfully and happily engage in their life. As a result of LSR process, they may take action of one sort or another in the external world.

The 4-day Life Stress Reduction and Case Planning training workshop introduces the practitioner to a wide array of clinical tools for handling a variety of stresses. Appropriate presenting issues include feeling overwhelmed or unhappy, guilt, indecisiveness, relationship distress, grief and loss, work pressure, and body image problems.

**Specific topics included in the Life Stress Reduction and Case Planning workshop are:**

1. The theory and practice of **Applied Metapsychology Life Stress Reduction**
2. Brief Review of The **Rules of Facilitation** (the first key to successful LSR sessions)
3. Brief Review of some of the **Communication Exercises** (the second key to successful LSR sessions)
4. **The Techniques** (the third key to successful LSR sessions):

- a. Upset handling
  - b. Exploration
  - c. Unfinished Business (a technique dealing with loss)
  - d. Recall lists (techniques for enhancing memory and supporting ego strength)
  - e. Emotionally-charged persons program
  - f. Techniques to support fragile ego
  - g. Grounding techniques
  - h. Loops (repetitive techniques for handling emotional charge on persons, relationships, situations, objects, self esteem, misdeeds, etc)
  - i. Unblocking (removing mental blocks to awareness on charged persons, situations, objects, places) – a longer version than taught in the TIR workshop
  - j. Life Stress List (for handling general distress or distress about a particular topic, condition, or time period)
  - k. Body Image Program (for weight or other body image problems)
5. **Demonstration** of techniques
  6. **Assessment** tools - Brief and Extensive Interviews, Distress/Interest Ratings
  7. **Experiential:** Each student conducts a Brief Interview, develops a Distress/Interest list, and develops a case plan with appropriate techniques
  8. **Experiential:** Each student is interviewed using the Brief Interview
  9. **Experiential:** Each student facilitates four or more LSR techniques
  10. **Experiential:** Each student is invited to receive sessions and experience four or more LSR techniques. This is optional and not a requirement for completion of the workshop.
  11. **Evaluation** of learning achieved (student quiz which assesses both knowledge gained and instructor performance – marked in workshop and gaps in knowledge addressed before workshop ends.)

**NOTES:**

- *There is some overlap between the topics taught in the three workshops.*
- *Students generally report great benefit from reviewing such topics in subsequent workshops.*
- *Some topics are expanded in other workshops (particularly Expanded Applications), as they include additional information/techniques rather than a review.*