

The Traumatic Incident Reduction (TIR) Workshop presents a new paradigm of safety and effectiveness for helping others. Highly focused. Directive and controlled, yet wholly person-centered. Non-interpretive. Non-judgmental.

Traumatic Incident Reduction (TIR) is amazingly effective in resolving painful aftereffects of injury, childhood trauma, bereavement, abuse, medical trauma, and any severe and shocking event. TIR is person-centered, client-titrated, and results oriented. TIR is evidence-based, and listed on SAMHSA's National Registry of Evidence-based Programs and Practices.

## Workshop Outline/Objectives

1. Explain the theory of the traumatic network and the nature and consequences of traumatic incidents
2. Explain the theory and practice of Traumatic Incident Reduction and Unblocking
3. Apply Traumatic Incident Reduction and Unblocking techniques to a successful result
4. Assess the client's readiness for Traumatic Incident Reduction
5. Apply these structured, directive techniques in a client-centered way
6. Explain how reactivation (triggering) affects clients' everyday lives
7. Master communication exercises to increase rapport with clients

Here's what mental health practitioners (experienced with TIR) have said about TIR: "After 28 years of working in trauma, TIR is a gift. It is a paradigm that is incredibly effective yet beautifully simple. It has renewed my excitement about trauma reduction without the fear of burnout. Using TIR just fits – like my favorite jeans. It is a modality that is stunning in its ability to transform trauma." Rebekkah Adams, Expressive Arts Therapist, Owen Sound, Ontario

"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

"It has been an absolute pleasure to see long-term clients finally get to the root of their problems and begin to have a more joyful life ..." Kathryn McCormack-Chen, RN, MSW, LCSW, Virginia, U.S.

"After numerous sessions of delivering TIR and witnessing its liberating effect on clients, I became convinced that this is the tool of permanent change. ... When we approach psychotherapy through the trauma lens, TIR can be applied to resolve almost all psychological disturbances, problems and issues. When TIR is used optimally, treatment takes on an entirely new powerful shape. ... although TIR is one of the most powerful permanent change tools, it could also be perceived as one of the most powerful short term treatment tools." Susan Sluiter, Psychologist, South Africa

**Refund Policy:** If requested by September 22, either of the following is available: (a) A full refund (less \$75 processing fee) or (b) a full credit toward a future workshop registration within the next 12 months. If requested after September 22, either of the above options is available, but only if a replacement registration can be found (e.g., from a waiting list).

**\*\*CONTINUING EDUCATION:** This program is approved for 28 contact hours by the National Association of Social Workers, Provider # 886415259

Approved for 28 "NAADAC the Association of Addiction Professionals" CE provider # 110444

The continuing education credits for this TIR-related program may also be submitted to the Association of Traumatic Stress Specialists towards certification and re-certification as a Trauma Specialist, a Trauma Responder, and a Trauma Service Specialist.

While appropriate for use in a therapeutic setting, and while its results may be viewed as therapeutic in nature, Applied Metapsychology, its methods, and techniques, are a form of highly disciplined and structured integrative education, which results in personal improvement. The structure and safety built into the subject make it well suited for community mental health and peer co-counseling. See also Applied Metapsychology: Therapy or Personal Growth? by Frank A. Gerbode, MD and A Psychologist Addresses Potential Concerns of the Mental Health Community by John Durkin, PhD