



TIR (Traumatic Incident Reduction) Therapy



Traumatic Incident Reduction Tir

Marian K. Volkman



Traumatic Incident Reduction Tir:

Traumatic Incident Reduction (TIR) Gerald D. French, Chrys J. Harris, 1998-08-25 Traumatic Incident Reduction TIR explores a powerful regressive repetitive desensitization procedure becoming known in the therapeutic community as an extremely effective tool for use in the rapid resolution of virtually all trauma related conditions Replete with case histories and accounts of actual TIR sessions this book provides a camera level view of TIR by describing the experience of performing TIR *Traumatic Incident Reduction* Victor R. Volkman, 2008-01-01 Within this reference are synopses of several Traumatic Incident Reduction research projects from the early 1990s to today Each article in the researcher's own words provides new insights into the effectiveness of TIR Traumatic Incident Reduction (TIR) and Primary Resolution of the Post-Traumatic Stress Disorder (PTSD) Robert H. Moore, 2013-11-16 Traumatic Incident Reduction TIR and Primary Resolution of the Post Traumatic Stress Disorder provides a brief discussion illuminating the concept of PTSD how it arises what maintains it how it progresses to increasingly constrain a person's life PTSD also involves faulty thinking but focus on such present time reactions is ineffective without addressing the original trauma PTSD is the consequence of attempts to avoid re-experiencing Traumatic Incident Reduction TIR is a technique for overcoming this tendency allowing the sufferer to experience the traumatic incident in a special safe way In the case of multiple traumas this can be complex needing to deal with each It is necessary to find the original trauma which invariably has led to more recent ones and fully resolve it in one sitting This provides complete relief from the burden of the past trauma An individual session designed to handle a single incident may take between 20 minutes and 3 hours average 1.5 hours The primary incident may be obvious to the sufferer or hidden People with anxiety problems but no flashbacks may find forgotten traumas the resolution of which through Thematic TIR can eliminate current symptoms Currently occurring emotional and somatic symptoms are traced back in time until a root incident is found Emotion and thinking are intertwined correcting one will correct the other TIR focuses on the emotion Once the trauma is fully processed the person is able to think rationally about it Dr Moore's monograph will guide you in deciding whether you will benefit from TIR and may inspire you to train to become a facilitator who can help others with this powerful family of techniques Bob Rich PhD www.anxietyanddepressionhelp.com *Traumatic Incident Reduction and Critical Incident Stress Management* Victor R. Volkman, John Durkin, 2006-09-01 An examination of Critical Incident Stress Management and Traumatic Incident Reduction and how cross training could benefit facilitators of both CISM and TIR *Traumatic Incident Reduction* Gerald French, Chrys Harris, 2006 Critical Issues in Trauma Resolution Frank A. Gerbode, 2015-12-12 Most common approaches to post traumatic stress reduction fall into two categories coping techniques and cathartic techniques Some therapists give their clients specific in vivo literally in life methods for counteracting or coping with the symptoms of PTSD tools to permit their clients to learn to adapt to to learn to live with their PTSD condition Others encourage their clients to release their feelings to have a catharsis The idea is that past traumas generate a certain

amount of negative energy or emotional charge and the therapist's task is to work with the client to release this charge so that it does not manifest itself as aberrant behavior, negative feelings and attitudes or psychosomatic conditions. Coping methods and cathartic techniques may help a person to feel better temporarily but they don't resolve trauma so that it can no longer exert a negative effect on the client. Clients feel better temporarily after coping or having a catharsis but the basic charge remains in place and shortly thereafter they need more therapy.

The Need for Anamnesis: recovery of repressed memories. Traumatic Incident Reduction (TIR) operates on the principle that a permanent resolution of a case requires anamnesis, recovery of repressed memories rather than mere catharsis or coping. To understand why clients have to achieve an anamnesis in order to resolve past trauma, we must take a person-centered viewpoint, i.e. the client's viewpoint, and from that viewpoint explain what makes trauma traumatic.

Beyond Trauma Victor R. Volkman, 2005-01-01 Victor Volkman has created a tool that takes the mystery out of one of the more remarkably effective clinical procedures in a way that can help millions of people revitalize and improve their lives. To those desperate people who have experienced trauma or tragedy, this process is a pathway to dealing with their feelings and getting on with their lives.

In the new book *Beyond Trauma: Conversations on Traumatic Incident Reduction*, Volkman presents a series of conversations with a wide range of people from many different backgrounds and experiences. Each provides his or her perspective on Traumatic Incident Reduction or TIR, for short. The book explains the techniques used by professionals and patients to help people sort out, resolve, and overcome the negative effects of painful suffering.

Untold countless people have to deal with trauma in a wide variety of situations: Soldiers who experience war or injury, families dealing with death, chemical or substance abuse, parental neglect, child or sexual abuse, terrorism, crime, and punishment. *Beyond Trauma: Conversations on Traumatic Incident Reduction* is unique in that it addresses both people suffering from the effects of traumatic stress and the practitioners who help them. This method has been effective in dealing with many areas of trauma, including Post Traumatic Stress Disorder (PTSD) in such diverse groups as veterans, children, 9/11 survivors, motor vehicle accident and sexual abuse survivors. TIR is a brief, one-on-one, non-hypnotic, person-centered, simple and highly structured method for permanently eliminating the negative effects of past traumas.

Contributors include world-renowned experts in traumatology, including Windy Dryden, Ph.D., Joyce Carbonell, Ph.D., and TIR's developer, Frank A. Gerbode, M.D. *Beyond Trauma* highlights stories of TIR helping survivors to regain control of their lives. This book will be life-changing not only for survivors of traumatic incidents but also for the professionals committed to helping them.

Not in 30 years of practice have I used a more remarkably effective clinical procedure. Robert H. Moore, Ph.D. What people are saying about this book: *Beyond Trauma: Conversations on Traumatic Incident Reduction* is an excellent resource to begin one's mastery in this area of practice. Michael G. Tancus, LCSW, DCSW, Augusta Behavioral Health. I have found *Beyond Trauma* to be EXCEPTIONALLY HELPFUL in understanding and practicing TIR in broad and diverse areas of practice, not just in traditional trauma work. The information from various points of view is really priceless. Gerry

Bock Registered Clinical Counsellor B C Canada Beyond Trauma offers PTSD sufferers a glimpse at a light at the end of the tunnel while providing mental health workers with a revolutionary technique that could increase their success rate with traumatized clients Jeni Mayer Body Mind Spirit Magazine Having read the book I feel that I have already become better at working with distressed clients Bob Rich Ph D **Children and Traumatic Incident Reduction** Marian K.

Volkman,2007-01-01 An examination of Traumatic Incident Reduction TIR techniques and how they can be applied to childhood trauma including abuse domestic violence and traumatic stress Emphasis on combining cognitive and creative techniques for maximal effectiveness This work is an anthology of work from several social workers who specialize in childhood trauma Included are both practical techniques and detailed case histories [Traumatic Incident Reduction \(TIR\) Program for Children](#) Francine Odio,2003 *Brief Therapy for Post-Traumatic Stress Disorder* Stephen Bisbey,Lori Beth Bisbey,1998-05-08 Therapists and counsellors in training and practice will welcome this concise and practical introduction to the TIR approach for helping clients with PTSD and other human traumas The book is application based providing a step by step guide from initial assessment to the last counselling session illustrated with many examples from actual sessions TIR is a person centred structured approach which can achieve symptom resolution in a brief course of counselling often about 20 hours respect and value the client s experience and needs work alongside a variety of therapy methods in a holistic way minimise the risk of re traumatization The authors provide a review of the major theories of stress and trauma and of other methods of working with clients that are most useful alongside the TIR approach an approach that is useful for a wide range of normal life traumas not just PTSD **Looking Through the Trauma Lens** Susan Sluiter,2013-10-21 I developed renewed faith in the power of psychotherapy after I attended a Traumatic Incident Reduction TIR course in 2011 It opened many doors for me as I began to understand the impact of previously overlooked objectively minor traumatic incidents on psychological disorders and problems This article is about the application of this powerful tool over the entire spectrum of psychological problems and disorders and how this brings about impressive and permanent change The optimal use of this tool in psychotherapy requires a shift in epistemology in which we begin to view mental health through a trauma lens The definition of psychological trauma can vary From a TIR perspective trauma can be defined as any incident that had a negative physical or emotional impact on an individual This is a very subjective issue as the something could be perceived as traumatic by one individual but as commonplace and harmless by another The important thing is the emotional and physical impact the incident had on the individual its subjective impact The reason it is so important to view trauma in the broadest way possible is because it explains the chronic mood states of our clients as well as how subconscious intentions and automatic emotional responses affect their current lives These will be explained below Traumatic incidents when understood in the broadest sense possible have a massive effect on our neurobiology emotional states and behavioral patterns Therefore they can be seen as the driving force behind almost all psychological problems and disorders When I say traumatic incidents in the broadest

sense possible I refer to the everyday incidents of trauma that are objectively perceived as minor such as an embarrassing comment by a teacher conflict with a friend breaking your mother's expensive vase etc It involves an understanding of how the emotional knocks we take on a daily basis affect our neurobiology and continue to have an impact on us in later life The understanding of subconscious intentions automatic emotional reactions and responses and chronic mood states are so crucial when it comes to looking at mental health through a trauma lens Minor and major psychological and physical trauma involves a complex description of the effects on the brain This article includes detailed case studies including specific incidents such as birth trauma and jealousy and rage We will look in detail at how trauma results in Goleman's Amygdala Hijacking and how we can help the client break destructive cycles I also explain why sheer willpower is insufficient to change behavior in the face of traumatic re-stimulation Additionally the article explains how TIR avoids re-traumatization even as clients revisit past incidents

Traumatic Incident Reduction and Critical Incident Stress Management Victor R. Volkman, 2006 From the Foreword TIR offers an opportunity for the members of a CISM team to deal with any accumulated emotional baggage that their involvement in crisis intervention has created Training in TIR adds another tool to the toolkit of crisis intervention techniques and enables peer support to address an extended range of crisis reactions even those that might justify a clinical diagnosis If virtually all the emotional reactions of a colleague in crisis could be accommodated and addressed through CISM and TIR then the difference to the individual the CISM team and the community would be immense I look forward to the day that what practitioners of CISM and TIR already know is recognized in order for these approaches to be embraced and enjoyed more widely What Traumatologists Are Saying about TIR and CISM Now as a psychologist I think I can see what would have helped me after the injury that led to PTSD and retirement as a firefighter and why I now train firefighters and paramedics in the crisis intervention tactics of CISM and offer TIR training to the same people John Durkin www.FireStress.co.uk After the crisis is over and the CISM team has done crisis management briefings and debriefings both crisis responders and victims who continue to be negatively affected by the traumatic incident will benefit greatly by using TIR to get back to normal as quickly as possible Nancy Day CTS TIR Trainer Specific training in TIR skills speeds the process of a person moving from novice to fully effective practitioner One idea would be for this skill set to be included in CISM training Jill Boyd RN MS TIR has developed crucial understanding and training by managing communication and the development of rules of practice that can surely inform and enrich CISM sessions as well as other similar techniques Carlos Velazquez Garcia Psych CT Puerto Rico Each modality can be enhanced by the skills and training that the other provides CISM without TIR is missing the opportunities to complete the process TIR without CISM training is missing the structure for working with and understanding the bigger process Gerry Bock MA RCC Vancouver Be About the TIR Applications Series This new series from Loving Healing Press brings you information and anecdotes about Traumatic Incident Reduction and related techniques Practitioners around the world use these Applied Metapsychology techniques It is

our opinion that stories of real world experience convey the opportunity for healing that TIR provides Readers interested in the theories behind TIR and Applied Metapsychology the subject from which TIR is derived should also consider the Explorations in Metapsychology Series from Loving Healing Press

Traumatic Incident Reduction (TIR) and Smoking Cessation Kadie McCourt,2015-12-01 The experiences of Samantha as a client will be used to illustrate how Traumatic Incident Reduction and Life Stress Reduction strategies have helped her overcome her smoking addiction Samantha age 25 is a young pregnant woman who is presently working at a shop as an accounting assistant She is living with her boyfriend of 10 years He is a mechanic who also smokes and is frequently verbally abusive toward Samantha Samantha is currently in the first trimester of her second pregnancy her first pregnancy resulted in a spontaneous miscarriage Samantha is afraid she will lose this baby and has recently become aware of the connection between a miscarriage and smoking thus she would like to quit Yet she is finding it difficult especially since she has become aware from her own mother that Samantha s conception was due to a rape her mother had experienced but did not tell Samantha about till now

Substance Dependency, PTSD and Traumatic Incident Reduction (TIR) in South Africa: A Social Work Perspective Elca Erlank,2013-01-01 This article briefly reflects the extent to which substance dependency and traumatic events which may lead to a diagnosis of a post traumatic stress disorder are becoming a feature of life all over South Africa Many social workers are familiar with current evidence based approaches and are skilled at adapting them to local cultural and contextual conditions Exploring and continuing learning various evidence based approaches to render more effective services are an important aim of social work practice Metapsychology and Traumatic Incident Reduction TIR an Applied Metapsychology technique are introduced to challenge social workers to render more integrated and effective services The prevalence and comorbidity of substance dependency and PTSD Looking at statistics about substance dependency as well as the high tendency of being a victim of trauma in South Africa is it evident that social workers are confronted and challenged on a daily basis to improve their knowledge and skills in this regard In South Africa drug consumption is twice the world norm CDA 2011 and 15% of South Africa s population has a drug problem CDA 2011 Over 30% of the South African population have an alcohol problem or are at risk of having one and alcohol affects 17.5 million of South Africans Studies show that people who start drinking before the age of 15 are four times more likely to become alcoholics than people starting to drink later in their life The recently released United Nations World Drug Report had named South Africa as one of the drug capitals of the world When it comes to the abuse of alcohol and usage of dagga this country is rated to be one of the top ten narcotics and alcohol abusers in the world Addiction Drug Alcohol Statistics S A 2012 About the Author Elca Erlank Ph D became a TIR trainer in 2012 She has trained with both Gerald French and Yvonne Retief Elca is a social worker in South Africa with 22 years experience in various related fields of social work services She had specialized in the field of substance dependence and received her doctorate degree in 2003 From the Metapsychology Monographs Series at www.TIRBook.com

Beyond Trauma Victor R. Volkman,2006 TIR or

Traumatic Incident Reduction is a unique regressive repetitive desensitization procedure highly focused directive and controlled yet at the same time wholly person centered non interpretive and non judgmental Developed by Frank A Gerbode M D Gerald French and others TIR is best known for its use as an extremely effective tool in the rapid resolution of virtually all trauma related conditions including PTSD TIR can also address many other DSM IV diagnoses beyond trauma including adjustment disorders acute stress traumatic bereavement dysthymic disorders major depressive disorders anxiety disorders somatization disorders sexual abuse and phobias Acclaim for Beyond Trauma Conversations on Traumatic Incident Reduction Beyond Trauma is an excellent resource to begin one s mastery in this area of practice MICHAEL G TANCYUS LCSW DCSW Augusta Behavioral Health I have found Beyond Trauma to be exceptionally helpful in understanding and practicing TIR in broad and diverse areas of practice not just in traditional trauma work The information from various points of view is really priceless GERRY BOCK Registered Clinical Counselor B C Canada Beyond Trauma offers PTSD sufferers a glimpse at a light at the end of the tunnel while providing mental health workers with a revolutionary technique that could increase their success rate with traumatized clients JENI MAYER Body Mind Spirit Magazine Learn more at www.BeyondTrauma.com

Substance abuse treatment for persons with child abuse and neglect issues Judy Howard,2000 This TIP Substance Abuse Treatment for Persons With Child Abuse and Neglect Issues examines treatment issues for both adult survivors of child abuse or neglect and adults in treatment who may be abusing or neglecting their own children Chapters 1 through 3 focus primarily on adult survivors of child abuse and neglect Chapter 1 defines child abuse and neglect provides rates of child abuse and neglect both in the general population and among those in substance abuse treatment and reviews the literature on links between childhood abuse and subsequent substance abuse Chapter 2 describes screening and assessment tools that can be used to determine whether a client has a history of childhood abuse or neglect Chapter 3 presents guidelines on treating clients with histories of child abuse or neglect and referring them to mental health care treatment when necessary Chapter 4 discusses the personal issues counselors may encounter e g countertransference when working with clients with histories of abuse or neglect and offers suggestions for addressing them In Chapters 5 and 6 the focus shifts to adults in treatment who may be abusing or neglecting their own children Chapter 5 shows how alcohol and drug counselors can identify whether their clients are at risk of or are currently abusing or neglecting their children It discusses what alcohol and drug counselors can do to break the cycle of child abuse and neglect including how to work with child protective service agencies within the child welfare system Chapter 6 is an overview of the legal issues that counselors should be aware of as mandated reporters The TIP concludes with an overview in Chapter 7 of continuing and emerging trends such as fast track adoption and welfare reform that counselors will need to follow in the coming years *Post-Traumatic Stress Disorder Sourcebook* Glenn R. Schiraldi,2000-01-22 For the millions who suffer from the effects of a traumatic experience this book offers help and hope and provides the diverse elements needed for lasting recovery Trauma can take many forms from the most disturbing of

circumstances such as witnessing a murder or violent crime to the subtle trauma of living with the effects of abuse or alcoholism Deep emotional wounds often seem like they will never heal but Schiraldi has helped and witnessed survivors recover grow and find happiness By helping people recognize the coping mechanisms and by dealing directly with the effects of a traumatic experience there is a great reason for hope The Post Traumatic Stress Disorder Sourcebook is a guide for both survivors and their loved ones helping them to see that on the other side of their pain is recovery and growth Explains the psychic defenses that can go into effect to protect a victim from further emotional harm Provides information on triggers and the debilitating effects of post traumatic stress disorder Addresses how the healing process can begin and how fear diminishes through a variety of medic and nonmedicinal treatment methods [Brief Treatment of Trauma-Related Symptoms in Incarcerated Females with Traumatic Incident Reduction \(TIR\)](#) Pamela V. Valentine, 2013-11-16 The following article is based on materials presented at the Proceedings of the Tenth National Symposium on Doctoral Research in Social Work 1998 Statement of the Research Problem Conducted in the Tallahassee Federal Correction Institute FCI in Florida this experimental outcome study examined the effectiveness of Traumatic Incident Reduction TIR Gerbode 1989 in treating trauma related symptoms of female inmates who were victims of interpersonal violence TIR is a brief in this case one session straightforward memory based therapeutic intervention most similar to imaginal flooding A memory based intervention implies that the symptoms currently experienced by a client are related to a past event and that lasting resolution of those symptoms involves focusing on the memory rather than focusing on symptom management TIR is straightforward in that the roles of both the client and therapist are very clearly defined and strictly followed There are several reasons for studying the influence of TIR on previously traumatized female inmates Since 1980 the rate of family homicide has increased fivefold Joffe Wilson and 53 7% are victims of more than one crime Abundant data suggest that PTSD can result from having been a victim of crime or having witnessed a violent crime Astin Lawrence Breslau Davis Andreski Resnick et al 1991 Therefore the number of women affected by PTSD is growing as violence and sexual abuse increase in society as a whole Ursano Fullerton 1990 There is a lack of empirical research on the traumatic effects of interpersonal violence e g robbery rape incest physical assault Since inmates are typically victims of interpersonal violence Gabel Johnston Baker Cannon 1993 the inmate population studied was particularly suitable for TIR For more information on TIR see www.TIR.org **Structured Sensory Intervention for Traumatized Children, Adolescents, and Parents** William Steele, Melvyn Raider, 2001 **The Post-Traumatic Stress Disorder Sourcebook, Revised and Expanded Second Edition: A Guide to Healing, Recovery, and Growth** Glenn R. Schiraldi, 2016-01-29 How millions of PTSD sufferers learned to live without fear pain depression and self doubt The Post Traumatic Stress Disorder Sourcebook Third Edition introduces survivors loved ones and helpers to the remarkable range of treatment alternatives and self management techniques available today to break through the pain and realize recovery and growth This updated edition incorporates all new diagnostics from the DSM 5 and covers

the latest treatment techniques and research findings surrounding the optimization of brain health and function sleep disturbance new USDA dietary guidelines and the importance of antioxidants early childhood trauma treating PTSD and alcoholism the relationship between PTSD and brain injury suicide and PTSD somatic complaints associated with PTSD and more

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