Traumatic Incident Reduction (TIR)
What is TIR?

- TIR is a one-on-one, non-hypnotic, person-centered, simple and highly structured method for eliminating the negative effects of past traumas.
  - Repetitive
  - Guided Imagery
  - Non-intrusive
  - Full training necessary
What is TIR Especially Useful For?

- Persons who have a specific trauma or set of traumas that they feel adversely affect them, whether or not they were experienced, caused, or observed.

- Persons who experience unaccountable or unwanted negative emotions, either chronically or in response to certain events.
What Are Anticipated Outcomes of TIR?

- Resolution of psychosomatic pains and sensations
- Resolution of PTSD symptoms
- Spontaneous valuable insights
- Relief and new zest for life
Who Would Benefit from TIR?

- Combat veterans, their spouses and families
- Persons with Battlemind issues
- Prisoners of war
- Terrorist attack survivors
- Hostages
- Police Officers
- Firefighters
- Emergency Medical Personnel
- Accident survivors
- Rape survivors
- Abuse survivors
- Persons with difficulties adjusting to adverse situations
- Have unwanted Feelings, Emotions, Sensations, Pains of unknown or partly unknown or origin
What is Secondary (“vicarious”) Traumatization?

- Repeated exposure to stories of trauma in loved ones directly and through the media → **Inability to Help**
- Documented studies in children and spouses of Vietnam vets, holocaust survivors, therapists who work with PTSD or abuse cases
Secondary Traumatization Symptoms (1 of 2)

- Fatigue
- Sadness
- Apathy
- Forgetfulness
- Cynicism
- Demoralization
- Difficulty containing your emotions
- Loss of creativity
Secondary Traumatization
Symptoms (2 of 2)

- Loss of sense of humor
- Helplessness
- Feeling alone
- Irritability
- Disbelief and denial
- Guilt for having survived trauma
- Preoccupation with safety
- Nightmares
- Sleep disturbances,
- Physical complaints
TIR supports soldiers and their families during...

Preparations for deployment

This is often a difficult time for soldiers, spouses and families. Concerns about the imminent separation, managing without each other, and whether the soldier will return or return wounded frequently cause anxiety and worry.

TIR and related techniques can relieve and resolve many of these problems.
TIR supports soldiers and their families during deployment.

Deployment

Unburdened of past traumas and stress, the soldier, spouse, and family members are more able to stay grounded and focused and to be more resilient.
TIR supports soldiers and their families during…..

De-Mobilization

- Reunion with spouse and family and re-entry into civilian life can be stressful
- TIR and related techniques resolve traumatic stress, unwanted feelings, and concerns about problems and difficulties
Principal Developers of Traumatic Incident Reduction (TIR)

- Frank (Sarge) Gerbode, MD author of *Beyond Psychology: An Introduction to Metapsychology*
- Gerald D. French, MA, MACP, CTS main author of *Traumatic Incident Reduction (TIR)*
- TIR was derived from the works of Ivan Pavlov, Sigmund Freud, Carl Rogers and Albert Ellis
TIR is Research Proven

“We are very impressed with the power and simplicity of TIR in helping trauma sufferers work through their frightening experiences and find great relief without distressing the therapist in the process.”

Professor Charles Figley’s Active Ingredient Symposium Series, 1994-1995, studying the effectiveness of TIR, V/KD(NLP), EMDR, TFT, Coordinated by Florida State University (cfigley@garnet.acns.fsu.edu)

- Visit www.tir.org for more TIR research data.
What is the TIR Procedure?

- Finding a traumatic incident of interest
- Videotape analogy
- Steps to viewing an incident
- Earlier similar incidents
- End Points
  - Visible relief, positive emotions
  - New realizations about the incidents and self
  - Extroversion, being in the “here and now”
  - A feeling of completion, serenity
<table>
<thead>
<tr>
<th>External Restimulators (Stimulus)</th>
<th>Theme (Response)</th>
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<td>Helicopter Sound</td>
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<td>Children</td>
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<td>Loud Noise</td>
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<td>Tree Line</td>
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<td>Sound of Dog Barking</td>
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<td>Traffic Sights/Sounds</td>
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<td>Sensation of Intoxication</td>
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<td>Television</td>
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<td>Smell of Cigarette Smoke</td>
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Key Features of TIR

- Directive
- Unconditional Positive Regard
- Non-interpretive
- Based on a safe place and time
- No fixed length of session
- Systematic
## How TIR fits with other modalities

<table>
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<tr>
<th>Directive</th>
<th>Cognitive and Behavioral Therapies</th>
<th>TIR</th>
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<tr>
<td>Non-Directive</td>
<td>Classical, free-associative psychoanalysis</td>
<td>Pure Rogerian</td>
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<td>Non-person centered</td>
<td>Person-centered</td>
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Unblocking

- Simple and relatively “light” procedure that can be used to effect a rapid reduction of charge from a specific area of difficulty.
- Can be used to prepare for TIR
- Increases awareness in areas not previously examined.
Peer-counseling

- Soldiers and family members can get trained in TIR and form peer-counseling groups
- Many soldiers feel a buddy will understand them better
- Satisfaction due to helping someone else
- Cost is low and many can be helped
- Work under the supervision of a local therapist trained in TIR, who in turn is supervised by a certified TIR trainer
Proposed Peer-Counselors Support System

TIR Trainer

Social Workers/Psychologists, etc.

Individual Peer Counselors
Contacts for referrals, training and more information

- **TIR Association:**
  - Phone: +1 800 499 2751 (Toll-free USA/Canada)
    or +1 734 761 6268 (elsewhere)
  - FAX: +1 734 663 6861
  - Email: info@tir.org
  - Web page: www.tir.org
Materials in your folders

- TIR Brochure for clients
- List of Certified practitioners in USA
- TIR Workshop info and dates
- “A Soldier’s Trauma – Everyone’s Trauma” by Nancy L. Day, CTS, CMF
- Books and TIR Newsletters are available on the back tables
Korean Airline Crash in Guam Video