



**PAULINE CAREY, M.A., R.C.C.**

*Counselling and Training*

[www.paulinecarey.com](http://www.paulinecarey.com)

**Office: 604-507-8055 #207**

**Cell: 604-315-1750**

**Fax: 778-578-1399**

---

## **PROFESSIONAL DEVELOPMENT OPPORTUNITIES FOR COUNSELLORS AND OTHER HELPING PROFESSIONALS:**

### ***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 people 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 this document is the **Unburdening workshops**.

Training for practitioners is available in three 4-day Unburdening workshops, ***Life Stress Reduction, Traumatic Incident Reduction, and TIR Expanded Applications***. Completion of any one of these workshops equips the practitioner with the knowledge needed to successfully assist people who are experiencing a variety of difficulties in their lives.

**Educational pre-requisites:** None.

**Attendance at more than one workshop is optional, as each workshop is a complete package**, and the skills learned in each workshop can be applied immediately without further training. Supervision internships are however available for a fee.

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

For more information on these workshops, read on:

<b>Traumatic Incident Reduction Workshop.....</b>	<b>p 2</b>
<b>Life Stress Reduction Workshop.....</b>	<b>p 3-4</b>
<b>TIR Expanded Applications Workshop.....</b>	<b>p 5-6</b>
<b>Which workshop should I take first? .....</b>	<b>p 7</b>
<b>Continuing Education Credits .....</b>	<b>p 7</b>

**# 207 Scottsdale Square Business Centre, 7164 – 120<sup>th</sup> Street, Surrey, B.C. V3W 3M8**

*Stress \* Trauma \* Depression \* Anxiety \* Anger \* Relationships*

# Traumatic Incident Reduction (TIR)

Traumatic Incident Reduction involves several major techniques for handling trauma, as well as unwanted negative emotions such as anger, depression and anxiety. Using TIR, Post Traumatic Stress Disorder can be treated within 16-20 clinical hours. 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** and trauma
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 (for unwanted negative emotions)
  - 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 their knowledge gained and instructor performance – marked in workshop and gaps in knowledge addressed before workshop end)

\* *Indicates topic reviewed in other workshops – see notes on page 6*

\*\* *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.*

[www.paulinecarey.com](http://www.paulinecarey.com)

*Stress \* Trauma \* Depression \* Anxiety \* Anger \* Relationships*

## Life Stress Reduction (LSR)

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 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 includes in the Life Stress Reduction workshop are:**

1. The theory and practice of **Applied Metapsychology Life Stress Reduction**
2. The **Rules of Facilitation** (the first key to successful LSR sessions)\*
3. **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. Communication with a departed loved one\*
  - d. Recall lists (techniques for enhancing memory and supporting ego strength)
  - e. Emotionally charged persons program
  - f. Techniques to support fragile ego
  - g. Grounding technique
  - 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

[www.paulinecarey.com](http://www.paulinecarey.com)

*Stress \* Trauma \* Depression \* Anxiety \* Anger \* Relationships*

- j. Life Stress List (for handling general distress or distress about a particular topic, condition, or time period)
  - k. Body Image Program (for weight loss 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 ranking, 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. (See footnote \*\*\* page 2)
  11. **Evaluation** of learning achieved (student quiz which assesses both their knowledge gained and instructor performance – marked in workshop and gaps in knowledge addressed before workshop end)

## TIR – Expanded Applications (EA)

TIR – Expanded Applications 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. Touch remedy (for reducing physical pain and/or achieving relaxation. Involves light finger tip touch, and used only with if clients is comfortable with process)
  - j. TIR on pleasant experiences (to strengthen a client or balance a case plan)
  - k. Communication with a departed loved one (for grief or unfinished business)\*
  - l. Future TIR (for worries about a future event that is likely or unlikely to happen)

[www.paulinecarey.com](http://www.paulinecarey.com)

*Stress \* Trauma \* Depression \* Anxiety \* Anger \* Relationships*

- m. Long term trauma technique
- n. Wrong Indications (untrue negative evaluations by significant others)
- o. Addictions Program
- 4. **Remedial actions and techniques** (for 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. (See footnote \*\* page 2)
- 11. **Evaluation** of learning achieved (student quiz which assesses both their knowledge gained and instructor performance – marked in workshop and gaps in knowledge addressed before workshop end)

**NOTE:**

- *There is some overlap between the topics taught in the three workshops.*
- *Topics which are reviewed are those which are either crucial to practitioner success or particularly difficult to grasp fully.*
- *Trainees generally report great benefit from reviewing such topics in subsequent workshops.*
- *Those topics which are reviewed in other workshops are marked with a single asterisk\**
- *Some topics are expanded on in other workshops (particularly Expanded Applications) and are not marked, as they include additional information/techniques rather than a review.*

[www.paulinecarey.com](http://www.paulinecarey.com)

*Stress \* Trauma \* Depression \* Anxiety \* Anger \* Relationships*

## Which workshop should I take first?

Each 4-day workshop is a complete unit and provides trainees with a set of skills which can be put to immediate use. However the results achieved are often such that further training is sought. There are three different options available:

1. **TIR, then LSR, then EA**
2. **LSR, then TIR, then EA**
3. **TIR, then EA, then LSR**

Based on the detailed descriptions above, trainees should choose between TIR and LSR as their first workshop. The needs of one's current work situation, the previous education, and length of working experience in a helping capacity are all factors to consider.

Practitioners with **less work experience** in a helping capacity may find the **LSR** workshop to be their best choice for a first Metapsychology workshop. Many of the LSR techniques are lighter than TIR, and have **broader application**. It may be easier – and less stressful! - for a practitioner to try out a **short LSR technique** than to embark on a TIR session without having much counselling experience.

Practitioners whose client base includes many people who have suffered **trauma** are recommended to take the **TIR** workshop first.

The **Expanded Applications** workshop can only be taken by practitioners who have **completed the TIR workshop**.

## Continuing Education Credits

LSR, TIR, and EA are recognized by the **Canadian Counselling and Psychotherapy Association** and the **American Psychological Association**, and the **National Association of Social Workers** (USA) for continuing education credits. For further information please see [www.tirtraining.org](http://www.tirtraining.org).