Emotional Release Using

Traumatic Incident Reduction (TIR)

Sometimes events or incidents that happened in past are not fully processed by the brain, leaving an unresolved memory. When that memory has high emotions attached to it, the event often feels “traumatic” in some way. Traumatic Incident Reduction (TIR) provides a way to process the event or incident and release the emotions that have become stuck within your body.

The TIR technique consists of a series of instructions to help you locate and review one past traumatic incident at a time, bringing forth memories, so that the full incident can be reviewed, and the emotional charge associated with it can be released once and for all.

This may sound painful, but viewers often report that the process of doing it is actually liberating rather than distressing. It is easier to spend the time going through an incident and fully facing it than it is to spend energy holding off the incident or the painful feelings coming from it.

We will go through an incident as many times as necessary to fully discharge the event, or series of events, that we are addressing. This repetition is a key factor in the success of the TIR technique.

As you go through an incident several times, you may find that your perception of it changes, sometimes substantially. This is a normal phenomenon that comes about because the painful emotional charge in the incident reduces as you view it, and you no longer feel the urge to resist it.

Sometimes you may experience unpleasant physical feelings or emotions as a result of going through a traumatic incident. This is both normal and a sign that you are contacting the incident well. Continuing the TIR will allow these unpleasant feelings to reduce and eventually release.

Should we work together, I will take time to go over the TIR instructions with you so that you know what to expect, and to answer any questions that you might have. We can walk through the TIR steps by reviewing a non-traumatic experience so that you become familiar with responding to each instruction I give.

Some people find it easier to go through incidents during TIR with their eyes closed. You may close or open your eyes at any time during the session, if you like.

Preparing for a TIR session

TIR sessions require you to be alert and to have energy to do the work.

Please will you

* get a good night’s sleep
* eat a light meal
* do not drink alcohol within 24 hours preceding a session.
* avoid taking any medication that is not required

Always let me know if you have taken anything of this sort that you haven't already told me about, or if you are feeling unusually tired.

If we are working online, please take a little time to set up your environment for optimum viewing.

In addition to the usual things you need to take care of, such as being well nourished, having enough sleep to be well rested, and not being under the effect of drugs or alcohol there are a number of other things to set up:

* Make sure that you have a safe time and space for the session so that you will be uninterrupted
* Make sure anyone in the building with you knows not to interrupt the session; if needed, put a sign on the door of the room you will be in to remind people not to knock or otherwise interrupt the session
* Have a comfortable place to sit and adjust the temperature to be comfortable or use a blanket or fan as needed
* Bring in tissues and water in case they are needed

Please provide an emergency contact number in case we get cut off (unlikely, but it can happen sometimes).

The other important consideration in virtual sessions is that, especially if you are using voice only but even if you are using cameras, the facilitator will need to hear more from you about what is happening with you during the session because they will not be able to see you as well as in person.

Do be sure to inform me if you:

* want more time to consider something or to talk about it
* are done with something and think the facilitator is not aware of that
* get distracted by something in the environment or a stray thought coming in
* feel that you are at an end point
* notice anything else which comes up that you want to express to keep your facilitator informed of what is going on with you.