



The Life Stress Reduction ~~Techniques and~~ Case Planning Workshop is part of the larger subject of Applied Metapsychology. The workshop is a complete package of theory and practical information which teaches a variety of techniques, with skill-building exercises and an opportunity to give and receive supervised Life Stress Reduction sessions.

Life Stress Reduction addresses emotionally charged issues that are currently distressing the client. This workshop complements the basic TIR Workshop and the Expanded Applications of TIR Workshop in that it provides many more techniques for addressing the wide variety of distressing issues a client brings forth.

This workshop also includes developing customized case plans for clients, using the wide variety of techniques this workshop covers in conjunction with techniques learned in the TIR Workshop

This workshop is appropriate for all levels of practicing social workers, psychologists, therapists, counselors, clergy, and critical incident stress debriefers. 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.



LSR is appropriate for use by:

- Employee Assistance Personnel
- Practitioners who work with clients who are traumatized but not yet able to face the trauma directly
- Practitioners who work with clients who have not experienced major trauma, or who have already dealt with their traumas but are interested in addressing other life issues.

Objectives:

As demonstrated through supervised activities and examination, the student will be able to:

- Explain the theory of Life Stress Reduction
- Demonstrate the use of directive repetitive techniques
- Assess a client's readiness for Life Stress Reduction
- Create a Life Stress Reduction case plan
- Practice Life Stress Reduction in dyads
- Compare techniques used for relationship issues
- List techniques for addressing difficult life situations
- Practice positive memory techniques
- Describe specialized techniques addressed to body image
- Use these structured, directive techniques in a client-centered way

Prerequisite: The TIR Workshop or the Introduction to the Basics of Applied Metapsychology
[Visit www.lsrtraining.org or use the contact information on the back of this brochure to find out more about our training line up]

Time: (Standard) 3-4 days

To obtain an Attendance Certificate for any workshops you must:

- Complete course requirements, including attending all sessions
- Pass the workshop quiz
- Demonstrate competency in the skills taught to the satisfaction of your trainer
- Turn in a completed course evaluation

A standard certificate of attendance will be mailed directly to the graduate from AMI upon receipt of workshop information from the trainer. For those requesting Continuing Education credit from the APA, NASW, or ACE there is a \$10 certificate fee.



What Graduates are Saying:

- "Very well paced program, which has enhanced my understanding of the techniques. I also feel more competent to formulate a case plan." -GT
- "A series of tools to use in order to reduce emotional charge." -DK
- "The workshop was clear and right to the point. It enabled me to learn techniques that will help me and allow me to help others for the rest of my life." -AI

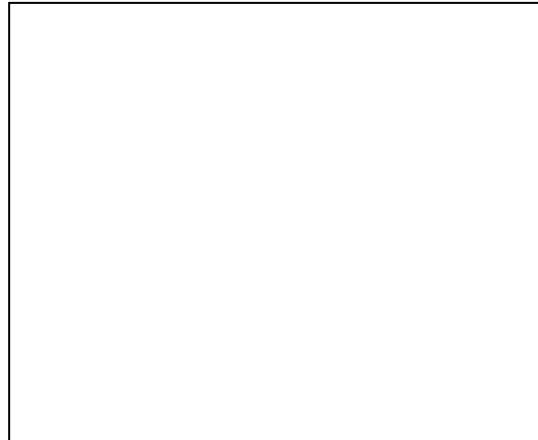


Continuing Education Credit

This workshop has been approved for continuing education credit by the professional organizations listed below.

- **The Association of Traumatic Stress Specialists (ATSS)**
- **Canadian Counseling and Psychotherapy Association (CCPA)**
- Applied Metapsychology International (AMI) is approved by the **American Psychological Association** to sponsor continuing education for psychologists. AMI maintains responsibility for this program and its content.
- **National Association of Social Workers (NASW) [USA]**. This program was approved by the National Association of Social Workers (provider # 886415259) for up to 28 continuing education contact hours.
- The continuing education credit hours for this program can be used towards the annual 12 hours of professional development required by the **Canadian Professional Counsellors Association (CPCA)**

Available Workshop Dates:



Tuition:

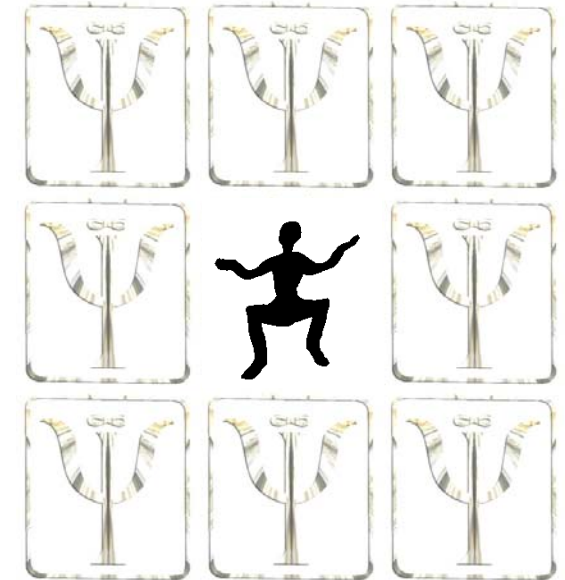
To Register:

Refund Policy:


Please contact us for accommodation for disabilities.

In case of any dissatisfaction with this workshop, please notify your trainer or the AMI Director of Continuing Education, (734-761-6861 or info@tir.org) either by phone, email or in writing so that the concern may be addressed in a timely fashion.

LIFE STRESS REDUCTION ~~TECHNIQUES~~ & CASE PLANNING WORKSHOP



Learn effective
techniques for resolving
life issues

Co-Sponsored by **AMI** 
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