



The Fundamentals & Techniques of Life Stress

Reduction 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.

Individuals who have had no prior training in Applied Metapsychology will find the unique session protocol and the structured techniques easy to learn and easy to use. At the same time, they are very efficient and powerful in helping clients release emotional charge and resolving issues that may have challenged them for years.

Individuals who have taken the basic TIR Workshop before the Fundamentals and Techniques of Life Stress Reduction Workshop will enjoy a review of the fundamentals of facilitating sessions and expertly handling the communication of the session, or they may take the Life Stress Reduction Techniques and Case Planning Workshop (visit www.tir.org or consult with your local Trainer about your training options).

The Fundamentals and Techniques of Life Stress Reduction Workshop presents a new paradigm of safety and effectiveness for helping others. This workshop also includes developing customized case plans for clients, using the wide variety of techniques this workshop covers. Upon completing this training, a practitioner can expect to get good results applying what has been learned.

This workshop is appropriate for all levels of practicing social workers, psychologists, therapists, counselors,

clergy, and critical incident stress debriefers.

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 **examination and supervised activities and examination**, the student will be able to:

- ~~Verbalize understanding of~~ **Explain** the theory and practice of Life Stress Reduction techniques
- Demonstrate ability to create case plans using the techniques taught in this workshop
- Demonstrate ability to use directive, repetitive techniques within a client centered context.

Also Learn to:

- ~~How to u~~ **Use** the Body Image Program
- ~~The u~~ **Use of** positive memory recall lists
- ~~Categories of Use~~ techniques for addressing difficulties with people, situations and events

Prerequisite: None

Time: (Standard) 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:

- "I gained a good comprehension of the theory behind Life Stress Reduction as well as a great working knowledge of how to facilitate this process" - AH
- "What I really liked about this workshop was the practical applications and their ease of use once demonstrated. This will make my job easier and are life long tools." - LG
- "I got a lot out of this workshop. It showed me quick, simple, and easy ways how I can help others. The straight forwardness of this is a great way for me to put the skills and tools I have learned into process..." -NW



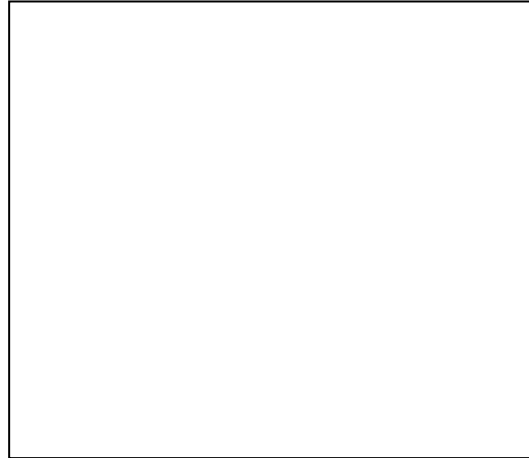
Continuing Education Credit

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

- **The Association of Traumatic Stress Specialists (ATSS)**
- **Canadian Counseling Association (CCA)**
- 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.

Please see contact information on the back of this brochure and contact us for further information and credit hours units applicable. ~~CCA forms must be requested at point of registration.~~

Available Workshop Dates:



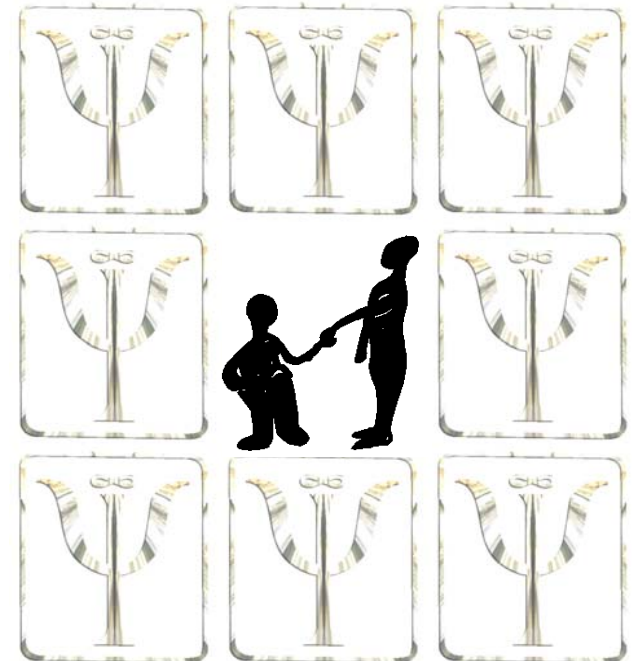
Tuition:

To Register:

Refund Policy:

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.

THE FUNDAMENTALS & TECHNIQUES OF LIFE STRESS REDUCTION WORKSHOP



Learn Effective Techniques For Resolving Life Issues

Please contact us for accommodation for disabilities.

In case of any dissatisfaction with this workshop, please notify your trainer or the AMI/TIRA Director of

Co-Sponsored by AMI

| -&
-Trainer-