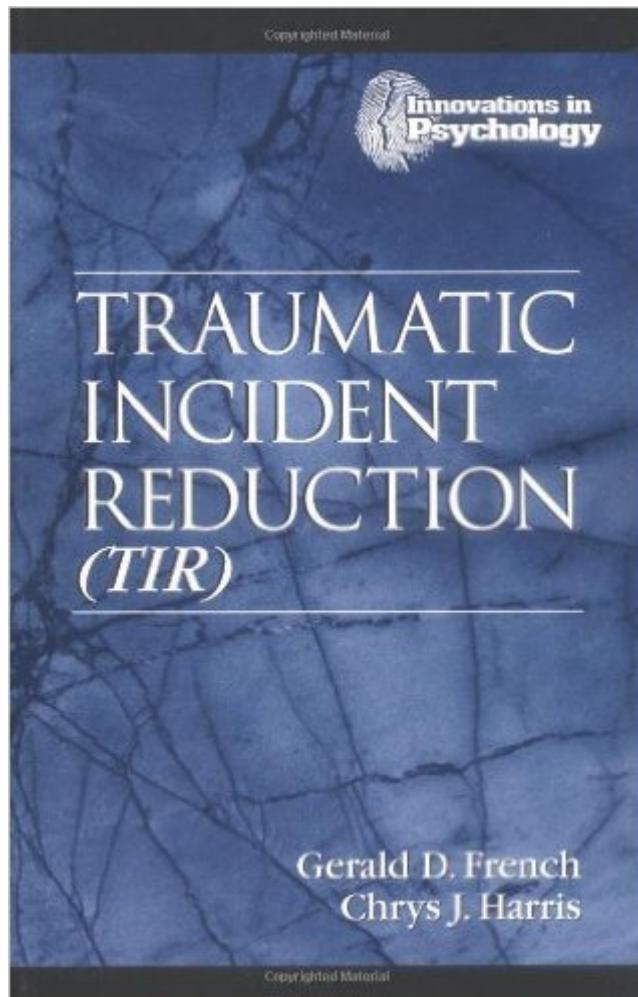


The book was found

# Traumatic Incident Reduction (TIR)



## **Synopsis**

Traumatic Incident Reduction (TIR) explores a powerful regressive, repetitive, desensitization procedure becoming known in the therapeutic community as an extremely effective tool for use in the rapid resolution of virtually all trauma-related conditions. Replete with case histories and accounts of actual TIR sessions, this book provides a "camera-level" view of TIR by describing the experience of performing TIR.

## **Book Information**

Series: Innovations in Psychology Series

Hardcover: 216 pages

Publisher: CRC Press; 1 edition (August 25, 1998)

Language: English

ISBN-10: 1574442155

ISBN-13: 978-1574442151

Product Dimensions: 9.2 x 6.2 x 0.7 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.8 out of 5 starsÂ  [See all reviewsÂ](#) (8 customer reviews)

Best Sellers Rank: #1,299,095 in Books (See Top 100 in Books) #129 inÂ  Books > Medical Books > Medicine > Surgery > Trauma #843 inÂ  Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation #992 inÂ  Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

## **Customer Reviews**

This easily read book could provide valuable insight to anyone in the helping field. The technique and result of TIR as described in this book are in keeping with other trauma reducing techniques such as EMDR, however, as the authors illustrate in the text and case histories, it is a verbal and client-centered approach, and clearly provides the opportunity for empowering clients.

Recommended for the lay counselor, as well as, for the professional therapist as an insight into how trauma is integrated into current and past experiences.

Not just another technique for "management" or "assimilation" of intrusive trauma symptoms, TIR actually pulls PTSD, anxiety and panic disorders out by their roots, once and for all! In 30+ years of clinical practice, I've never known or used a more remarkably efficient and effective procedure.

I had been familiar with Dr. Gerbode's book, "Beyond Psychology: An Introduction to Metapsychology" from back in 2001 or so, and wasn't aware that Mr. French (and Chrys Harris) had put out a title regarding it's application. In 2005, I decided to do a workshop training in the subject at the Institute of Transpersonal Psychology in Palo Alto, CA, and Gerald French was the trainer. When I arrived, I found out he had written a book, and bought it from him on-the-spot (and made him sign it). The training was fantastic, and I use it in my own practice all the time, but I have to say, I absolutely LOVED Gerald's book. I keep it with me in my office and take it with me to home visits, because it is chock full of useful information, flow-charts and step-by-step instructions. Many of its pages are dog-eared, especially the pages concerning "Unblocking" and "Thematic TIR", which are used in almost ANY session I do, from that point until today, eight years later. I strongly advocate that any person working with traumatized populations buy and read (and keep handy) this book. You won't be sorry, nor will your clientele.

Effectively, a text book, but readable, nay engaging! Either this is too good to be true or we should get to work and use it. After reading it, I did the level 1 workshop. Could something so disarmingly simple in use and in the learning be at the same time powerful and effective? The answer is that real sessions on a fellow student and theirs on me at the workshop and my first efforts since on volunteers have been a real success! What a road I have begun and will continue to travel. And what a wonderful benefit to those I will have the privilege to help. Interesting that many practitioners out there were first introduced to TIR by having sessions themselves. The uptake by Mental Health professionals continues but hopefully this book and Beyond Trauma (Volkman) will help to increase the pace. The PTSD community is in desperate need. Am now re-reading and salute the job done by the authors.

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