AMI/TIRA Newsletter Volumes 1-2: Selected Reprints 2004-2005

ISSN 1555-0818

Edited by Victor R. Volkman

Public Information Chair, TIR Association

www.TIR.org

Explorations in Metapsychology Series

AMI/TIRA Newsletter Vols. 1-2: Selected Reprints 2004-2005 (ISSN 1555-0818)

Copyright © 2006 Applied Metapsychology International and Loving Healing Press. All Rights Reserved. No part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher.

First Edition: January 2006

Library of Congress Cataloging-in-Publication Data

AMI/TIRA newsletter volumes 1-2 : selected reprints 2004-2005 / edited by Victor R. Volkman.-- 1st ed.
p. cm. -- (Explorations in metapsychology, ISSN 1555-0818)
Includes bibliographical references and index.
ISBN-13: 978-1-932690-15-6 (pbk. : alk. paper)
ISBN-10: 1-932690-15-8 (pbk. : alk. paper)
1. Applied Metapsychology International. 2. Traumatic Incident Reduction Association. 3. Post-traumatic stress disorder--Treatment. 4. Psychic trauma--Treatment. 5. Post-traumatic stress disorder--Research. I. Volkman, Victor R. II. AMI/TIRA newsletter. III. Series.
RC552.P67A47 2006
616.85'21--dc22
2005018526

Distributed by: Baker & Taylor, Ingram Book Group

Published by:
Loving Healing Press
5145 Pontiac Trail
Ann Arbor, MI 48105
USA

http://www.LovingHealing.com or
info@LovingHealing.com
Fax +1 734 663 6861

L o v i n g H e a l i n g P r e s s

Explorations in Metapsychology Series:

- ***Beyond Trauma: Conversations on Traumatic Incident Reduction, 2nd Edition,*** Ed. by Victor R. Volkman
- ***Life Skills: Improve the Quality of Your Life with Metapsychology*** by Marian K. Volkman
- ***Traumatic Incident Reduction: Research & Results,*** Ed. by Victor R. Volkman
- ***TIR and Metapsychology Lecture Series*** *(MP3 CD)* with Frank A. Gerbode, M.D. et. al.
- ***AMI/TIRA Newsletter Vols. 1-2: Selected Reprints 2004-2005*** *(ISSN 1555-0818)* Ed. By Victor R. Volkman
- ***Traumatic Incident Reduction, 2nd Edition*** by Gerald French and Chrys Harris

Series Editor: Robert Rich, Ph.D.

"To be what we are,
and to become what we are capable of becoming,
is the only end in life"
—Robert Louis Stevenson (June 1880)

Loving Healing Press is dedicated to producing books about innovative and rapid therapies which redefine what is possible for healing the mind and spirit.

About the Cover

The hourglass image was rendered in Art of Illusion 2.0 (www.ArtOfIllusion.org) by Victor R. Volkman. Synthetic textures of wood and glass overlay the extruded solid forms. Additionally, a decal was constructed using the traditional Metapsychology “psi” logo and applied on the face of a green glass material.

For posters of any Loving Healing Press book covers, please contact info@LovingHealing.com

Table of Contents

Foreword by Marian Volkman **1**

A Brief History of Metapsychology Periodicals **3**

Vol 1., No. 1 (January 2004) **5**
New TIRA Management Team in 2004 5
2003 Technical Symposium Report 6
Announcing Beyond Trauma, a new book about how TIR works 7
Dr. Anna B. Baranowsky and the Traumatology Institute of Canada 8
Certification Streamlining in 2004 10

Vol. 1, No. 2 (April 2004) **13**
How our Clients Find Us -- Two Stories 14
Sherry Russell Reviews *Beyond Trauma* 14
Two Simple Remedies for Children 16
Counseling Inmates: A Conversation with John Nielsen 17
TIR and Metapsychology Lecture Series 19

Vol. 2, No. 4 (October 2005) **21**
TIR and Dissociative Identity Disorder: A Conversation with Aerial Long, CMF CT 22
Deepening Client Engagement by Marian Volkman 25
What is a Symposium? 27

Vol. 1, No. 4 (October 2004) **29**
TIR in a Mental Health Clinic Setting: A Conversation with Patricia Furze, MSW 30
Electronic Forums for TIRA Members 31
Susan M. Phillips reviews *Beyond Trauma* 32
Relaxation / Visualization Exercise by Sharie Peacock, RN, LCPC, CTF 33

Vol. 2, No. 1 (January 2005) **39**
Resilience, Defenses, and Case Progress 40
In Memory of Stephen Bisbey 41
New Universal TIR Brochure 41
Beyond Trauma: Conversations on TIR, 2nd Edition Now in Print 42
TIR in the Workplace: A Conversation with Wendy French 42

Vol. 2, No. 2 (April 2005) **49**
Life Skills: Improve the Quality of Your Life with Metapsychology 50
Reality and the Person-Centered Approach 51
Miami TIR Experts Train Tsunami Relief Workers 56
TIR Certification Program 58

Vol. 2, No. 3 (July 2005) **61**
New TIR Research & Results Book Compiles Previous Studies 62
TIR in a Victim Services Agency: Joanna Woodd 63
Proposal to Investigate Long Term Effects of TIR and MP Techniques 65
Early Results from Unpublished Study at VSC Miami 66
Adjusting Your Professional Fees by Gerry Bock 68
Tsunami - TIR Project 70
Tami Brady reviews Life Skills 70

Vol. 2, No. 4 (October 2005) **71**
TIR & Art Therapy: A Conversation with Anna Foley 71
TIR & Art Therapy: A Case Study 75
CISD and TIR by Carlos Velazquez-Garcia 79
Developing Referral Sources for Your Private Practice by Gerry Bock 84

Tsunami Research Plan Summary 88

Best of the TIRA News & Views Newsletter (1998-2003) 95
To be or not to be – Aware by Frank A. Gerbode, M.D. 96
Some Reflections on Cognitive Therapy by Frank A. Gerbode, M.D. 98
The Value of Interning by Marian Volkman 102
The Wolves Within: A Cherokee Tale 103
My TIR Facilitator Internship by Barbara Dutton 104
The Care of Facilitators: A Technical Director's Point of View by Marian Volkman 105
Learning by the Process of Data Sorting, by Marian Volkman 106
Transactions and the Failure of the Cycle of Perception by Oleg Matveyey 107
Empathy: Getting to Feelings and Needs by Jim Hussey, LPC, NCC, CTF 110

Index 113

Foreword

A good newsletter performs two functions. First, with timely announcements and news items, it keeps the group it serves up-dated on events of interest that have already taken place, and on up-coming opportunities to be involved in various ways. Second, it delivers articles of use and relevance to the group. A lively, pertinent newsletter helps to keep the members of a group connected to each other, especially such a far-flung group as ours is.

Victor Volkman, AMI/TIRA Newsletter editor for the past two years, has brought his interviewing, writing and editing skills to the job. He has also been tireless in seeking out news articles and technical pieces written by others in order to make the Newsletter as valuable as possible to the members.

While news items only stay new for a limited time, many of the articles and interviews have value to facilitators long after the issue they appeared in is history. The trouble with newsletters is that they represent a mass of useful information in a form that usually doesn't stay around for long, and that isn't always easy to find, even if you save and neatly file every issue. With this first ever *AMI/TIRA Newsletter Selected Reprints (Vols.1-2)*, you have a collection of the articles and interviews from the 2004 and 2005 Newsletters and some earlier material, as well as that item of great value, an index.

We hope that you will use and enjoy this collection.

Marian Volkman
Director of the AMI Management team
November 1st, 2005

"***When something can be read without effort, great effort has gone into its writing."***
—Enrique Jardiel Poncela

A Brief History of Metapsychology Periodicals

Timeframe Publication

1989-1996 ***Newsletter of the Institute for Research in Metapsychology***

This was the official newsletter of the Institute for Research in Metapsychology (IRM) and regularly featured original articles by Frank A. Gerbode, M.D., Robert Moore, Ph.D, Lori Beth Bisbey Ph.D., and was edited by Gerald French, MA, CTS, MACP. Many of these articles were transcripts of plenary sessions at the IRM sponsored annual Metapsychology conference. Nearly all of these articles have been re-posted on the www.TIR.org website and many of the best appear in *Beyond Trauma, 2nd Edition* (2005).

Frequency: 3-4 times annually. ISSN: 0145-2134

1989-1999 ***Journal of Metapsychology***

Written as a series of technical and philosophical papers on Applied Metapsychology primarily by Frank A. Gerbode, M.D. Other contributors include Marian Volkman and Stephen Bisbey. Many of these articles were integrated into subsequent editions of *Beyond Psychology* (3rd Edition, 1995) and some were reprinted in *TIRA News & Views Newsletter*. A total of 114 articles were released and subsequently rebound into five volumes (now out-of-print). A selection of the best of these is available on www.TIR.org.

Frequency of publication: irregular. ISSN: none

1998-2003 ***TIRA News & Views Newsletter***

The Institute for Research in Metapsychology was dismantled in 1997. In 1998, Nancy Day assumed the helm of the Traumatic Incident Reduction Association (TIRA) which subsumed all of the primary functions of the IRM. This serial included stories of TIR practitioners around the world and reprints of the best of the *Journal of Metapsychology*. Also featured articles by Marian Volkman, CTS, CMF, CTD. Selected reprints appear as an appendix to this volume.

Frequency of publication: quarterly ISSN: none.

2004- ***AMI/TIRA Newsletter***

Essentially a continuation of *TIRA News & Views Newsletter*, this newsletter edited by Victor R. Volkman provides a mix of topical news, interviews with practitioners emphasizing a particular application of TIR, and brief technical articles highlighting a particular point of the Applied Metapsychology technique. In 2004, Vol. 2, No.2 and No. 4 were "electronic-only" newsletters and thus are in print for the first time ever in this volume. Excerpts from a few issues of *AMI/TIRA Newsletter* appear in *Beyond Trauma* (1st and 2nd Ed.) and vice-versa.

Frequency: quarterly. ISSN: 1555-0818

AMI TIRA

Published by:
The Traumatic Incident Reduction Association
5145 Pontiac Trail, Ann Arbor, MI 48105 USA

Newsletter – 1st Quarter 2004
Volume 1, Number 1 (January 2004)
ISSN 1555-0818
Features Editor: Victor R. Volkman

Email: tira@tir.org (for fastest response)
Phone: +1 800 499 2751 (USA/Canada)
Or +1 734 761 6268 (elsewhere)
FAX: +1 734 663 6861

New TIRA Management Team in 2004

By Victor R. Volkman, TIRA Webmaster

As of January 1st, 2004, the Traumatic Incident Reduction Association, a division of the non-profit Applied Metapsychology International has a new management team. The team, which is based in Ann Arbor, Michigan, includes Marian Volkman (TIRA President), Victor R. Volkman (Webmaster), and Jennifer MacLean (Administrator). You can continue to reach TIRA management by email to TIRA@TIR.ORG or by the (new) phone number 734-761-6268.

Our first order of business is to thank the outgoing team of Nancy and Larry Day for their years of commitment and dedicated work. The new beginning would simply not be possible without the foundation they have maintained. Although we are positioned as the "new" team, Marian has been involved with the principals of Metapsychology since its inception in 1988 and Victor has been the webmaster since 1996. As such, we have some prior contact with the membership and will increase that significantly in the coming year.

- The TIRA management agenda for 2004 includes the following basic and critical needs:
- Updating the membership records (we need your info!)
- Membership Drive
- Expanding and articulating the membership benefits (see page 11)
- Streamlined Certification Process (see page 10)
- Simplified membership and certification categories
- 2004 Technical Symposium
- New website articles
- Opening up the web practitioner directory to all qualified applicants)
- Semi-annual printed newsletters

We look forward to working with all of you in 2004 and beyond!

Also in this issue of TIRA Newsletter

- Interview with Dr. Anna B. Baranowsky of the Traumatology Institute of Canada
- Announcing Beyond Trauma, a new book about how TIR works

2003 Technical Symposium Report

According to the participants, the 2003 Technical Symposium by far exceeded their expectations. The Symposium convened in Ann Arbor from September 5th to 8th, 2003. Frank A. Gerbode, M.D. opened the Symposium with a talk about the curriculum of Metapsychology beyond TIR, which was enjoyed by experts and novices alike. The presentations on topics from preparing clients for TIR to new treatments for dissociative identity disorder were enlightening and instructive. It was fascinating to hear how the technology is being used in different fields, and inspiring to hear stories of individuals whose lives were changed. As a true Symposium, the participants were given the opportunity to request topics of discussion, which kept the discussion portion lively and topical. Many people particularly mentioned how valuable they found the informal discussion of difficult cases and best practices. Participants came from across the USA, Canada, and Europe.

Here are some of the comments:

"This has been a very rewarding experience in every way."

"I liked the openness, friendship and exchange of practical experiences."

"Exciting to work together with other practitioners. I feel a lot of progress was made: new workable ideas and great sharing of data, emotions and energy."

"The presenters were very well informed and knew their subjects."

"Lively, experienced speakers."

"I liked the self reflective and client centered approach of everyone to make the process as useful as possible. I liked the positive spirit."

"Although I am a novice, I felt appreciated and listened to – it was great to feel a part of this group."

2004 Technical Symposium

The 2004 Technical Symposium will be held at Goodenough College in London, England from September 22-24, 2004.