



Brief Therapy for Post-Traumatic Stress Disorder: Traumatic Incident Reduction and Related Techniques

Stephen Bisbey, Lori Beth Bisbey

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Therapists and counsellors, in training and practice, will welcome this concise and practical introduction to the TIR approach for helping clients with PTSD and other human traumas. The book is application-based, providing a step-by-step guide from initial assessment to the last counselling session, illustrated with many examples from actual sessions. TIR is a person-centred, structured approach which can

- * achieve symptom resolution in a brief course of counselling (often about 20 hours)
- * respect and value the client's experience and needs
- * work alongside a variety of therapy methods in a holistic way
- * minimise the risk of re-traumatisation

The authors provide a review of the major theories of stress and trauma, and of other methods of working with clients that are most useful alongside the TIR approach, an approach that is useful for a wide range of 'normal life' traumas, not just PTSD.

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