

Traditional Trauma Resolution (TTR) Program Description

This is a discipline that finds its roots in our earliest history, when sitting by the fire and communicating with one another was part of the culture. Listening without judgement and without time limits were embedded in our everyday life.

It's not that easy anymore and life is more traumatic in many ways. While there aren't wild animals around that threaten us, modern life keeps most people in a highly stressed state. It is important to be aware of this and to have the tools to relieve trauma and stress if we have any hope of evolving as human beings.

I have been involved in helping others resolve trauma for more than 50 years of my life. I've served more than 14,000 very traumatized people, I've trained people all over the world and very few people have the experience with the approach I have refined over the years. I also strongly believe that we resolve trauma and work on ourselves and others to raise the consciousness of the planet. It is important to me to work with people and groups that share my values of working on oneself and modeling the world we want to see. These are the underlying intentions for any training or individual work that I provide.

I also want to mention: if you're looking for a guru, if you need to be seduced into engaging in this work, if you need cheesy advertising gimmicks or if you're looking for someone who has all the answers, it ain't me. I'm only interested in connecting with those who are ready to transform and who share my values.

Three Levels of Training

TTR Level One

This class can be done online or partially online and in person, if a group chooses that option. In this class, a student will learn the basics of the discipline and the core trauma resolution technique as well as a technique called "Untangling".

Course Objectives -Participants will learn:

- A. A working understanding of the impact of trauma and the importance of resolving it.
- A. A research-based, proven method for resolving traumatic memory.
- A. The basic approach required for any technique in this discipline.
- A. How to resolve their own traumas with a peer.

Training methods include video, PowerPoint, written materials, live calls for practice and sessions with a peer in Untangling, Storyline TTR and Affect Bridging TTR. Four supervision calls over two months are part of the package. There is approximately 12 hours of online work and 12 hours of Zoom calls. At the end of the training, a participant will receive a Certificate of Training in Traditional Trauma Resolution Level 1.

TTR Level 2

Most people need more than only trauma resolution. For many, Trauma resolution is the beginning of a new life. Most still need help with many life problems, relationship issues, and integration of the new information gathered through this process. TTR Level 2 contains a number of smaller courses for different techniques as well as suggestions of other modalities and training to incorporate into a robust practice. Current classes include:

1. **Breathwork and meditations** – both as coping mechanisms and methods of grounding a seeker. Participants will learn a number of breathing patterns and the basics of creating guided meditations. Links will be given to resources for practitioners and seekers.
2. **Relieving Trauma Bonds.** This time test protocol helped many victims of domestic violence leave abusive relationships. However, trauma bonding is another fact of life. The question has been asked: is our basic urge to survive or to attach. From what I have seen, I do believe our basic urge is to attach, as I have seen far too many people stay in relationships in which they were clearly not surviving but couldn't leave as they felt the need for the attachment. This also applies to groups...individuals stay in groups because of trauma bonding.
3. **Finding the Truth Protocol.** We have been set up over many thousands of years to believe authorities over our own intuition, gut feelings and beliefs. False beliefs, incorrect interpretations and enforced values or 'truths' create some of the most harmful impacts on a human being and anyone working in the mental/spiritual health field should be very familiar with the manifestations and how to transform them. We manifest what we believe and when some idea is planted or enforced or adopted during high stress or while being 'held captive' in some manner, that idea, belief, truth or value can change the course of our lives in some unwelcome ways. Somewhere within, when we buy into a falsehood, our choices are these: something breaks within us and we attempt to manifest the untruth that has been presented with force, by an authority or through less obvious means; we fight with all our might to resist manifesting the lie; or we give up and want to die, because we can see no other way to manifest our truth. One

reason trauma holds such power over us has to do with the beliefs, values and ideas that are adopted as the result of the overwhelming event and the fact that those beliefs, values and ideas are stored in our unconscious mind. We are not aware that they exist, except for the negative impact in our lives. One reason for the miraculous outcomes my seekers demonstrate after addressing major trauma has to do with the release of the negative ideas that come to light and are transformed once the energy of the trauma is released. The section will teach a facilitator how to identify and bring truth to light.

4. **Stress Relieving Techniques.** This training module contains several procedures to address areas of stress as well as referral to other approaches that are available.
 - a. Positive Brain Building
 - b. Reducing Emotional Activation
 - c. Advanced Untangling
 - d. The Work of Byron Katie
 - e. Reiki
5. **Paradoxical Bonds.** It is not an uncommon human experience to find relationships which challenge us in paradoxical ways. While challenges seem to be necessary for our growth, some relationship challenges exceed our capacity to move beyond the challenges without the assistance of a trained facilitator. Over the decades I have noticed that seekers sought my help in sorting out relational issues related to finding themselves in relationships which are opposite of what they had envisioned for themselves. While resolving traumas related to physical and emotional abuse, betrayal, and victimization have gone far in providing many seekers with the answers they were seeking, there are still many seekers who are paradoxically bound to partners which seem to cause at least as much emotional pain as pleasure. A treatment approach which addresses the components of a trauma bond, has successfully helped many pry loose from unhealthy relationships and forge new patterns. However, there is another type of unhealthy bond which has been identified. It manifests in relationships as counter-dependency and may not find its immediate roots in trauma. This technique has proven to be successful in helping a seeker find the identities and fixed ideas that create the difficulties in a current relationship and lifelong dysfunctional patterns.

TTR Level 3

After a facilitator has had at least two years of experience with the approaches above, he or she is eligible

Certification