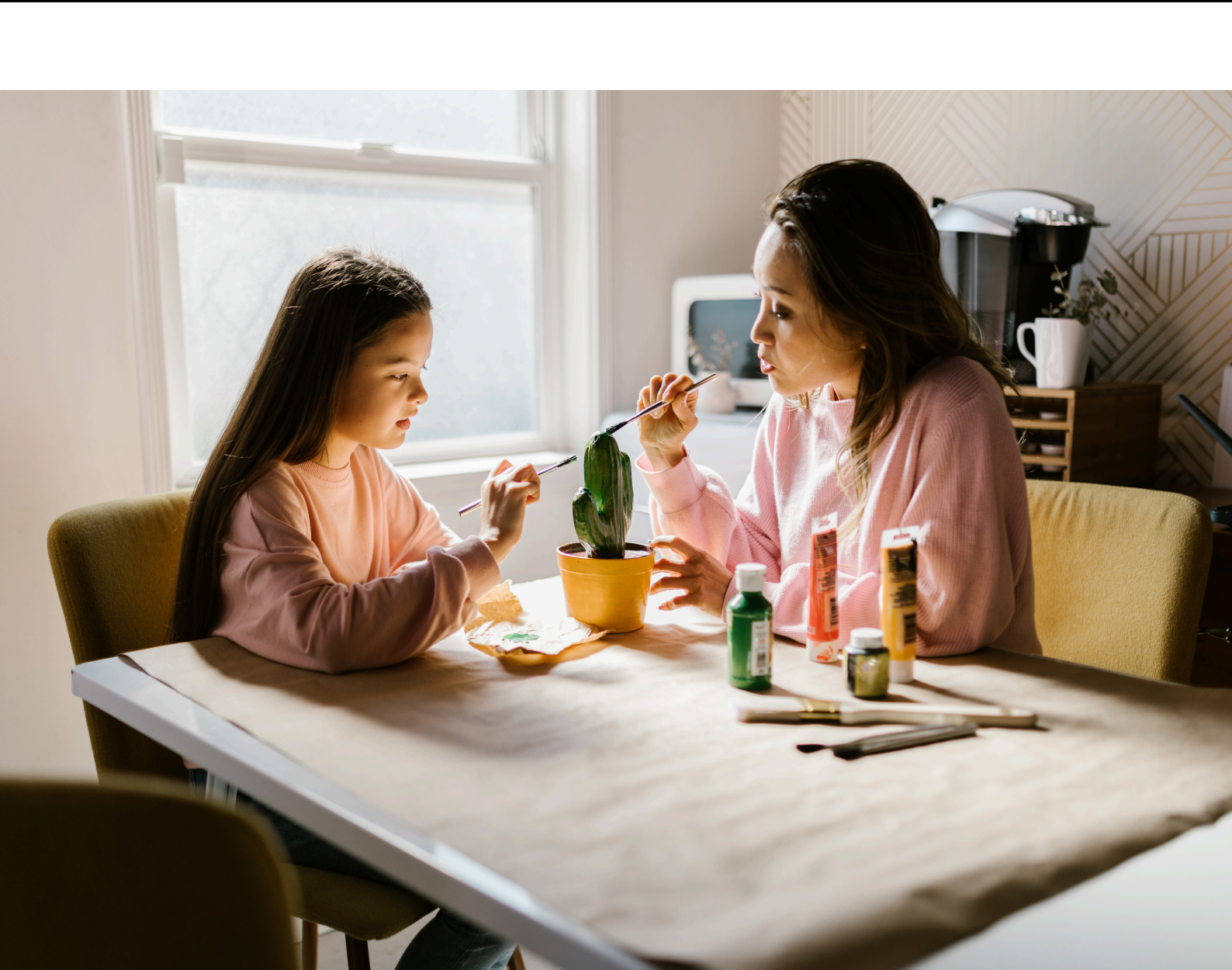




TIRAT TRAINING FOR HEALTHCARE PROFESSIONALS

A Guide to Health Professionals That Treat Children



Day 1: Trauma-Informed Relational Attunement Training

1. Understanding Attunement

- Definition of attunement and its importance in caregiver-child relationships.
- Calculation and measurement of attunement.
- Introduction to the concept of an attunement score.

2. Relational Attunement Disorder (RAD)

- Definition and diagnosis of RAD.
- Exploring how conditions like OCD, ADHD, Depression, and Anxiety manifest from an attunement perspective.

3. Understanding Entity C and Relational Coherence

- Explanation of Entity C.
- Understanding relational coherence and its significance in family dynamics.

4. Emotional Decoding

- Definition and importance of emotional decoding.
- Techniques for emotional decoding.

5. Scripting for Emotional Decoding

- Understanding masking behaviors and their impact on emotional decoding.

6. Interrogation vs. Questioning

- Differentiating between interrogation and questioning.
- Exploring the importance of curiosity in communication.



Day 2:

- 1. Grounding**
 - Definition and importance of grounding techniques.
- 2. Understanding the Chakra System**
 - Introduction to the chakra system and its relevance in maintaining emotional balance.
- 3. Staying Energetically Protected**
 - Techniques for staying protected in high-energy situations.
- 4. Maintaining Energetic Sovereignty**
 - Strategies for maintaining personal power and sovereignty in challenging situations.
- 5. Spirituality vs. Psychosis**
 - Understanding the difference between spiritual experiences and psychosis.

6. Psychosis from an Attunement Perspective

- Exploring psychosis within the context of relational attunement.

Break: Child-Centered Parent Training Curriculum Review

Week 1-6: Getting Out of the Rut

1. **Childhood Patterns**
2. **The 'Fixit' Parent**
3. **Empathy and Perspective**
4. **Codependency**
5. **Help-Seeking Behavior**
6. **Parental Askability**

Week 7-12: Achieving Family Balance

1. **Family Balance: Understanding Rupture and Repair**
2. **Healthy Anger**
3. **The Role of Parents**
4. **Parental Adequacy**
5. **Emotional Decoding (Revisited)**
6. **Active Listening**

Case Review Session: The Truth of Mental Illness

- Discussion and analysis of real-life cases from the audience.
- Examining how attunement enhances compassion and connection with the recipient.

Glossary of Terms:

- Attunement
- Energetic Coherence
- Anger Alchemy
- Nurturer and Receiver
- Entity C
- Askability
- Relational Attunement Disorder (RAD)
- The Fix-It Parent
- The Wonder Question

Each session should incorporate a combination of theoretical learning, practical exercises, case studies, and discussions to ensure comprehensive understanding and skill development.