

Session Log Example for TIR Certification

FACILITATOR: _____ Sample Student
 Client code: _____ GB

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
May 18, 2025	1:30	BTIR - car accident	EP, tired but relieved, PIs
May 23, 2025	1:35	BTIR check flows on car accident F2 no incident found F3 F4	EP, realization EP, laughing
May 30, 2025	1:43	Disturbance handling Unblocking - Job training	EP, no attention, PIs EP, "Worry seems silly now"

EP = end point / FP = flat point/ PIs = positive indicators / VPIs = very positive indicators / BTIR = Basic TIR / TTIR = Thematic TIR/
 FTIR = Future TIR / PTIR = TIR on pleasant experience / LSL = Life Stress List / WIs = Wrong Indication handling/
 F1= Flow 1, inflow / F2 = Flow 2, outflow / F3 = Flow 3, crossflow / F4 = Flow 4, reflexive flow

Session Log Example for TIR Certification

FACILITATOR: Sample Student
 Client code: JS

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
May 20, 2025	1:48	Unblocking - relationship with Julie	EP, experienced a major shift
My 21, 2025	1:05	TTTIR - a strange quivery feeling	EP, realization
June 8, 2025	2:20	TTIR - flows on a strange quivery feeling: no interest TTIR - sharp pain in the foot F2 - on same	FP, "feel better" EP, surprised, laughing

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Session Log Example for TIR Certification

FACILITATOR: _____ Sample Student

Client code: _____ EF

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
May 20, 2025	:45	Disturbance - upset	EP, more cheerful
June 6, 2025	1:25	BTIR - Jill left	EP, insight about relationships
June 17, 2025	2:30	F2 - Jill left F3 - same F4 - same, no interest	EP, realization EP, realized decision
June 19, 2025	2:45	Unblocking - intimacy	EP, major insight on own past behaviors

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Session Log Example for TIR Certification

FACILITATOR: _____ Sample Student
 Client code: _____ SB

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
June 8, 2025	1:15	Unblocking - money BTIR - knee operation	Flat point, satisfied EP, VPis
June 12, 2025	2:12	Disturbance - saw car accident, determined to address with BTIR	EP, bright and in present
June 14, 2025	1:48	BTIR - check flows on knee operation - no interest BIRT - car accident no interest Unblocking - Authority Figures	Pis, good progress, to be continued

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Session Log Example for TIR Certification

FACILITATOR: _____ Sample Student _____
 Client code: _____ BR

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
June 14, 2025	2:20	Unblocking - relationship with brother Grounding	FP, tired More present
June 16, 2025	1:50	Resumed unblocking - relationship with brother	EP, happy, PIs
June 18, 2025	1:36	BTIR tooth extraction	EP, relieved, more confident about next dentist visit

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