

LIFE STRESS REDUCTION



Healing emotional scars, setting you free
Pastoral and Trauma Counsellor: Rev Louis Hough.
Registered with TIRA and CCSA

FOUR DAY WORKSHOP VIA ZOOM

2026: 10–12 MARCH 18–20 AUG

CPD's: CPSC 18 (2 ETHICS); SACSSP 16; DRC PASTORS 20 VBO's ASCH 16

NOW INCLUDING SOME BASICS OF TRANSACTIONAL ANALYSIS .

You have already experienced the powerful techniques presented at the Traumatic Incident Reduction (TIR) Workshops. This is the parallel techniques developed by the same people (TIRA) that, while still using the same basic principles of TIR, was developed to handle stressfull but lighter difficulties that people experience in their everyday life. These are short, easy and effective techniques that can bring remarkable relief from troublesome stress areas of life.

These techniques can be mastered in this workshop to such an extend that the learner can then use it effectively. After successfull completion of the workshop the learner can register internationally with the Traumatic Incident Reduction Association (TIRA) and TIRA-SA.

From 2026 Transactional Analysis will also be included. This will be a very shortened version, mainly the practical application of it to built up a client who's development was negatively impacted during the early years.

This workshop will be presented by Rev Louis Hough. Louis is one of only two certified Senior trainers of TIR and LSR in South Africa. At this stage only TWO workshop will be presented per year.

The cost of the three day workshop is R5,300 (including all study material.) Discount of R300 if paid more than 14 days before workshop.

For more information and to register contact Louis Hough at 082 772 5559 or houghlouis@gmail.com . Learn more about LSR at www.tira.org