



# THERAPEUTIC SPIRAL

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## I N T E R N A T I O N A L

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### **TSM TRAUMA TEAM ROLES OVERVIEW AND ASSESSMENT/CHECKLIST**

#### THE TSM TRAINER – Overview

The TSI trainer practicum is designed to produce trainers who are able to give certification credit in the International Certification Training Program in Trauma Therapy using the Therapeutic Spiral Model.

Trainers are certified for each TSM workshop and are then able to conduct those workshops without supervision. After they complete their trainer certifications in the four, Level I courses, and in Personal Growth workshops, they may become Level I Certified Trainers. If they go on to become certified in the remaining three, Level II courses, they are then Certified Levels I and II Trainers.

At Level I Certification they have become proficient in the theory and practice (for training and personal growth purposes) of: the neurobiology of trauma, containment, defenses, and the TSM Trauma Triangle. At Level II certification they have become proficient at: differential diagnoses and team roles; the dance of transference, countertransference, and tele; and working with projective identification with groups.

Additionally, the TSI trainer is able to supervise practice for people doing practicums at TAE, AL, and TL levels of certification. After certification, they will be listed as a TSI Trainer at the appropriate level and will be among the pool of trainers that the Clinical Director and/or the Director of Training assigns for supervision, depending on area of expertise. They can provide one- hour, monthly supervision, as well as live supervision for Healing Action Teams.

#### TRAINER-IN-TRAINING PROCESS:

There are four levels of training to complete this final practicum level in TSI. Each step is completed throughout the various levels of TSM certification and show the

ability to take on the role of participant, protagonist, team member, and supervisor. At the same time, any applicant for TSI Trainer, must show a level of psychological health that demonstrates the ability to train others while maintaining personal stability and recovery.

- 1) **PARTICIPATION** - First, the senior student must take each of the certification workshops as a participant. This includes being a protagonist and working on any personal issues that surface during the training process. They must participate actively in all workshops over time, showing proficiency in the topics that are required to meet the TSI certification.
- 2) **TEAM MEMBER** - Second, the TSI trainer must have demonstrated and passed all three levels of team roles, including Trained Auxiliary Ego (TAE), Assistant Leader (AL) and Team Leader (TL). In this way, they have fully experienced all aspects of each of these roles that they are expected to supervise and assess for completion.
- 3) **CO-LEADER WITH CERTIFIED TRAINER** - The third step in developing the role of TSI trainer is to co-lead each of the workshops for which certification is desired. While the Certified Trainer has the full responsibility for maintaining the parameters needed for each workshop to meet certification requirements, the trainer in training often provides additional theory and new clinical action structures to extend the depth and breadth of each course, adding their own expertise to the workshops. In this way, the workshops continue to grow and expand with the addition of each new TSI trainer. During the co-leading process, they must demonstrate that they can direct all four types of TSM dramas with a full team: prescriptive roles, defenses, the TSM Trauma Triangle, and the transformative roles needed for post-traumatic growth. They must also be able to use these dramas as teaching structures for trainees, not just for clinical applications.
- 4) **SOLO LEADER WITH SUPERVISION** – Once the co-leading requirement has been met., the trainer in training must provide a training workshop for the course for which certification is being completed, as a solo trainer under the live or video supervision of a Certified Trainer.

#### PROCESS NOTES OF OBSERVATION:

While completing the co-leading of each certification workshop, the trainer in training must also fully observe and take notes on the structure of each workshop to increase their ability to replicate the original structure as determined by TSI. These notes are then used to assess if the trainer in training is ready to provide the workshop without supervision.

## PUBLICATIONS AND CONFERENCE PRESENTATIONS:

It is expected that trainers in training will publish a minimum of one theoretical, practical or research article by the time they are ready to be assessed as a TSI Level I Trainer. This may be anything from a blog to a full-blown academic research project. All handouts, etc. that are developed for any TSI workshop remain the property of TSI.

To be fully certified as a Level I or II Trainer, candidates must also have presented a workshop on a TSM-focused theme at a national or international conference.

## FUNCTIONS OF THE TSI TRAINER INCLUDE:

- Teaching skills while directing the four types of TSM dramas.
- Ability to encourage involvement in dramas.
- Creativity and knowledge to expand the material and its application to diverse issues.
- Ability to work with the Team to create a substantive production that is vibrant and original.
- Self-reliance and cooperation in equal measure.
- Openness to feedback from group and Team.
- Ability to handle projections and transferences.
- Demonstrated self-awareness of his or her own issues.
- Ability to replicate the parameters of the certification courses.
- Ability to supervise and provide checklists for TAEs, AL, and TL.

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## ASSESSMENT/CHECKLIST FOR Trainers

At each workshop or training in which a trainee is doing a Trainer practicum, the supervising Trainer completes a copy of this checklist to document which of these skills have been successfully demonstrated. This provides direct feedback to the trainee and also clarifies those skills that have yet to be demonstrated. Some are expected to be demonstrated during each team participation; others must be demonstrated at least once before the TAE certification is granted.

*Note: A copy of the checklist should be maintained by the Trainer who provides it. Copies should also be sent within 10 days to the trainee, the Director of Training [cossa@att.net](mailto:cossa@att.net) and to the Clinical Director [drkatetsi@icloud.com](mailto:drkatetsi@icloud.com)*

ASSESSMENT/CHECKLIST provided for (Trainee's name):

WORKSHOP Title and Date:

Please Indicate if this is:

- First Co-Led Experience for this workshop.
- Additional Co-Led Experience.
- Solo Leading of this workshop with Supervision.

OTHER TEAM MEMBERS and roles:

The following roles were taken on by the trainee in the course of the workshop/training:

As Certified Trainer working with the Trainer Certification candidate for the above workshop or training, I, \_\_\_\_\_, certify that \_\_\_\_\_ has successfully demonstrated the skills and awareness stated below.

*Note: For each item NOT checked, briefly note what is needed to successfully demonstrate this skill or note that there was no opportunity to do so. In addition to checking, a more detailed description of the way in which the skills were demonstrated should follow.*

### **TSI CERTIFICATION SKILLS:**

- Demonstrated the ability to replicate the parameters of the course being taught.
- Demonstrated the ability to supervise and provide checklists for TAEs, AL, and TL.
- Demonstrated the ability to teach team role skills while directing the four types of TSM dramas.
- Demonstrated the ability to encourage involvement in dramas through training comments.
- Displayed creativity and knowledge to expand the material and its application to diverse issues and populations.
- Displayed the ability to work with the Team to always provide safety and, in addition, as a trainer to provide education and live supervision of practice skills.

### **Leadership Development:**

- Demonstrated development of his/her own spontaneity and creativity.
- Displayed self-reliance and cooperation in equal measure.
- Was open to feedback from group and Team.
- Demonstrated the ability to handle projections and transferences.
- Demonstrated self-awareness of his/her own issues.
- Demonstrated the ability to lead clinically trained TSI teams and apply them in a setting of the trainer candidate's choice.

- ❑ Displayed co-creation as the primary model of leadership

SUMMARY (Please note – if the candidate was in a co-training situation, please indicate whether you endorse them to move into a solo-with-supervision training. If supervising an individual for their solo training, please indicate if you endorse them for full Certification for this workshop.):

**For the Trainer Trainee:**

Please organize a copy of your *PROCESS NOTES OF OBSERVATION* (as described in the “Training-In-Training-Process” Section of this document and submit a copy, *WITHIN 14 DAYS*, to the Supervising Trainer, the Director of Training [cossa@att.net](mailto:cossa@att.net) and to the Clinical Director [drkatetsi@icloud.com](mailto:drkatetsi@icloud.com)

Also include a one-page paper sharing other insights and reflections of both TSM Theory and Practice and your personal reactions to the material explored and the process through which the workshop was conducted.

Trainee: \_\_\_\_\_ Date: \_\_\_\_\_