

EMOTIONAL REGULATION

«Tipi»

A **NATURAL CAPACITY**
HIGHLIGHTED BY LUC NICON

Tipi Pro Individual Online Professional Training

Description of training content

Objective

The “Tipi Pro” training provides the training required to apply the natural process for regulating emotions to people:

- In situation, in the moment the emotion arises.
- In deferred sessions, when the person is no longer in emotional distress, but wishes to permanently resolve the underlying emotional difficulty, such as a phobia, anxiety, inhibition, irritability, depression, and any other stressful emotional reaction.

Organisation

A lead trainer will guide you up to your certification.
Other trainers may also intervene during the course.

The training includes:

- ▷ At least 13 individual tutorials with your trainers.
- ▷ Many training videos.
- ▷ Technical content and questionnaires to learn and validate your understanding and practice of Tipi emotional regulation (multiple choice, quizzes, tests, games etc.).
- ▷ Emotional Regulation sessions to complete with other trainees who are at the same level as you.
- ▷ Sound recordings of your sessions and a summary of the sessions to send to your trainers.

Training content

Your trainers will use a variety of teaching methods, teaching materials, role plays and real-life sessions during your tutorials.

Module 1

The discovery of Tipi emotional regulation by Luc Nicon

- Meet with your lead trainer
- Theory
- Selected reading
- Validation of your understanding
- Meeting with Luc Nicon

Module 2

Emotional regulation in situation for yourself

▷ Part 1

- The challenges of practising emotional regulation for yourself
- Identifying emotional disturbances
- Using the capacity for emotional regulation in situation
- Personal experiences (at least 3 emotional regulations)
- Solutions to any difficulties encountered
- Additional training information and validation of your understanding and practice with a trainer

▷ Part 2

After having completed at least 20 emotional regulations, at your own pace, during the training:

- Assessment of your personal use of emotional regulation
- A new understanding of our personal emotional functioning
- Deepen your practice with a trainer

Module 3

Helping others in situation

▷ Part 1 - helping others in a professional capacity (from 10 yrs. old)

- The challenges of helping others in situation
- Helping others regulate their emotions in situation in a professional capacity
- Individual tutorial with a trainer
- Practical application in a professional setting (therapy/counselling sessions)

After having helped others in situation on at least 5 occasions in a professional capacity:

- Report back on your sessions
- Solutions to any difficulties encountered
- Additional training information and validation of your understanding and practice with a trainer

▷ Part 2 - Help your entourage (from 2 yrs. old)

- Help your entourage in situation with Tipi emotional regulation
- Practical application with your entourage

After having helped your entourage in situation on at least 5 occasions:

- Report back on your sessions
- Solutions to any difficulties encountered
- Additional training information and validation of your understanding and practice with a trainer

▷ Part 3

After having helped others in situation with your personal entourage or in a professional capacity on at least 25 occasions, at your own pace during the training:

- Report back on your sessions
- Solutions to any difficulties encountered
- Additional training information and validation of your understanding and practice with a trainer

Module 4

Deferred sessions (from 10 yrs. old)

▷ Part 1

- The challenges of deferred sessions
- Protocol for deferred sessions
- Individual tutorial with a trainer

▷ Part 2

- Conduct sessions by doing exchanges with trainees at the same level as you
- Practical application in a professional setting (therapy/counselling sessions)
After having completed at least 10 deferred sessions
- Report back on your sessions
- Solutions to any difficulties encountered
- Individual tutorial with a trainer

▷ Part 3

- Conduct sessions by doing exchanges with trainees at the same level as you
- Practical application in a professional setting (therapy/counselling sessions)
After having completed at least 15 additional deferred sessions
- Report back on your sessions
- Analysis of your sessions from a new perspective to go back over knowledge and understanding acquired to date
- Individual tutorial with a trainer

▷ Part 4

- Practical application in a professional setting (therapy/counselling sessions)
After having completed at least 15 additional deferred sessions
- Report back on your sessions
- Case studies
- Individual tutorial with a trainer

▷ Part 5

- Practical application in a professional setting (therapy/counselling sessions)
After having completed at least 15 additional deferred sessions
- Report back on your sessions
- Evaluation of real-life sessions that you have recorded
- Individual certification session with a trainer