



TRAMA SURVIVOR'S INTRAPSYCHIC ROLE ATOM (TSIRA)

The TSIRA (Toscani and Hudgins, 1996) represents the clinical action template that underpins the Therapeutic Spiral Model. A longer and more detailed version of the TSIRA may be found in *"Stories from the Frontlines: The Global Therapeutic Spiral Model"* (Hudgins & Toscani, 2011 Eds, in Press).

TSIRA Roles

The TSIRA has 19 named roles that serve various functions.

Prescriptive Roles: there are 8 prescriptive roles that serve three functions.

Function	Roles
1. Observation	<ul style="list-style-type: none">• Observing Ego• Client Role (not in every drama)
1. Restoration/Strength	<ul style="list-style-type: none">• Intrapyschic/Personal Strength• Interpersonal Strength• Transpersonal/Spiritual Strength
1. Containment	<ul style="list-style-type: none">• Containing Double (CD)• Body Double (BD)• Manager of Defenses

Trauma-based Roles: there are 3 trauma-based roles (not including the many defenses for survival, control, and compensation or coping).

Function	Roles
1. Communication of trauma	<ul style="list-style-type: none">• Victim
1. Keep trauma out of consciousness	<ul style="list-style-type: none">• Perpetrator
1. Show what was lacking at time of original trauma	<ul style="list-style-type: none">• Abandoning Authority

Transformative Roles: there are 8 transformative roles (some are not in every drama; some have other names but their essence is in every drama).

Function	Roles
1. Autonomy	<ul style="list-style-type: none">• Sleeping-Awakening Child• Change Agent• Manager of Healthy Defenses
1. Correction	<ul style="list-style-type: none">• Good-enough Parent• Good-enough Significant Other• Good-enough Spirituality
1. Integration	<ul style="list-style-type: none">• Appropriate Authority• Ultimate Authority

TSM Trauma Triangle



In addition The TSM Trauma Triangle describes the Trauma-based roles that show how trauma is internalized through the victim, perpetrator and abandoning authority roles (Hudgins and Toscani, In Press). This is an adaptation of Karpman's Drama Triangle (2002) and describes the internalization of trauma, where there was no rescuer.

This forms an integral part of the TSIRA as it is used as action structure to explore how traumatic experiences may become internalized as self-abandonment in the intrapsychic world of self-organisation.

During all trauma scenes in TSM, the Director is asking the clinical questions of:

- ❖ -What is the person or group actively experiencing now?
- ❖ -Is it the old TSM Trauma Triangle Pattern?
- ❖ -Are they in flashback?
- ❖ -Are they dissociated?
- ❖ If so, then how do we help them experience a new and spontaneous thought, feeling or action?

Our answer is always the Prescriptive Roles to stabilize self-organisation.

- ❖ What is the person or group attached to?
- ❖ Old trauma patterns of horror, terror, hatred, rage or grief?
- ❖ Defenses against these feelings so they do not have to experience them?

If so, then TSM and the TSIRA offers a clinical template to help them safely express these traumatic and often dissociated feelings in relationship with new healthy attachments to themselves, others and the world.

