

Public Workshop & Module 1 Certification Training



TRE Tension & Trauma Releasing Exercises

With Dr. David Berceli

"We have the natural ability to let go of and resolve post traumatic reactions... it is genetically encoded in us."

Dr. David Berceli developed TRE from over 22 years of experience as a trauma intervention and conflict resolution specialist in war-torn areas such as the Middle East and Africa. He has taught TRE to thousands of military personnel, victims of war and natural disaster, as well as therapists, social workers and laypersons.

He holds the following designations:

- Doctor of Social Work (Ph.D)
- Masters of Social Work (MSW)
- Board Certified Neurotherapist & Certified Neurotherapy Instructor

Learn more at traumaprevention.com

Therapists, Counselors and Human Service Providers

Learn simple and effective tools for you and your clients to reduce stress and release trauma from the body. TRE is an excellent complement to cognitive- and behavior-based therapies.

Workshop qualifies toward TRE Certification as a Module 1 training (for additional requirements see traumaprevention.com). CEU/clock hours are available from PSU and Washington School Counseling Assn. Certificate of completion with clock hours provided.



What is TRE? TRE is a simple technique to release stress or tension from the body that accumulates from everyday circumstances of life, difficult situations, immediate or prolonged stressful situations, or traumatic life experiences (e.g., natural disasters, social or domestic violence).

Using six yoga-like exercises, TRE helps to release deep tension from the body by evoking self-controlled muscular shaking. The process is unique in that this shaking originates deep in the core of the body, with gentle tremors that reverberate outward along the spine, releasing tension from the sacrum to the cranium.

TRE Users Report

- Release of deep tension and chronic holding patterns
- Better nervous system regulation
- Personal grounding and more resilience
- Greater energy and stamina resulting from restful sleep

By the end of this workshop, you'll learn how to confidently do the TRE exercises and restore a more balanced state of well being in your life.

Mar 25-27, 2017 • 8:30-4:00

Still Meadow Retreat • Portland, OR



\$495 (if paid in full by 1/25/17; \$550 after)
Includes delicious lunches; Lodging packages available

Register at yogacalm.org

Workshop Info: info@yogacalm.org or 503/977-0944