

# Trauma Releasing Exercises (TRE)

Certification Training | Module 1

Jan 18-20, 2019

Portland, OR

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**\$395 Early bird rate** (\$450 after 12/1/18)

Graduate Credit, CEUs, PDUs & Clock Hours available. Certificate of training hours provided.

## NEW TOOLS . . . NEW HOPE . . .

Learn TRE, a simple and effective tool for you and your clients/students to reduce stress and release. Using six yoga-like exercises, TRE releases deep tension from the body by creating gentle waves of self-controlled movement.

Since stress and trauma reside in, and manifest through, the body's physiology, researchers like Bessel van der Kolk MD and Bruce Perry MD, recommend body-based interventions, like TRE, to release stress, regulate the nervous system, and develop a sense of safety and control. TRE is also an excellent complement to cognitive- and behavior-based therapies.

In this course you will learn:

- The basic neurophysiology of stress and trauma, how shaking and flight, flight and freeze reactions are "intelligent" physiological responses to stress
- Porges Polyvagal Theory and how to mitigate the stress response.
- Basic proficiency in leading individual and group TRE sessions with youth and adults, in school, therapeutic, home and agency settings.
- Skills to manage your own stress, trauma and reactions from personal and professional experiences – benefiting your work, your relationships, and your well-being.

Course qualifies toward TRE Certification.



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Graduate credit, PDUs, CEUs and  
CEUs available.

Register at [YogaCalm.org](http://YogaCalm.org)

Questions? [info@yogacalm.org](mailto:info@yogacalm.org)