

DR. DAVID BERCELI is an international expert in trauma intervention. For the past twenty-two years he has taught in more than 100 countries providing trauma relief workshops and designing recovery programs for international organizations. Dr. Berceli has 15 years of experience working with police, fire-fighters, military personnel, and various international relief agencies, including UNICEF, Doctors Without Borders and The World Health Organization (WHO).

He is the creator of TRE, which helps release the deep chronic tension created in the body during a traumatic experience. He has recognized that trauma possesses unique possibilities of transformation in the individual when pursuing the recovery



Dr. David Berceli

process to its ultimate end. TRE is a revolutionary new technique for stress reduction, tension release, and the healing of trauma, with origins in the work of Dr. Alexander Lowen's Bioenergetic Analysis.

Dr. Berceli holds a Doctorate of Social Work (PhD), is a Certified Bioenergetics Therapist (CBT), Licensed Massage Therapist (LMT), and Certified Field Traumatologist (CFT). He additionally has a Masters in Social Work (MSW), Master of Arts in Theology (MA), and a Master of Arts in Arabic and Islamic Studies (MA).

He is the author of *The Revolutionary Trauma Release Process*, and *Trauma Releasing Exercises (TRE): A Revolutionary New Method For Stress/Trauma Recovery*.

Tension and Trauma Releasing Exercises Workshop

TRE is a self-help technique which uses body-work, psychological insight, and personal interaction and reflection to gently relax the stress patterns embedded in the body, thought processes, and the belief systems of the individual.

Most relaxation exercises are designed to release surface level tension, but this is insufficient when dealing with the deep chronic tension created during repeated stressful experiences. These milder forms of exercise often leave the individual feeling helpless and confused if they fail to relieve the deep muscular and emotional tension. TRE is specifically designed to

release deep, chronic muscle contraction created by high stress. Through the use of this method the individual learns to reduce the impact of stress experiences.

This workshop helps the individual restore a connection with him/herself and begin the process of feeling more vibrant and empowered. This program addresses the importance of body, mind, and spirit, and illuminates the ways in which each of these dimensions is intricately linked.



Bioenergetics is...

... a form of psychotherapy which helps people achieve good health – in body and in mind. More than any other mode, it explores the inexorable link between the two dimensions. In doing so, it can lead to greater joy as well as a greater sense of spirituality. The late Dr. Alexander Lowen was a pioneer in this field.

THE ALEXANDER LOWEN FOUNDATION PRESENTS

Tension and Trauma Releasing Exercises Workshop

led by **Dr. David Berceli**, international expert on trauma intervention

**Tuesday and Wednesday
September 28-29, 2010**

9:00 am – 4:30 pm at Dr. Alexander Lowen's Residence
in New Canaan, Connecticut

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The Alexander Lowen Foundation
PO Box 204, New Canaan
Connecticut 06840 USA
www.lowenfoundation.org



Tension and Trauma Releasing Exercises Workshop

led by Dr. David Berceli, international expert on trauma intervention

Tuesday and Wednesday, September 28-29, 2010

9:00 am – 4:30 pm at Dr. Alexander Lowen’s Residence in New Canaan, Connecticut

The Trauma Releasing Exercises (TRE) is a revolutionary new technique in stress reduction, tension releasing, and the healing of trauma. Participants will learn this set of seven simple physical exercises, which are designed to release the chronic muscular tension that is held deep within the structure of the body. The workshop will show you the relationship between this deep chronic muscular tension and the functioning of all systems - neurological, biological, anatomical, and emotional. Participants will understand how living with chronic stress and/or experiencing the overwhelming effects of trauma can impact daily functioning. TRE is intended to be a self-help method that is easily learned, have immediate effects, and can be integrated into a simple daily routine to help restore a sense of inner peace and relaxation. TRE may also complement the practice of meditation and yoga.

Program Outline

1. OVERVIEW

- How tension/stress is stored in the body
- Where it is stored
- Why we hold on to it
- How to release the tension using TRE.

2. THE EVOLUTION OF TENSION AND STRESS

- The continuum between tension, stress, and trauma.
- Releasing tension/stress using the process of a muscular tension/release sequence.

3. TENSION AND STRESS RECOVERY PROCESS

- The process of recovering from high tension and stress follows a predictable pathway.
- The role of depression, feelings of helplessness, hopelessness, suicidal thinking, and anger in tension and stress.

4. TENSION AND STRESS RELEASE EXERCISES

- Includes a group of 7 exercises that are intended to painlessly increase the tension on the muscles facilitating a release of the tension. This produces a shaking or quivering in the muscles, leaving a deep feeling of relaxation.
- Participants will experience these exercises twice daily during the workshop. Participants will receive one-on-one attention to help individualize the tension and stress release exercises.

Please dress comfortably and bring a Yoga mat if available.



Dr. David Berceli



Participants of a Dr. David Berceli TRE workshop

Visit lowenfoundation.org for details



PRICING & REGISTRATION:

Before Sept. 1: \$135/ day ; \$250 both days
After Sept 1: \$150/ day ; \$275 both days
Workshop Day: 9:00 - 4:30, includes lunch

APPLICABLE DISCOUNTS:

Attend both David Berceli and Leslie Case workshops: - 10%
IIBA Membership: - 5%
3 or more attendees from same organization: - 10%
Full payment before Sept. 10: (US\$ check preferred) - 2%
Attendance at a prior Foundation workshop -10%

Participants limited.
 \$50 Deposit is required to reserve space.
 Registrations may be transferred.

TO REGISTER:

by email: connect@lowenfoundation.org
 by mail: The Alexander Lowen Foundation, PO Box 204, New Canaan, CT 06840
 by phone: 203-966-3474

Name: _____

Address: _____

Phone: _____

Yes, I would like to attend:

_____ Dr. David Berceli TRE Workshop

_____ Leslie Case Workshop September 25-26 (See our website for workshop details)

Amount Enclosed \$ _____

Cancellation Policy: A non-refundable cancellation fee of \$25 will be charged for all cancellations. No refunds will be given after Sept 10, 2010.