



# NEW GLOBAL CERTIFICATION PROGRAM

## TRE – TENSION AND TRAUMA RELEASING EXERCISES

### WITH DR. DAVID BERCELI



REGISTER EARLY! SPACE IS LIMITED

## REGISTER AT

[WWW.NATURALSTRESSRELEASE.COM](http://WWW.NATURALSTRESSRELEASE.COM)

## COST:

**\$500.00/MODULE**

early bird pricing

**\$550.00/MODULE**

after Jan 27 - Module 1  
after Apr 29 - Module 2

## WHEN:

**MODULE 1**

**OPEN TO THE PUBLIC**

**FEB 27-MAR 1, 2015**

**MODULE 2**

**PREREQUISITE: MODULE 1**

**MAY 29-31, 2015**

## WHERE:

**DOUBLETREE BY HILTON  
CHICAGO/NORTH SHORE**

**9599 SKOKIE BLVD**

**SKOKIE, IL 60077**

**P: 847-679-7000**

**FOR MORE INFO,  
CONTACT JACY SUNDLIE  
970-948-5154 OR  
[TREPROMOTIONS@GMAIL.COM](mailto:TREPROMOTIONS@GMAIL.COM)**



**Dr. Berceli** is an internationally renowned traumatologist and creator of the TRE process.

TRE is a revolutionary technique using seven simple exercises to release stress and tension from the body that accumulate from every day circumstances. TRE evokes a self-controlled muscular shaking process in the body called neurogenic muscle tremors. This shaking originates deep in the core of the body of the psoas muscles. These gentle tremors reverberate outwards along the spine, releasing tension from the sacrum to the cranium.

## LEARNING OBJECTIVES

- Participants will be introduced to TRE and the personal tremoring response.
- Participants will understand the tremor response.
- Participants will learn anatomy, neurology and physiology of stress and trauma as it relates to TRE
- Participants will learn defense reactions, containment, and grounding strategies as they relate to TRE.
- Participants will receive an introduction to the Poly-vagal theory
- Participants will learn the basic skills of working with individuals and groups.

## REPORTED BENEFITS OF TRE INCLUDE

Easy to learn • Better sleep •  
More energy • Less worry & anxiety

FOR MORE INFORMATION ABOUT DR. DAVID BERCELLI AND TRE,  
VISIT [WWW.TRAUMAPREVENTION.COM](http://WWW.TRAUMAPREVENTION.COM)