

# TRE

tension  
stress & trauma  
release exercises

a wellness tool for all

MODULE 1  
OPEN TO PUBLIC  
AUGUST 3-5 2018

MODULE 2  
NOVEMBER 2-4 2018

\$450/module \*early bird pricing  
\*certification includes further training



# Global Certification Training



Jacy Sundlie, Global Certification Trainer

is also a Licensed Clinical Social Worker,  
Yoga Teacher and Reiki Master and has worked  
with Dr. Berceli since 2008.



Alex Greene, Certification Trainer Trainee

is also a Myofascial Release,  
Somatic Experiencing  
& Structural Integration Practitioner

## WHAT IS TRE?

Developed by Dr. David Berceli (Tension, Stress & Trauma Release Exercise) is a series of 7 exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. An evidence based practice, that safely activates a natural reflex mechanism of shaking or vibrating, releasing muscular tension, and calming the nervous system. Reported benefits Include:

- easy to learn
- better sleep
- less worry & anxiety
- more energy
- self help technique

## LEARNING OBJECTIVES

- Participants will be introduced to TRE & 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.

## LOCATION

6225 UNIVERISTY AVENUE - WHITEDOOR/TIBIA  
MADISON WI 53705

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for more information about TRE and Dr. David Berceli [www.treforall.org](http://www.treforall.org)