

# TRE

tension  
stress & trauma  
release exercises

a wellness tool for all

## MODULE 1

*open to public*

**MAY 31-JUNE 2, 2019**

## MODULE 2

**SEP 6-8, 2019**

**\$450/module**

\*early bird pricing until Apr 30 for Module 1 then price is \$500

\*certification requires further training



# Global Certification Training



**Jacy Sundlie**, Global Certification Trainer, Licensed Social Worker, Yoga Teacher and Reiki Master. She has worked with Dr. Berceli since 2008, helped create the certification program within TRE® and co-created the modification DVD required for certification.



**Sarah Moore**, M.D., Integrative Psychiatrist and therapist, has eleven years' experience working with people diagnosed with cancer. A Certified TRE® Provider, she facilitates retreats which incorporate TRE®, meditation, and self-care.

## WHAT IS TRE®?

Developed by Dr. David Berceli TRE® is a series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. TRE® safely activates a natural reflex mechanism of shaking or vibration, letting go of muscular tension, calming the nervous system.

Reported benefits include:

- Easy Self help technique
- Better sleep
- Reduce worry & anxiety
- More energy

## LEARNING OBJECTIVES

Participants will:

- Learn the TRE® exercises and the body's tremor mechanism
- Study neurology, anatomy and physiology of stress and trauma as they relate to TRE®
- Understand defense reactions of containment and grounding strategies as they relate to TRE®
- Examine basic TRE® skills while working with individuals and groups

## LOCATION

**6225 UNIVERSITY 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)