

TRE® - Tension & Trauma Releasing Exercises

Module 1 Certification Training with Rick Stockwell, PT and Jessica Schaffer - TRE® Certification Trainers

A 3-day experiential Training for those interested in learning TRE® for application in a therapeutic setting or as a self-help tool. This 3-day module is the first requirement towards becoming a Certified TRE® provider and will include:

- Introduction to TRE® and the personal tremoring experience
- Anatomy, neurology, and physiology of the stress-trauma response as it relates to TRE®
- Understanding the tremor response
- Introduction to the Polyvagal Theory (Stephen Porges)
- Defense reactions, containment, and grounding strategies as they relate to TRE®
- Basic skills for teaching TRE® to others



Inside our bodies there is a natural mechanism for unwinding and releasing deeply held tension that has accumulated due to everyday life events, immediate or prolonged stress, or traumatic life experiences. TRE® uses a set of seven gentle exercises which evoke a self-controlled, muscular tremor reflex deep in the core of the body. Similar to the shaking that animals in the wild exhibit when they have survived a threat, this reflex is the body's natural way of discharging stored energy and rebalancing the nervous system. TRE® is easily learned, has immediate impact for most people, and can be integrated into a simple routine to help mitigate the impact of past or present trauma and restore a sense of emotional resiliency. **Developed by Dr. David Bercei in the late 1980's, TRE® is being taught in 35 countries, is being studied by the VA, and is used in numerous professional settings. Training not appropriate for pregnant women. TRE®, David Bercei © Copyright, www.treforall.org. For certification requirements visit: www.treforall.org**

Friday - Sunday, Oct 14th -16th, 2016
Fort Lewis College, Durango, Colorado
Early Registration \$450, Regular cost \$500



Rick Stockwell, PT, TRE® CT Trainee has been practicing in Durango since 1988. Jessica Schaffer, TRE® Certification Trainer, has been in private practice in Portland, Oregon since 1998, offering energy-based support for personal growth and transformation. Their work and teachings are infused with a deep sense of empathy, compassion and integrity, and they feel honored to support others on their paths of learning and healing.



For more information or to register, please visit www.SunrisePhysicalTherapy.com or call Rick at (970) 749-5308. For info on Jessica visit www.TREpdx.com