

A detailed botanical illustration of various plants, including large green leaves, reddish-brown flowers, and yellowish-green foliage, set against a light background. A dark teal, rounded rectangular overlay is centered in the image, containing the text "INTRODUCTION TO TRE®" in white, uppercase, sans-serif font.

INTRODUCTION TO TRE®

WHAT IS TRE®?

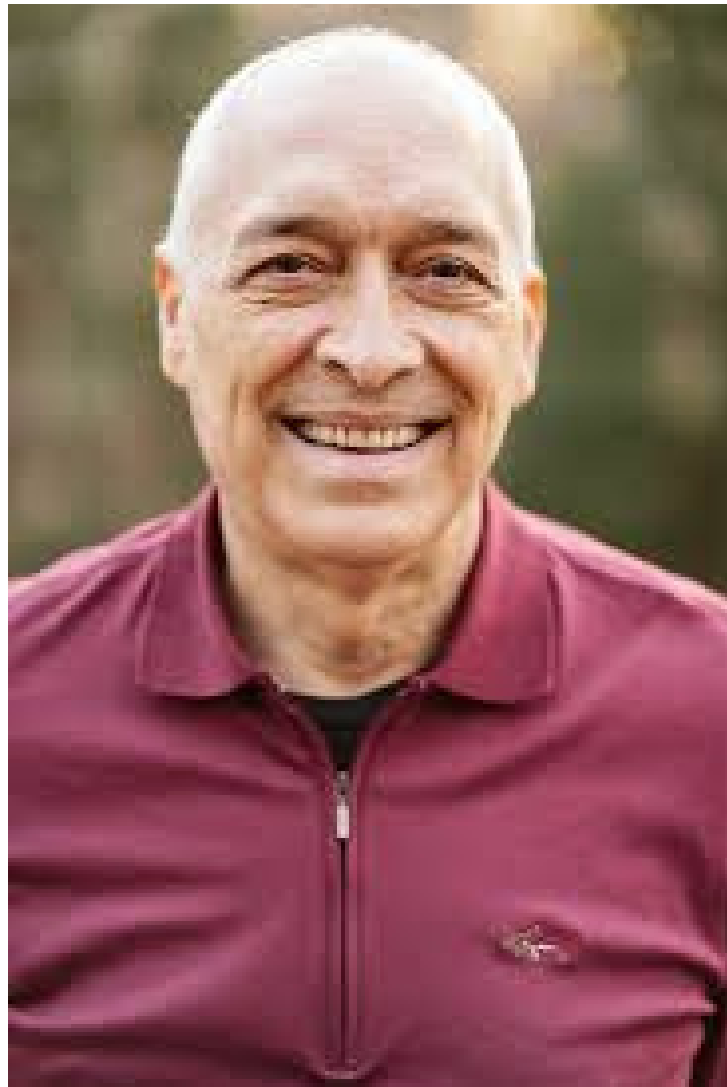
TRE® stands for Trauma or Tension Releasing Exercises.

TRE® is a simple but profound process that activates the body's own natural tremor mechanism to release deep muscular tension caused by stress, tension and trauma.

TRE® can be used to release old stress and trauma as well as discharging every day stress to prevent chronic stress and burn out. TRE® is a self-help tool that once learned, can be used as needed, throughout one's life, to support and promote personal health and wellbeing.

Regular and ongoing use of TRE® lowers anxiety, builds resilience and reduces feelings of being overwhelmed.

WHO DEVELOPED TRE®?



TRE® was created by Dr. David Berceles, PhD

David is an international expert in the areas of trauma intervention and conflict resolution. He has spent two decades living and working in nine countries providing trauma relief workshops and designing recovery programs for international organisations around the world.

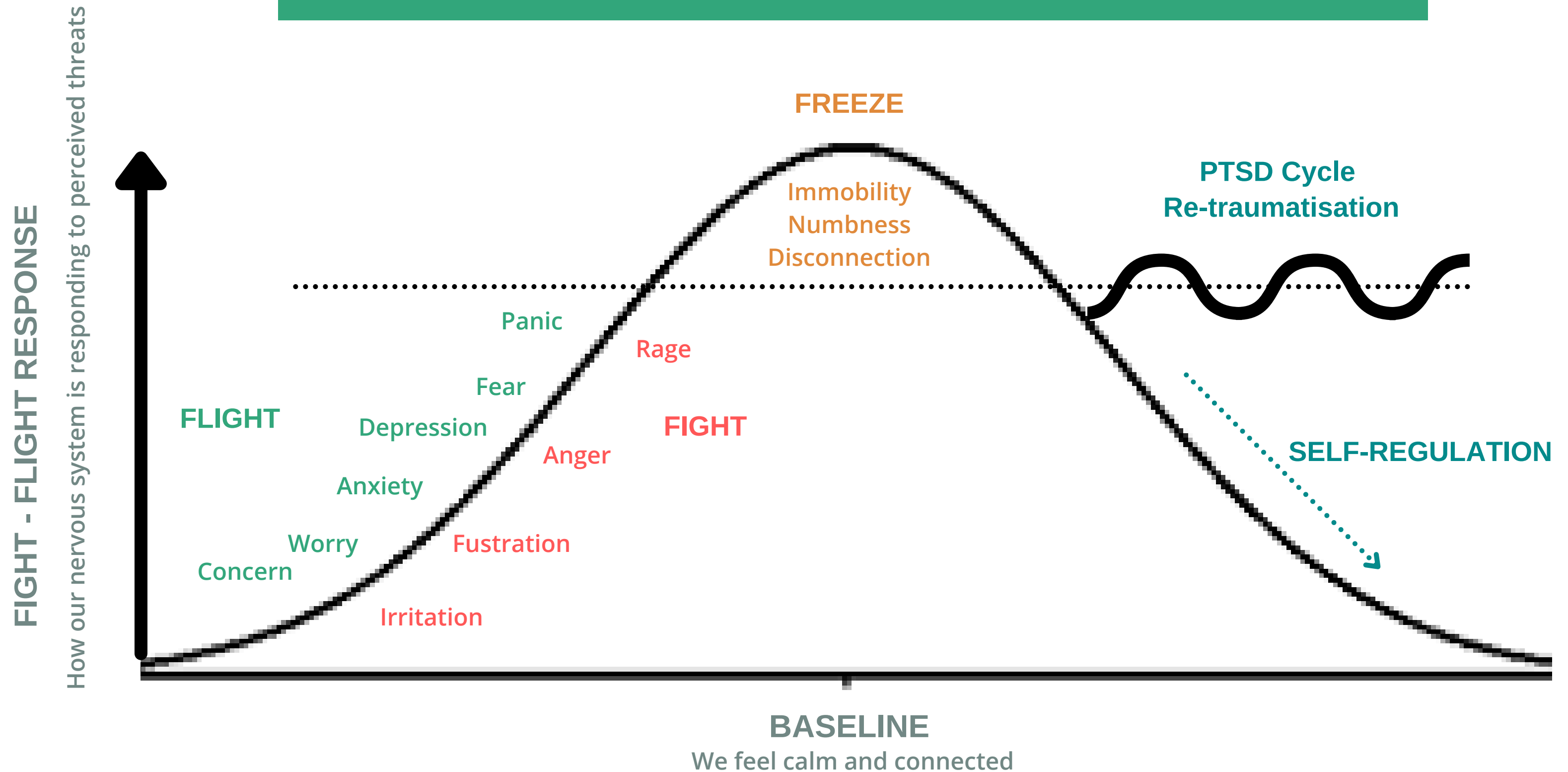
David has successfully brought TRE® to millions of people who regularly use it in more than 50 countries.

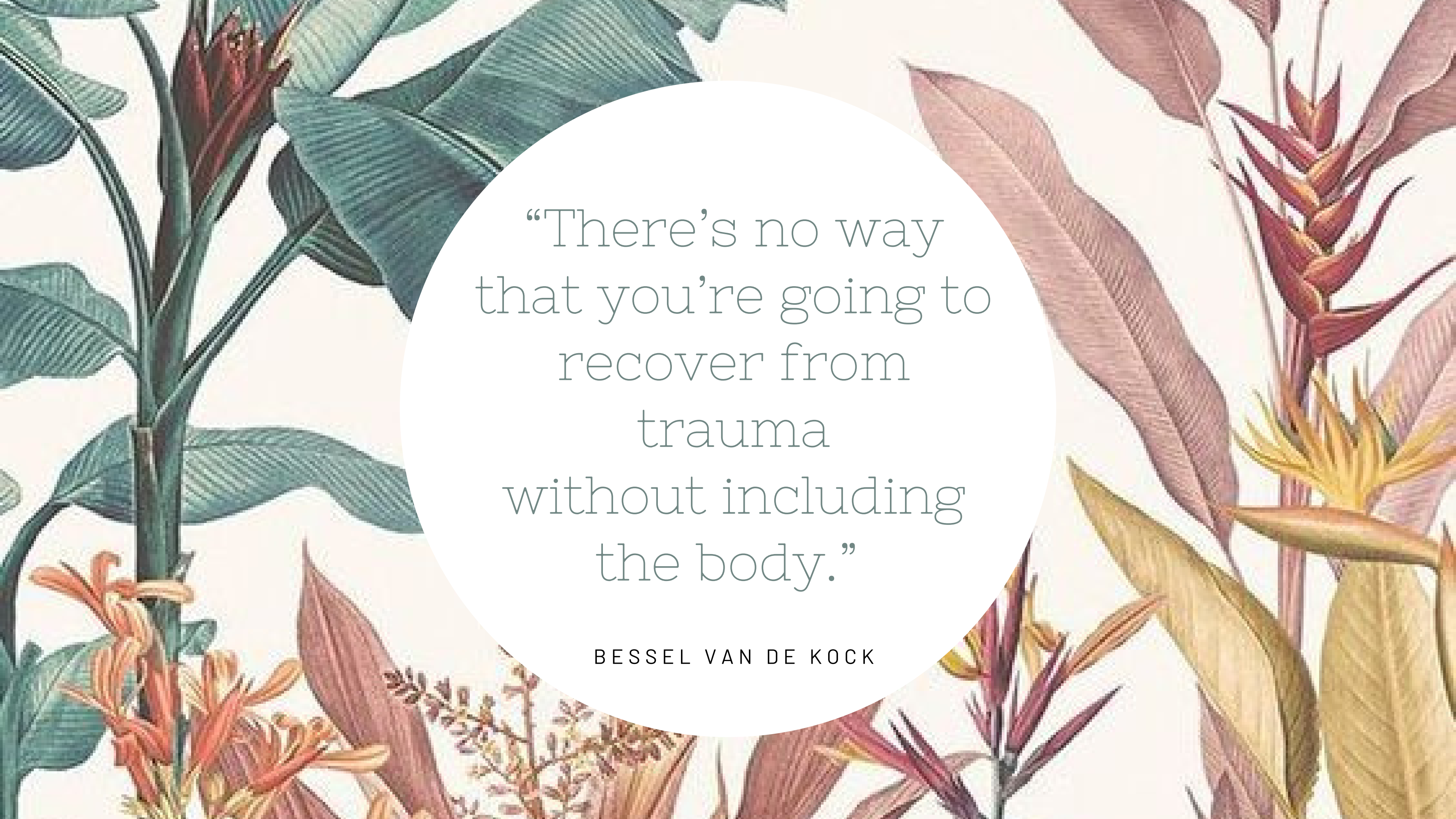
HOW DOES TRE® WORK?

TRE® uses a series of 7 stretching exercises to safely activate the body's natural reflex mechanism of shaking or vibrating. This shaking releases muscular tension that has accumulated in the body during stressful or traumatic life experiences.

When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, we send a signal to the nervous system telling it that the body is safe, helping it discharge tension and return to a state of equilibrium. This neurogenic tremor may leave you feeling calmer and more at ease in your own body.

THE ROLE OF THE NERVOUS SYSTEM IN THE HEALING PROCESS



A botanical illustration background featuring various plants. On the left, there are green leaves and a reddish-brown flower bud. On the right, there are reddish-brown and yellowish-green leaves and flower buds. The background is a light, neutral color. A large white circle is centered on the page, containing the main text.

“There’s no way
that you’re going to
recover from
trauma
without including
the body.”

BESSEL VAN DE KOCK

BENEFITS OF TRE

Shaking off stress, tension and trauma on a regular basis helps you create:




- deeper relaxation
- improved sleep
- reduced pain
- greater resilience
- reduced occupational stress
- improved core stability
- more energy and vitality
- stronger mind, body connection
- faster physical recovery
- empowered relationships
- natural calm and patience
- reduced anxiety and feelings of overwhelm

WHAT DOES A TYPICAL SESSION LOOK LIKE?

A typical TRE® session will last about an hour. We will go through the 7 simple exercises with the last exercise allowing us to lie comfortably on the floor. We will typically tremor for around 15 minutes before allowing the body and mind time to rest and integrate what it has experienced.

TRE® is a body-based therapy not a cognitive one. It does not require any conscious activation or talking, this allows you to release stress and trauma without having to relive or talk about it.

TRE® can be done safely in groups or in one-on-one sessions. Whether you are a parent or spouse who would like more patience with your family, a victim of violence or an accident, someone who has suffered disconnection or loss, or simply a person who wants to become more resilient and feel more at home in your body, you can benefit from TRE®.

A botanical illustration background featuring various plants. On the left, there is a green stem with large, dark green, ribbed leaves and a cluster of reddish-brown, pointed flower buds. On the right, there is a reddish-brown stem with large, pointed, reddish-brown leaves and a cluster of yellowish-gold, pointed flower buds. The background is a light, neutral color. A large white circle is centered on the page, containing the text.

“Letting go is not for the purpose of forgetting or forgiving the past, it is about releasing the energy of the past to give us back our lives in the present which is necessary to deliver us into a new future”

DAVID BERCELI

MEET YOUR TRE PROVIDER



Charisse Fourie
Certified TRE Provider

Charisse spent 15 years working in the advertising and marketing industry before becoming a helper and healer. After surviving childhood trauma and the resulting anxiety and depression Charisse discovered the healing power of TRE combined with empathetic counselling.

Charisse is now an internationally certified TRE Provider, Neuro-linguistic Programming Practitioner as well as a Master Mindfulness Coach.

She has a special interest in working with children as well as people with anxiety and depression.

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To make an appointment
please email Charisse at
info@intentionalhealing.co.za
or phone 072 195 1295

