

TRE

RELEASE
REBALANCE
RENEW



MODULE 1 IMMERSION

with *Dr. David Berceli*
(OPEN TO THE PUBLIC)

WHEN:

Module 1

Sept 25-27, 2020

2 PM TO 5 PM FRIDAY CST

10 AM TO 5 PM SAT & SUN CST

Module 2a & 2b

open to those in the certification program

taught by Jacy Sundlie

2a - Nov 21, 2020

2b - Dec 5-6, 2020

WHERE:

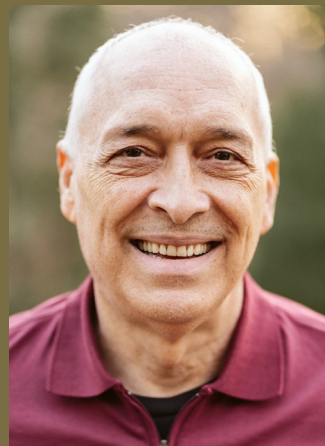
ONLINE
via ZOOM

COST:

\$450/MODULE 1

\$450/MODULE
2A & 2B COMBINED

space is very limited
register early



David Berceli, Ph.D. is an international expert in the areas of trauma intervention and conflict resolution. He is the creator of Tension & Trauma Releasing Exercises (TRE®). This revolutionary technique is designed to help release the deep tension created in the body during a traumatic experience or through chronic stress. He is also the energetic and creative founder and CEO of Trauma Recovery Services.

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

register at www.naturalstressrelease.com

for info email jacy@naturalstressrelease.com or call 970-948-5154
for more information about TRE® and Dr. David Berceli www.treforall.org