

RELEASE STRESS, TRAUMA AND CHRONIC TENSION with TRE - a revolutionary, new body therapeutic method



Stress and trauma can have serious consequences for our physical and mental well-being. Unpleasant symptoms - pain, restlessness, anxiety, depression, fatigue, difficulty sleeping, etc., which many struggle with in everyday life, and which affect the quality of life, can be directly attributed to stress or trauma. Symptom treatment is not enough. We need effective tools that support the organism's own ability to self-regulate. Experience also shows that the best and fastest results are achieved with methods that involve the body.

"The body is the best friend we have to heal trauma" (David Berceli, founder of TRE)

A specific set of physical exercises - TRE (Tension & Trauma Release Exercises) - has proven to be a safe and very effective method that is furthermore easy to learn. TRE supports our natural, self-healing potential by "inviting" the body to shake, often with surprisingly rapid effect on bothersome symptoms and the quality of life. For many, it is also an advantage that unpleasant events do not have to be re-experienced for the method to be effective. TRE has been developed by David Berceli (www.traumaprevention.com) based on working with stressed and traumatized people around the world for more than thirty years. In the workshop, we will look at recent theory for understanding our reactions to stress and trauma. In addition, we review the exercises thoroughly so that you can subsequently use them on yourself.

The workshop is broadly aimed at participants who have a reasonable knowledge of themselves, have a professional interest in body therapy in connection with stress and trauma, or simply want to work deeper with themselves. This course is also aimed at English speakers, and will be translated if necessary, so that everyone can join.

TRAINER: Ole Ry, MD specialist in psychiatry, psychotherapist (MPF) and certified TRE trainer. In addition, assistants from the TRE training program might participate.

TIME & PLACE: Kalmia - Center mod Stress, Ved Slotshaven 3, 2820 Gentofte (close to Gentofte station) on **Saturday, August 20 from 10am – 4pm**. There will be an opportunity for an online follow-up on **Monday, May 30 from 7 – 8:30pm**. If you are in doubt about whether it is something for you, send an email or call.

PRICE: DKK 1.200 incl. follow-up. If you have participated before and want a refresher, you are welcome to join for half price.

REGISTRATION is best done by sending an email and at the same time paying on reg. no. 4907, account no. 3701 50 1292 (REMEMBER your name on the payment). Before the workshop starts, you will receive additional information.

COVID-19: We follow the recommendations in place at any given time.

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