



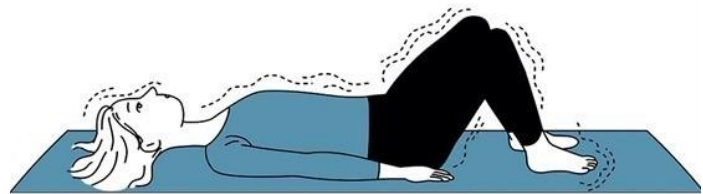
TRE PROVIDER TRAINING IN COPENHAGEN 2023 - 2024 BEGINNING JANUARY 6

TRE - Tension & Trauma Release Exercises - a revolutionary, new body therapeutic method to release stress, trauma, and chronic tension

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)

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 effects 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 training is broadly aimed at participants who have a reasonable knowledge of themselves, have a professional interest in working with stress and trauma, or simply want to work deeper with themselves. The training is based on the Global Certification Program outlined by TRE FOR ALL (for details see www.traumaprevention.com), who also issue certificates after completion. Participants will become Certified TRE Providers, qualified to offer TRE to individuals and groups.

This particular training will address an international, English-speaking audience.

OVERALL STRUCTURE

MODULE 1:

3 days theoretical and practical introduction.

Content includes:

- Stress and trauma anatomy, physiology, and neurology, relevant to TRE
- Understanding the shake / tremor response

- Introduction to the polyvagal theory
- Defensive / adaptive reactions of importance to TRE
- Strategies to contain strong emotions (*containment*) and maintain good grounding
- Introduction to basic skills for working with individuals and groups
- Personal experience with TRE and tremor

MODULE 1 IS FOLLOWED BY:

- Diary entry of at least 40 TRE experiences on your own during the training.
- 1:1 TRE sessions for personal process with an Advanced Certified TRE Provider or a TRE Certification Trainer (total of 4 sessions in the entire training course).
- Offering TRE sessions to friends, acquaintances, and family.
- Meeting in peer groups.
- Beginning of supervision: Six in-person group supervision days incl. certification day, and two 1:1 sessions in-person or online.

MODULE 2:

The theoretical and practical teaching continues.

Content includes:

- Deepening of Module 1 themes
- Debriefing own practice and teaching experiences so far
- Reviewing *Areas of Understanding and Awareness in the Practice of TRE* (article handed out)
- The importance of fascia in TRE
- Basic TRE interventions
- TRE modifications
- Working with TRE in groups
- Ethical themes

MODULE 2 IS FOLLOWED BY:

- Diary entries of own process continues
- Working with at least 4 individual clients, two for a minimum of three sessions
- Teaching TRE in at least 4 groups of at least 3 people per group
- Group / 1:1 supervision continues. For those in group supervision there will be at least two 1:1 supervisions prior to certification.
- Peer group meetings continue
- Mandatory literature and TRE -DVDs to be studied and reviewed

PRIOR TO CERTIFICATION:

- Mandatory requirements must be fulfilled.

- Submission of diary summary (approximately one A4 page)
- Since requirements are minimum, there may be additional training activity required before final certification.

DATES

- Module 1: January 6 – 8, 2023. Friday 14:00 – 20:00, Saturday 10:00 – 17:00, Sunday 10:00 – 16:00
- 1st supervision day: February 11, 2023, 10:00 – 17:00
- Module 2: March 24 – 26, 2023, Friday 14:00 – 20:00, Saturday 10:00 – 17:00, Sunday 10:00 – 16:00
- 2nd supervision day: June 10, 2023, 10:00 – 17:00
- 3rd supervision day: August 26, 2023, 10:00 – 17:00
- 4th supervision day: October 14, 2023, 10:00 – 17:00
- 5th & 6th supervision day + certification: January 6 – 7, 2024, 10:00 – 17:00 (16:00)

Individual consultations and sessions are agreed separately appointed providers and trainers. Some teaching might occasionally be on zoom.

Changes may occur.

PRIMARY TRAINER: Ole Ry, MD, Certified TRE Trainer. Has been running TRE trainings internationally for many years (extended CV on request). Assistants and guest teachers.

VENUE: Kalmia - Center against Stress, Ved Slotshaven 3, 2820 Gentofte, close to Gentofte station. (To be confirmed).

PRICE AND REGISTRATION: The total price is DKK 20,000.

The payment covers all 12 teaching and supervision days, the 4 individual TRE sessions, the 2 individual supervisions / evaluations, as well as the TRE for All administration fee (\$ 35). Required literature is not included.

*The payment can be divided into 4 instalments: DKK 5,000 upon registration. The rest in three instalments of 5.000 kr.

* For registration and payment before December, a DKK 1,000 discount is offered.

* When paying the entire amount in total, an additional DKK 1,000 discount is given.

* Discounts are also offered to participants with reduced income.

All payments to reg. no. 4907, account no. 3701 50 1292.

FURTHER INFORMATION & REGISTRATION: Contact us on email info@holowold.dk or Ole +45 21257065



TRE ACADEMY DENMARK & HOLOWORLD CONSULT

www.tre-academy.com & www.holoworld.dk