



Police Officers in Germany during a TRE workshop

What is TRE?

The Trauma Releasing Exercises (TRE) are a revolutionary new technique in stress reduction, tension releasing and the healing of trauma.

TRE consists of a set of six simple physical exercises. These exercises, which will be learned in this workshop, are designed to release the deep chronic muscular tension that is held deep within the structure of the body.

The workshop will inform you of the relationship between this deep chronic muscular tension and the functioning of all systems-neurological, biological, anatomical and emotional. You will understand how living with chronic stress and/or experiencing the overwhelming effects of trauma can impact your daily functioning.

The TRE's are intended to be used as a self-help method that are easily learned, have immediate effects and can be integrated into a simple daily routine to help restore a sense of inner peace and relaxation.

Learning Objectives

- ◆ Participants will have a working understanding of the diagnostic criteria related to trauma.
- ◆ Participants will understand the meaning of trauma.
- ◆ Participants will be able to summarize basic knowledge of trauma's affect on neurological, biological, anatomical and emotional functioning.
- ◆ Participants will be able to explain the importance of neurogenic tremors and their role in the restoration of homeostasis to the body following trauma.
- ◆ Participants will be able to complete the Trauma Release Exercises (TREs).
- ◆ Participants will understand how living/working in chronic stress conditions affects neurological, biological, anatomical and emotional functioning



Dr. David Berceci is an international expert in trauma intervention. For the past twenty-two years he has lived in nine countries and taught in more than 100 countries providing trauma relief workshops and designing recovery programs for international organizations.

He is the creator of a revolutionary and unique set of Trauma Releasing Exercises (TRE) that help release the deep chronic tension created in the body during a traumatic experience. He has recognized that globally trauma possesses unique possibilities of transformation in the individual if they pursue their recovery process to its ultimate end.

Dr. Berceci's education includes a Doctor of Social Work (PhD), Masters in Social Work (MSW), Master of Arts in Theology (MA), and a Master of Arts in Arabic and Islamic Studies (MA), Licensed Massage Therapist (LMT), Certified Bioenergetics Therapist (CBT), and Certified Field Traumatologist (CFT)

REGISTRATION FORM

One-Day Workshop

Last Name First Name

Organization

Street Address

City State Zip

Business phone Cell phone

Email:

WORKSHOP FEES

\$149.00 Workshop Day
Includes Lunch

3+ people from same organization
= 10% discount for workshop

E-mail Registration:
connect@LowenFoundation.org

Please make checks payable to:
The Alexander Lowen Foundation

Mail To: The Alexander Lowen Foundation
1852 Texas Hill Rd.,
Hinesburg, VT 05461

*Space is limited. Your \$50.00 deposit
will reserve your space.*

FOR MORE TRE INFORMATION:

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The
Alexander Lowen Foundation
presents



Tension and Trauma Releasing Exercises Workshop

www.traumaprevention.com

Sunday, March 21, 2010

9:00 am – 4:30 pm

at the

Dr. Alexander Lowen Residence

in

New Canaan, Connecticut

Sponsored by

The Alexander Lowen Foundation

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