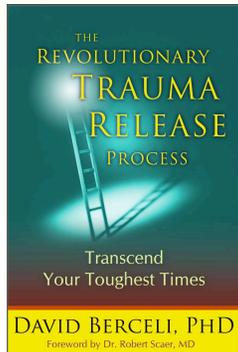


TRE Explained

Tension/Trauma Release Exercises (TRE) (Berceli, 2005) is a set of six simple exercises that elicit neurogenic tremors in the body to allow the release of deeply held tension and stress patterns from the muscles and initiate the relaxation response. This practice evokes a neurological response within the brain stem which activates the tremors and bypasses the ego mind.

Many people cannot effectively talk about what is causing them emotional pain. They need to release the muscular tension that keeps them reliving their stress through poor sleep, busy thoughts, poor memory, shallow breathing, increased irritability, decreased ability to focus, anxiety and depression.

Based on clinical experience, descriptive studies and case reports, we believe TRE helps to access the body's natural wired-in relaxation response. Once activated, the neurogenic tremors help to turn off the tense part of the brain and turn on the relaxation part of the brain. This ultimately allows for deeper breathing, calmer thoughts and more relaxed muscles.



TENSION RELEASE EXERCISES



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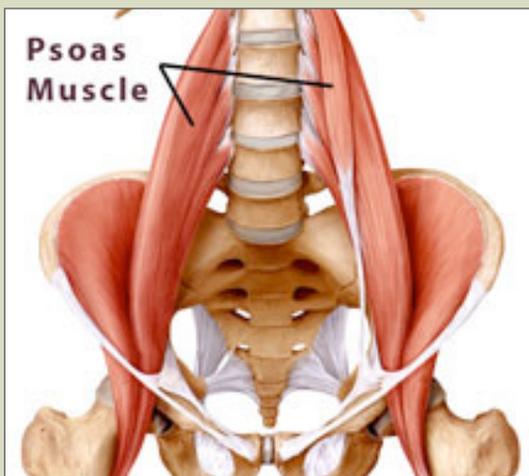
TENSION RELEASE EXERCISES



**SIMPLE EXERCISES FOR
ADULTS AND CHILDREN TO
RELEASE STRESS, TENSION
AND TRAUMA FROM THE
BODY.**



Trauma Release Exercises



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These exercises target a muscle, called the psoas. Once the psoas and muscles surrounding it are sufficiently stretched, tremors are activated in the psoas. The psoas muscle tightens under stressful conditions to protect the vulnerable organs of the body. Once it tightens, it is thought to give feedback to the nervous system to activate the sympathetic nervous system or fight/flight/freeze response.

Once the fight/flight/freeze response is activated, the muscles remain in tension until there is sufficient feedback to the brain that the body is safe and can return to relaxation. Without this feedback, the muscles will remain tense.

Tremoring of the psoas muscle, following the stretching/rest combination of TRE, is an effective way of inducing deep relaxation.



How do Stress and Trauma Affect Us?

Under stressful or traumatic situations, the body will respond to some degree with a fight, flight or freeze reaction. This reaction has short term survival value by returning us to emotional and/or physical safety. However, when the body's attempts to return to calmness are unsuccessful, the resulting muscle tension from the stress reaction remains activated.

If the body can not/does not release the tension from repeated stressful/traumatic experiences, symptoms of exhaustion, anxiety, depression, shallow breathing, tight muscles, panic, agitation, crankiness, memory loss, and/or alcohol and substance mis-use may result.

What are Tension/Trauma Release Exercises?

TRE is a breakthrough in stress management and trauma recovery, involving a body-centered process that releases deep chronic physical and emotional tension created during traumatic and stressful events. The TRE process consists of a series of simple exercises to initiate the body's innate tremor shaking mechanism to release stress, tension, and trauma.

TRE is easily learned, immediately effective, and self-empowering. It can be used by most people without ongoing guidance of a trained professional. TRE can be delivered to large groups of people at one time.

Benefits of TRE

Once the relaxation response has been reestablished, children and adults report the following benefits:

- ❁ deep and more restful sleep;
- ❁ less anxiety, worry and depression
- ❁ inner calm and quiet mind
- ❁ more able to cope with stressful and emotional situations
- ❁ focused and clearer thinking
- ❁ open breathing
- ❁ relief from stress related physical pain and muscle tension

As with any relaxation technique, people sometimes experience an emotional release. This is a normal reaction. If this occurs and you are uncomfortable, please contact us and we can assist you as required.

TRE is in no way a replacement for psychotherapy, physiotherapy, medication, massage therapy and/or medical intervention.