

## TRE: Tension & Trauma Release Exercise: *A revolutionary approach to healing.*

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[www.traumaprevention.com](http://www.traumaprevention.com)

Tension & Trauma Release Exercise (TRE) is a set of seven physical stances and movements that will facilitate and promote the body's return to balance/homeostasis following chronic tension and/or trauma. This is accomplished by guiding the body into and allowing the body to open to an organic process known as the *tremor response* or *neurogenic tremors*. This process allows a release of tension held in the muscles and other tissue within the body. TRE's development came out of research concerning neurological, biological and anatomical functioning following trauma and/or chronic tension.

These simple, and familiar, exercises are drawn from traditional and non-traditional therapeutic approaches of working with the body for optimal health and healing. TRE is designed to tap into the body's natural functioning to release and process the internalized, physiological effects of trauma – thereby positively impacting the psychological and emotional state of being.

This approach emerged out of Dr. David Berceci's work with large traumatized and stressed communities while living in Africa and the Middle East. TRE is based on the fundamental belief, backed up by recent research, that trauma is first and foremost an experience of the physical body. His observation and exploration lead him to understand that the human body has natural, organic mechanisms for dealing with and healing from chronic stress and trauma.

Advantages:

1. TRE can cross cultural and language barriers because it is based on natural physiological responses.
2. TRE does not require the person be able to verbally describe or talk about the traumatic experience. TRE is primarily a physiological approach to healing. Given that words are often inadequate; this aspect of TRE is of great relief and value to many people.
3. TRE is designed to be a self-help tool that once learned can be used throughout one's life, thereby continuously supporting and promoting health and wholeness.
4. TRE can be taught as a simple tension reduction technique in a physical exercise program or it can be used by those in the healing professions to aid and support PTSD recovery.

TRE's purpose is to allow the body to open to the tremor response. This tremor response is a natural, innate response that all mammals possess following a traumatic event. Science tells us that only what is most important to survival is present at the time of and following trauma.

These tremors allow and promote three important functions:

- 1) To release the tension held in the muscles and in particular the psoas muscles (deep in the core of the body) which connect the upper body to the lower body. These are the muscles which contract when we curl into a fetal position.
- 2) To inform the neurological, bio-chemical and anatomical systems that the trauma has passed.

- 3) To reduce the “charge” in the body associated with the trauma. This discharge allows the Relaxation Response of the Autonomic Nervous System to activate.

Resiliency is the result of a healthy balance between the Stress Response and the Relaxation Response. We believe TRE promotes and supports this self-correcting “dance” within the Autonomic Nervous System (ANS). The USA Pentagon published a paper in 2011 by the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury entitled *Mind-Body Skills for Regulation of the Autonomic Nervous System*. In this paper TRE was listed as a technique that appears to reset the autonomic nervous system. The report recognizes TRE as a technique worth further research. We have several research projects in development.

The TRE Certification Training is designed to support the trainees’ own TRE personal process, promoting their own journey to health and healing. Additionally, they will gain competency and confidence in leading others through the TRE process, and where appropriate they will develop an understanding of how best to integrate TRE into an already established professional practice. TRE integrates well with traditional therapies and supports healing no matter the modality, as TRE supports the release of chronic tension and trauma at the basic level of the physical being – where trauma originates. The didactic portion of the program will explain how the emotional self is shaped by and adversely affected by the trauma response of the physical body, and how physical and emotional healing follows the body’s return to balance.

Thousands of people have already been trained in TRE. This approach has been spread internationally by word-of-mouth based on its remarkable effectiveness. We now have TRE Certification Programs in twenty-five countries.(2013) Dr. Berceles is the author of *Trauma Releasing Exercises* and *The Revolutionary Trauma Release Process: Transcend Your Toughest Times*.

TRE, which was developed for large scale trauma, and has been used effectively to aid the healing of thousands of survivors in the following countries:

- China following the 2008 earthquake
- Japan following the 2011 tsunami
- Australia following the 2011 flooding
- TRE has been used in many other natural disasters and violent events over the last decade

TRE has proved to be a valuable tool for clinicians in helping their traumatized clients and stressed populations, but just as important, TRE is also highly effective in the release of stress and tension for all who work in the “caring professions”. These exercises are particularly useful in addressing our own stress management while working with trauma survivors or in any challenging profession. TRE is most helpful for first responders, the military and anyone working or living in high stress situations.

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