

# COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

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### **TRE®: Tension and Trauma Releasing Exercises® overview**

Tension, Stress and Trauma Releasing Exercises® (also known as TRE®) are a series of simple movements enabling the body to release deep muscular patterns of stress, tension & trauma by stimulating a gentle, involuntary, shaking response. TRE® was developed with the understanding that human beings are genetically encoded to contract to protect ourselves during stressful or traumatic situations. After the stressful event has passed, the next phase of the survival cycle is the release of these contractions bringing the body and mind back to an optimal state of balance. However, the way the body releases these contractions is through shaking and tremoring. Culturally, we've been conditioned to believe that shaking is a sign of weakness. Very early on we learn to unconsciously inhibit this healing response often by tensing even more. TRE® interrupts incomplete looping defense responses by reactivating this natural healing mechanism letting our nervous system know it is now safe to return to a state of relaxation and calm. TRE® was originally intended for sufferers of acute trauma. However, over the past few decades, TRE® has become an increasingly popular way to effectively manage the ongoing stressors of everyday life. This technique is intended to be a self-empowering practice. Once you are familiar with the process, TRE becomes a tension and stress management resource that is available to you anytime, anywhere often producing immediate and profound results. Some of the reported benefits include: better sleep; fewer, less intense, headaches; decreased fibromyalgia symptoms; overall decrease of aches and pains; significantly reduced symptoms of anxiety and depression; increased overall energy and stamina; discharge of emotional & physical trauma; feeling calmer and less reactive and release of deep chronic tension and other PTSD symptoms. In the late 1980's, TRE® was developed for international use in high-conflict zones by David Berceli, PhD an expert in the field of trauma recovery and conflict resolution. Utilized by large military populations, traumatized communities exposed to natural and war-related disasters, first responders, mental health professionals, teachers, children, prisoners, individuals with PTSD & C-PTSD and athletes, TRE® has been taught in more than 100 countries. In 2011, the US Department of Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury recognized TRE® as a promising modality for regulating stress and promoting resiliency, especially due to its "simplicity, brevity, and immediate effects." There is a copious amount of anecdotal evidence globally and pilot clinical outcome studies have verified efficacy in various populations in Canada, the US, and South Africa. Currently, 35 countries maintain active training and certification programs. TRE® training materials have been translated into 10 languages.

### **Biography**

Rachel Keener is Co-founder of Trauma Recovery Alliance, Rachel Keener has studied extensively through non-traditional programs with the intention of discovering how we can be in the world, living authentically, not simply surviving but thriving. Her curriculum has included: explorations of indigenous cultures and their ancient healing wisdom, bioenergetics, and somatic-based resiliency and capacity building modalities. Specifically, she has studied extensively with the aboriginal medicine people of the Q'ero nation who reside in the Andean mountains of Peru. She is a certified Reiki Master Teacher and a certified global TRE® (Tension and Trauma Releasing Exercises®) provider.

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