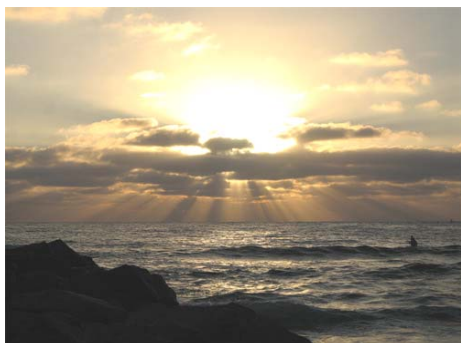


# TRE: USING THE BODY TO HEAL

FEATURING INTERNATIONAL TRAUMA EXPERT  
**DAVID BERCELI, PHD**

PRESENTED BY  
**LIVING UBUNTU & SAN DIEGO INSTITUTE FOR BIOENERGETIC ANALYSIS**

*"Letting go is not for the purpose of forgetting or forgiving the past. It is about releasing the energy of the past to give us back our lives in the present which is necessary to deliver us into a new future." (Holloway 1992)*



**STRESS** • Experiences requiring changes in one's normal coping mechanisms

**TRAUMA** • Experiences overwhelming one's normal coping mechanisms

Despite our attempts to protect ourselves, life's tragedies find their way into our lives causing pain to us and those we love. Cumulative stressors elicit exaggerated reactions making trauma a state of preoccupation, not simply a passing experience. Feeling overwhelmed by such life experiences has become an increasingly common struggle for many people.

**Trauma Releasing Exercises (TRE)** is a breakthrough in *trauma recovery* and *stress management*. It is a body centered method of recovery that helps release the deep chronic tension created in a body during a traumatic or stressful

experience. It is easily learned, immediately effective and self-empowering because it can be used without the guidance of a therapist. This method has been used successfully in over 10 different countries with families, organizations, and schools in diverse populations and cultures.

## PART I - SATURDAY, APR 26, 2008

**Trauma as Evolution** This key concept invites a paradigm shift necessary for trauma recovery on large scale populations. Compassion fatigue, vicarious trauma and PTSD will be outlined as a foundation for understanding the necessity of physical as well as psychological methods of prevention and recovery.

**Neurogenic Tremors** Body tremors are a common experience of traumatic events. Until recently these tremors were considered to be a pathological expression of the body. Recent research has recognized that these tremors are a primordial somatic experience that helps to restore the homeostasis on the body.

**Anatomy of Trauma** The use of Trauma Releasing Exercises as a self-diagnostic tool and recovery process will be explained and demonstrated.

## PART II - SUNDAY, APR 27, 2008

**Trauma Recovery Process** The process of recovery from trauma, although difficult and confusing, possesses its own logic and rational behavior if it can be deciphered. Exploring this process is invaluable to the recovery process of the individual.

**Belief Systems** This session will address the necessity of helping trauma survivors restore their belief system for a full recovery. A sensitive, non-religious approach is used in helping the participant understand, appreciate and deal with this area of human expression for the trauma survivor.

*Trauma Releasing Exercises will be taught each day.*



**David Berceli, PhD**, founder and CEO of Trauma Recovery Assessment & Prevention Services is the creator of Trauma Releasing Exercises (TRE). He has lived in 9 countries providing specialized recovery assistance to employees of organizations in trauma inducing environments. David has 15 years of experience working with various international relief agencies such as UNICEF, Doctors Without Borders and The World Health Organization (WHO) designing and implementing comprehensive individualized trauma recovery, stress management and conflict resolution programs. His work has included programs in Sudan, Uganda, Israel, Palestine, Northern Ireland, Ethiopia, New Zealand, Yemen and Egypt.

Contact: Living Ubuntu • 714-979-2544 • [info@livingubuntu.org](mailto:info@livingubuntu.org)  
Visit <http://livingubuntu.org/events> for more information.

