



PSYKOTERAPEUTISK CENTER

presents

TRAINING IN TRE: TRAUMA RELEASING EXERCISES

with

David Berceli, PhD.



"The body is the best friend we have to heal traumas" (David Berceli)

TRE – Trauma Releasing Exercises – is a revolutionary process for dealing with stress, anxiety, and trauma, developed by Dr. David Berceli, who for more than thirty years has worked with traumatized people all over the world.

The TRE approach has proven useful with all kinds of traumatic events, abuse, stress, severe illness, death and violence - events that can have serious physical and psychological consequences for the victims and their relations.

In dealing with traumas, just talking about it will often have little effect. The body has to be involved in the healing process. The Trauma Releasing Exercises can be looked upon as an easy-to-learn, yet powerful self help program. It is surprisingly easy accepted and beneficial for a wide range of people, including those in the helping profession at risk of "secondary" traumatization.

If you would like to add TRE to your personal and professional toolbox, this workshop – taught by Dr. Berceli himself - is designed for you.

The aim of the four days is to give participants the tools to apply TRE on their own process, followed by the possibility of working individually with others. Those, who wants to be certified by David Berceli for this process, is additionally asked to 1) perform the exercises at home for a period of 3 months while journaling their personal somatic process, 2) meet with a supervisor to review the journal after 3 months, and 3) experience 5 individual sessions with a certified TRE supervisor.

The training will later be followed by a level 2 module, where TRE will be applied to group work.

Date & time: May 6 - 9, 2010; 10:00 – 18:00 (16:00 last day), including a 2 hours lunch break.

Place: Psykoterapeutisk Center. For transport, check www.rejseplanen.dk. Norwegian Air: www.norwegian.dk has very good flight offers, if you are in time. Contact us, if you need help or advice.

Fee: DKK 4.800 before January 2010. Later registration: DKK 5.300. For companies and organizations: DKK 7.200 (7.700). Accommodation and meals DKK 1.800 (possible to arrive evening May 5).

Due to limited space, fee is non-refundable upon registration. Payment is to be transferred to Danske Bank, reg.nr. 3701, account nr. 3701501292. For international transfer use SWIFT: DABADKKK, IBAN: DK04 3000 3701 5012 92

More info and enrolment contact:

Susanne Andrés or Ole Ry at Psykoterapeutisk Center ☺