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**TRE Qualifications:** TRE Practitioner Level I

**Other Qualifications:**

- MA Clinical Psychology (UP)
- PhD Psychology (UP)
- Hypnotherapy
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**Comments:**

I am a Clinical Psychologist working in private practice, no 861 7244. I am registered with the Health Professions Council of SA.

My work consists of working with individuals of all ages as well as couples with relationship problems. I have long been aware that talk therapy cannot access physiological trauma easily if at all and have been looking for a complementary therapy. TRE fits the bill. I find it very useful for acute trauma where the results are instant as well as for chronic tension/trauma with slower results.