



Barbara Oles
TRE-practitioner level III,
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I have been working as a Bioenergetic Analyst in an independent practice for psychotherapy since 1994. Before that I gathered more than 10 years of experience in the fields of social-psychological therapy and psychological counselling, with individuals and groups in the private sector as well as in the clinical field (neuropsychology). The emphasis of this work was the development of social competence, social and professional rehabilitation and dealing with illness for patients and their families.

The goals of my therapeutic practice are to promote and support the awareness of the natural impulses within the patients own bodies and connect this awareness to their feelings and behaviour.

As first chairwoman of NIBA, I strive for the conveyance of knowledge and skills from the field of Bioenergetic Analysis to various professional groups.

I first came in contact with TRE in 2006 during David Berceles' first visit to Germany and since then I have been integrating these aspects of Bioenergetic Analysis in my treatment of patients.