



Christel Kieser-Muller

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TRE Qualifications: TRE Practitioner Level I

- **Other Qualifications:**
 - Bachelor degree : B (Town and Regional Planning)
 - Honors degree: BA SocSci (Hons) (Psychology)
 - Masters degree: MA (Counselling Psychology)
 - Registered SHIP[®] facilitator

Comments:

I'm a psychologist that works with various aspects of psychobiological imbalances and trauma. I focus on the facilitation of the process of achieving a balance between the mental, emotional and physical dimensions of a person and improving the quality of life.

TRE work makes a huge contribution to my way of working: As in SHIP[®], TRE relies on the spontaneous healing ability of the body which is organic / involuntary. TRE complements SHIP[®] as it helps to work through the layers of physiological build-up that formed over time due to our unexpressed stress and tension.

TRE enhances the feeling of hope in clients and empowers them, it also stresses the message that healing is a person's own responsibility. TRE also provides a way of coping between sessions without distracting but enhancing the process. It also seems to shorten the psychotherapeutic process.