



## **Drew Brook**

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Although a research scientist by training in the fields of Microbiology and Zoology, who specialized in Stem Cell Research, the direction of my life changed rather dramatically following a very traumatic personal event – I survived a hit-and-run motorcycle accident that left me in a comatose state for nearly 3 months. My own personal healing journey has exposed me to virtually all healing modalities, from the conventional western modalities of surgery, physiotherapy and psychology to many of the alternative healing modalities of acupuncture, aromatherapy, Bach flower remedies, homeopathy, quantum touch therapy(QT), radionics, reflexology, reiki, etc and finally Trauma Release Exercise(TRE).

As a result of my own positive personal healing experiences of these modalities, I decided to train as a therapeutic reflexologist and masseur, as a QT practitioner and most recently to become a TRE practitioner. I have been practicing as an alternative therapist for the past 11 years and am continually exposing myself to new healing modalities. I undergo training of those new modalities that I find beneficial to my personal healing journey, TRE being the latest.

I believe in the supreme intelligence of the human organism and its capacity for self-healing – when all of its systems are operating correctly, the body will always heal itself! TRE is another effective modality that unleashes the body's inherent capacity to heal itself from both hard- and soft-trauma that has manifested in both physical and psychological incapacities. The beauty of TRE is that when we teach people to unleash this process of natural healing, we are giving them the gift to heal themselves, as well as to better integrate all the different aspects of their busy lives – individuals who train in and practice TRE on a regular basis, become more balanced, grounded and happy within themselves and in their relationships with others!