

**Elżbieta Pakoca**

MA Rehabilitation,
Manual Therapist,
TRE Trainer (Level III in process)

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For 20 years I have worked with people. At the hospital, fitness club, rehabilitation center, in my private practice... I have always looked for the answer to the question: "how to help people regain their health?"

I've used different methods of body work: rehabilitation, massage, exercises, breath work, osteopathy, manual therapy, and I observed that, irrespectively of technique I've used, irrespectively of the severity of the disease, some patients obtained an improvement of their health status and the others didn't.

Of course, I had this awareness where and what lies this extraordinary ability to "revival". Nature and the human body are the proof for me that God exists. I knew that each of us has the inner "doctor" who can work wonders. However, I still searched for an effective way to activate this wonderful mechanism.

When I've found the first book of Alexander Lowen and materials about TRE of David Berceci, I felt that finally, after years of searching I've found many answers to my questions.

Now, apart from the active professional work at the Center for Rehabilitation and my own private practice, I am the student of Bioenergetic Analysis and I am gaining experience in the TRE, which have yielded excellent results both for myself and for my patients.

I discover in myself what I was looking for since many years, and thanks to this finally I can help people to get rid of blockages that hinder their lives. It's wonderful feeling!

Education:

- Medical Vocational School (Konstancin)
Technician of Physiotherapy Diploma (1987)
- Academy of Physical Education – Warsaw
MA Rehabilitation (1992)

- Training in Bioenergetic Analysis by A. Lowen
(4-years from 2011) - in process
- TRE (Tension and Trauma Releasing Exercises) by dr D. Berceci
from 2010 - Level III in process

Additional education:

- Holotropic Breathwork and Enneagram (2005)
- Functional Osteopathy (2006)
- Dr.Ackermann Method - "Structural Osteopathy and Soft Chiropractic" (2007)
- Soft Tissue Techniques (2008)
- Bodywork Training Conference (2008)
- Educational Therapy (2009)
- Holistic Manual Therapy (2010)
- Workshops „The integration of body and mind“ (2009, 2010)

Professional experience

- 1987 – 1990 District Hospital
Physical Therapy Technician
- 1988 – 1990 Post-Secondary Vocational School in Warsaw
Teacher of Massage and Physiotherapy
- 1990 – 1995 Fitness Club at the Marriott Hotel Warsaw
Rehabilitation and massage
- 1995 – 2000 World Class Warsaw
General Manager
- 2000 – 2001 World Fitness Warsaw
Member of the Board
- 2003 – "Elvita" Health Studio
Private practice
- 2004 – Medical and Rehabilitation Center "Puls"
Manager of Rehabilitation and Wellness Department
- 2006 – 2007 Nursing Home – Wałcz
Rehabilitation activities

Professional affiliations

- Member of Polish Society of Physiotherapy (PTF)
- Member of Polish Society of Manual Therapy in the Holistic Model (PTTMMH)
- Member of International Institute for Bioenergetic Analysis (IIBA)