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Certified Level I Practitioner

I am educated as an Occupational Therapist in 1983. I have worked with mental illness people in Århus, Denmark for more than 20 years. Now I work in my own company: Nyproces, as a supervisor and coach for social workers in different communities in Denmark.

I love to teach TRE because it is a way of showing people how to help themselves, how to release stress and tension and how to enjoy more harmonious relationships with family, friends and work colleagues. TRE helps people to get more calm and authentic – more balanced. Qualities a lot of people are searching for in our culture.

You don't need to be sick to get profit of the work with TRE., and you don't need to talk a lot, if you don't want to. You can just do the program, and your body makes the work for you.