



Dra. Ivanluza Rodrigues

Nível II do TRE

Clinical and Organizational Psychologist

Address: Quinta do Assento - Brito - Guimarães Portugal

Phone: (351/ 96 194 90 55 e 253 525 246)

E Mail: ivanluza@netcabo.pt rodriguesivanluza@gmail.com

Website: www.prevencaodotrauma.com

I am licensed in Psychology by the Federal University of Pernambuco –Brazil, since 1991, I am a member and internship guide of the Psychology order of Portugal, CD 2137. Graduate of the V group of APAB. (Portuguese association of Bioenergetics analysis).

Psychologist, member of the first Brazilian group of therapists certified by Libertas – Treatment centre for Trauma and Stress, to develop the “American Method of TRE” Level II (Stress and Trauma release exercises), with groups and individually.

Therapist certified by the international Stress Management Association – Brazil (ISMA –São Paulo – BR), to work with the symptoms of stress;

Post Graduate in Human Resource Management, Marketing management and specialist in people Management; I have been working, throughout my professional career, in company projects, as consultant in the behavioural area, with teams with the purpose of improving the motivation, the creativity, the productivity leading to a better quality in the workplace, providing an innovative and relaxed environment, where it is possible to manage conflicts and learn how to overcome them.

I noticed over the years with my groups, the high stress / trauma, from issues related to the life of each employee, personally and professionally, both physically and psychological, where having serious impacts on their quality of life. The physical and psychic symptoms were very evident and were expressed as: Strong depressions, migraines, accidents at work, demotivation, loss of vital energy, aggressiveness, insomnia, conflicts at work and at home, among others, causing successive sick leaves, as well as the construction of a possibly problematic and sickening workplace, where the use of drugs is seen as the only option of treatment.

Something had to be done, so I started to study the subject, looking for a tool that could help people, giving them the opportunity of having a better quality of life.

I have met TRE by Berceli and his team and I immediately felt that this tool of prevention and overcoming of Stress/Trauma would be indispensable for the development of my work with groups. To help people achieve relieve of their suffering by using a natural, simple method with short, medium and long term results has been very gratifying for me. Thank you David.