



**Magriet Winterbach,  
Occupational Therapist, TRE Practitioner**

**Address**

Pretoria East, Gauteng, South Africa

**Cell Phone Number**

083 632 1390

**Email** [magrietwinterbach@gmail.com](mailto:magrietwinterbach@gmail.com)

**TRE Qualifications – Level I**

**Other Qualifications:**

- Bachelor's Degree in Occupational Therapy

**Comments:**

As an Occupational Therapist, I enjoy working with people of all ages and backgrounds and to make a sustainable difference in their lives.

We as human beings experience trauma and in our everyday lives and we are actually genetically built to release trauma which is stuck in our bodies. TRE helps us do that. We need to start listening to ourselves, respect our bodies and enjoy our everyday lives.

TRE is a great tool to use as part of my profession and to be able to help all kinds of people. People learn a lot from themselves doing TRE. You can help yourself to overcome traumatic events and to learn from these experiences.

I enjoy TRE tremendously and it has helped me get rid of extra tension in my body. For me, being more relaxed and getting rid of trauma physically; I am able to live a much more fulfilling life.