



Mary Whitesides, MM, LMBT, NCTMB
Bodywork Therapist, Level II TRE Practitioner and
Mentor

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I am a bodywork therapist in private practice who specializes in helping people release stress, trauma, and unresolved emotional patterns. In addition to TRE, I use Neural Emotional Technique (NET), Total Body Modification (TBM) and Cranial Tri-Release. I enjoy partnering with my clients and sharing skills that help them have successful healing experiences.

I am very grateful for TRE. It excels as a healing tool. It's powerful, yet gentle. It's effective when used alone, and enhances other therapies when used in combination. Using TRE with groups has been especially gratifying for me. It's a joy to teach TRE and see people gain awareness of themselves, build trust with themselves, and heal in community.

My clients tell me that they feel empowered by using TRE. They are often amazed by their own bodies and the transforming experiences they have. They also appreciate that learning TRE gives them a healing tool they can use for life.

As a practitioner, I love working with the body. I witness again and again that whatever the body reveals is true. And when people resonate deeply with their own truth, they often experience profound shifts in perception about themselves and their world. Resonating with truth and moving into greater wholeness: what could be better?

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