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I am a medical doctor with a diploma in obstetrics and certificate TRE Practitioner.

My primary interest lies in integrative medicine as well as body and mind medicine with a view to practising ultimately as an integrative oncologist.

I believe that TRE is an incredibly powerful tool as it allows a client to explore painful memories and experiences without having to re-experience them on a cognitive level. My journey with TRE has shown me that the TRE process itself often teaches us not just how to manage everything from major trauma to everyday stress, but also teaches us about a new way of being. It can teach us how to regulate the pace at which we live our lives and the way in which we tackle our fears and obstacles.