



Sandy Glajchen

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TRE Qualifications: TRE Practitioner Level I

Other Qualifications:

B.Sc. Occupational Therapy

Masters in Public Health

Expressive Arts Practitioner

Comments:

Strong interest and experience in health development and rural health development both within the public health sector and not-for-profit sector. A core focus on developmental facilitation with individuals and groups, adults and children, and enabling the potential of each person to be strengthened from within the self.

A core principle in my work being the strengthening of self coping strategies and skills in the self- management of personal health. The Trauma release work (TRE) is a crucial component in these strategies.