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Tina Lykke is a Level I TRE practitioner, ManuVision Body therapist, and NLP therapist. She works using the body to help the client release bodily as well as psychological tensions.

“Empowerment” is the key concept that best describes her work. The aim of a session is to “empower” clients to redefine their lives and act on it. TRE has proven to be one of the best and most powerful tools for meeting that end.