

# TRE and the primal dance

By Richmond Heath

Neurogenic tremors are as old as we are. This shaking or trembling we experience whenever we are overwhelmed is our body's innate process to return us to the openness and freedom seen so naturally in the animal kingdom, yet often lacking in our human world.

Nearly everyone has felt these involuntary tremors while public speaking, after a car accident, major trauma, or during a heated discussion or argument. 'I was shaking like a leaf,' 'my knees were knocking' and 'my teeth were chattering' are all sayings reflecting this natural human process that restores us to balance after stressful or traumatic events. If you've ever held a rabbit or guinea pig and felt it trembling like a vibrating mobile phone, you've felt neurogenic tremors at work.

*"Much in my attitude to life has changed since doing TRE. Before I would wake approximately 90% of the time, with awful anxiety, now hardly ever! I also find I'm not as anxious around others – I actually enjoy others' company much more. Over the past 20 years I have given 100% to many processes including Hypnotherapy, NLP, Psychology (EMDR, TFT, TAT, etc.) Counselling, Rebirthing, Polarity therapy, Past Life Regression, Crystal Healing, Reiki, Bowen Therapy, NET.....phew! I've been around! However, the TRE sessions have been the most profound. I've also noticed I'm not running away from myself as much and am more present and focused with others and feeling 'freer' to accept their love and kindness in return."*  
Sue, Central Coast, NSW

Dr David Berceli, founder of the revolutionary Trauma Release Exercises (TRE) is an international expert who has provided trauma relief workshops in more than 30 countries over the past 25 years. He first noted these tremors while being bombed in an African village, when he noticed all the children in the shelter were trembling yet none of the adults were.

Under attack years earlier in Lebanon, he had also noticed every person involuntarily hunched their shoulders, poked their heads forwards and pulled their body towards the foetal position every time a bomb hit the building.

*"In my experience, sometimes the talking therapies do not go deep enough. TRE is a pathway into releasing stress and trauma in a simple and private way. Don't be fooled by the simplicity of this process. It is deep and profound work. I intend to continue with TRE for my own well-being. I am also recommending it to my clients as a process that beautifully complements other forms of treatment."*  
Karin Hannigan, Psychologist, Brisbane, QLD

What Dr Berceli was noting was our bodies' primal defence mechanisms. A range of normal, healthy, and brilliant processes designed to protect us from any perceived threat, be it physical, emotional, psychological or even imaginary in origin, then restore us to a balanced and healthy state afterwards.

During these defensive states, our sympathetic nervous system mobilises huge amounts of energy and redirects blood flow away from restorative processes such as organ function, digestion and bone regrowth. We don't want to be using energy to digest yesterday's pizza or grow new bone while pitting ourselves against the proverbial sabre-tooth tiger! If our efforts



to fight or flee are unsuccessful, however, the body then uses an older, more primitive process generated deeper within our brainstem called the freeze mechanism.

While most people experience a 'shutting down' of their 'ego mind's' ability to think and rationalise during the freeze response, for our bodies, the tension generated then physically held within is more appropriately understood as a form of shutting 'up' instead. Picture yourself in a car with your foot flat to the floor in top gear, but alas, your threat (most often of the intellectual, emotional or perceptual kind) is still there with you. Your last option is to play dead and freeze. Still in top gear, your body jams on the brakes so strongly that not only does it instantly stop you moving, but also stops even the tiniest sound escaping you as well. From the outside you appear deathly still and quiet, while on the inside you are a bubbling volcano of ferocious fight or frantic flight energy as your parasympathetic nervous system's 'brake' disguises an engine still revving to its absolute maximum. With no way for this energy to escape, it is held within and stored as an unresolved 'body memory' that may not surface until years or even decades later.

*"To have access to releasing trauma without needing my clients to relive or re-experience trauma events is very exciting. TRE is the most rewarding work that I have become involved in, working with clients."*  
Carol Swanson, PhD, Psychologist, USA

## FEBRUARY WORKSHOPS WITH DR DAVID BERCELI PHD (USA)

- Saturday 12th – Melbourne
- Sunday 13th – Canberra
- Sunday 13th – Tuesday 15th – Canberra – (Level 1)
- Saturday 19th – Brisbane
- Sunday 20th – Sydney
- Friday 25th – Melbourne
- Friday 25th – Sunday 27th – Melbourne – (Level 1)

### Standard prices / January early bird rates

- 1 day workshop – \$189 / \$169
- 3 day Level 1 – \$549 / \$499 (incorporates attendance at 1 day public workshop)

1 day workshops are suitable for all members of the public and will guide attendees through the exercises for their ongoing personal use.

3 day Level 1 workshops are designed for therapists seeking professional certification in TRE\* or members of the public wanting to deepen their experience and understanding of TRE or lead family and friends through the exercises.

For more information including additional certification requirements and online registration visit 'upcoming workshops' at [www.trauma-release-exercises.com.au](http://www.trauma-release-exercises.com.au) or contact Richmond at [treaustralia@hotmail.com](mailto:treaustralia@hotmail.com) or 0409 357 964

*"I'm passionate about people and healing people; so for me and all the things I've tried, this has been the most profound in terms of moving through the energy – it's amazing."*  
Christine, Bowen Therapist, Sydney

While the subtle shutting 'down' of higher cognitive functions in times of stress and the disconnection from ever stiffening bodies and emotions are signs of a culture in defence, they are not necessarily signs of something wrong, as much as signs of defensive processes that have simply not yet been completed.

As Dr Berceli states on his website [traumaprevention.com](http://traumaprevention.com); "No matter what our culture, language, religion or psycho-social background, we have access to a natural process genetically encoded within the body that enables us to heal from trauma."

*"TRE is a route to healing I had not experienced from any other modality. I have been a physician, a psychiatrist, and a Gestalt Specialist for 35 years. I am now teaching TRE to all my clients as a healing modality."*  
Dr Melanie Salmon, Psychiatrist, South Africa

Peter Levine in 'Waking the Tiger: Healing Trauma' also points us directly towards this innate release process writing, "To complete its biological and meaningful course of action, the organism requires the spontaneous shaking and trembling that we see throughout the animal world".

Dr Berceli's revolutionary Trauma Release Exercises (TRE) intentionally invoke this shaking and trembling in the core of the body using a series of simple exercises without the need for catharsis, recollection of specific events, or reactivation of unwanted emotions in a way unparalleled in most traditional approaches to the treatment of stress, tension, anxiety, post traumatic stress and acute trauma.

*"I don't think I actually realised how gently powerful these exercises are in releasing stuff. I believe this work is fundamental to where we are on the planet right now."*  
Lisa, Melbourne, VIC

Due to this gentle, safe and self empowering approach, TRE has been integrated into practice by health professionals around the world, including psychologists, counsellors, psychotherapists, social workers, physiotherapists, chiropractors, massage therapists, pilates instructors and yoga teachers. TRE has also been unanimously embraced by a wide range of Australian therapists during introductory workshops held around Australia in November 2010.

From subtle, purring-like vibrations through to ecstatic full body entrainment, TRE is reawakening this ancient 'primal dance' all around the world, restoring and inspiring our bodies, minds and spirits to the peace, openness and freedom we are all meant to be.



Richmond Heath is a Melbourne Physio, Bowen and TRE therapist who has run TRE introductory workshops around Australia and is sponsoring Dr Berceli's Australian tour.