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TRE QUALIFICATIONS: TRE Practitioner level one

OTHER QUALIFICATIONS: The Work of Byron Katie.

COMMENTS: I have been on my own personal healing journey for 13 years and have experienced and qualified in many modalities. After learning the Trauma Releasing Exercises with David Berceci and using it for both myself and my clients, I find the TRE to be a simple and very profound body-based modality. There is no need to re-experience any stressful or traumatic events – this is simply a letting go in the body.