

NAME: Heleen Loubser (M.Sc Clinical Psych)

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TRE QUALIFICATIONS: TRE Practitioner Level One

OTHER QUALIFICATIONS:

- Clinical & Energy Psychologist
- Clinical Hypnosis – Phase 111 Advanced
- Ericksonian and Egostate Hypnotherapy & Traditional Hypnotherapy
- Medical Hypno-analysis
- NLP – Neuro Linguistic Programming
- EMDR – Eye movement Desensitisation & Reprocessing
- EFT – Emotional Freedom Technique
- TFT – Thought Field Therapy
- RH – Reconnective Healing

COMMENTS:

Heleen Loubser is a clinical psychologist who has been in private practice for the past 15 years. She was part of a multidisciplinary team at Vaalmed, a health medical organisation for 6 years and also lectured part time at the North West University (Vaal Triangle).

Through her experience working with clients and from studying the latest research material, she came to realise that stress, trauma and unresolved emotions also causes reactions on a bodily level and that it is accordingly not enough to work only on a cognitive, verbal and emotional level with clients suffering from stress, trauma or unresolved emotions. She found trauma releasing exercises (TRE) to be a powerful therapeutic technique to help clients successfully work through their traumas and to relieve stress and anxiety.

Heleen follows a holistic and multi-dimensional approach and uses TRE when needed as part of a client's treatment plan.