



Jelka Slapar

**Dip. AcP, TRE Trainer – Level I (Supervisor - Level I)
EFT Trainer & Practitioner - AAMET
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Jelka runs a busy private practice in Melbourne, assisting people who present with somato-emotional problems and pain.

Search for effective therapeutic approaches and self help tools led her to study acupuncture, CST, various massage techniques, Reiki, Bowen therapy and EFT (emotional freedom techniques). Jelka quickly and enthusiastically embraced TRE as it represents the ultimate self help tool that brings together mind, body and spirit, yet it's based on firm neuro-anatomical foundations.

Jelka comes from a background in critical care nursing, which gave her insight into how patients, relatives and staff experience, endure and spontaneously suppress trauma. Teaching TRE has brought another dimension to her work, which now encompasses all levels of our being.

She has been impressed with the simplicity and depth of TRE and is very grateful to dr. Berceli for sharing his discovery with us.

Slovensko: TRE (Trauma and Tension Releasing Exercises - Vaje Sproščanja Tenzije in Travm)

Jelka dela v zasebni praksi v Melbournu in poučuje Bownovo terapijo in EFT v Sloveniji.

Iskanje učinkovitih terapevtskih metod in pristopov za samopomoč jo je vodilo v študij akupunkturo, CST (kranio-sakralne terapije), različnih vrst masaž, Reiki-ja, Bownove terapije in EFT (tehnike čustvene svobode).

Jelka je navdušeno sprejela TRE saj poleg tega, da je idealno orodje za samopomoč, odpre pot do globjega razumevanja samega sebe. Celoten proces temelji na podlagi nevro-anatomije in je dostopen vsakomur, ki se želi rešiti globoke tenzije in preteklih travm.

Jelkino prvotno ozadje je v intenzivni negi, kar ki je dalo vpogled v to, kako bolniki, sorodniki in osebje doživijo številne travme, ki jih spontano zatrejo. Poučevanje TRE je tudi prineslo novo razsežnost v njeno delo.

Jelka je navdušena nad preprostostjo in globino TRE in je hvaležna dr. Berceli-ju za delitev svojega odkritja z nami.

Z izrednim veseljem vam tudi sporoča, da bo z dr. Bercelijem sodelovala na prvi delavnici TRE (1. stopnja), ki je v planirana od **19 - 21. oktobra 2012** v Ljubljani. Več podatkov bo na voljo na začetku novega leta.