



Leona Harris – BTchLn, DipTch, CertTESOL

TRE Practitioner Level I

Address: Christchurch, New Zealand

Telephone: +64 (0)3 3848073/ +64(0)22 076 1236

Website: www.trechristchurch.com

Email: info@trechristchurch.com

When the February 22 earthquake devastated Christchurch in 2011, it was from Leona's own natural experience of discharging the trauma through shaking after the earthquake that lead her to connect with and embrace the TRE process and become a facilitator.

Using TRE during the continuing aftershocks, Leona has found that it has decreased her physical response to the aftershocks immensely. The less intense physical response has meant that she can return to a state of calm more quickly and bring her mind to the present moment again more easily.

Through this more relaxed and present awareness, Leona has seen many aspects of her life improve in energy and quality, especially her relationship with her son and his subsequent improved emotional wellbeing. As an experienced school teacher and mother, Leona has a special interest in bringing TRE to children and their families in her private practice in Mt Pleasant, Christchurch.

Leona provides a safe and comfortable environment for you to learn the TRE process and supports you in using this technique on your own for stress management, trauma and tension relief, and increased energy and wellbeing.

Leona's final TRE level 1 Facilitator Certification was completed under the supervision of Dr David Berceli during his recent stay in Christchurch.