

Sherry Mills, LCSW
traumareleaseprocess@gmail.com
850-656-3625 – H
850-264-0002 – C (EST)

Congratulations on moving closer to being certified as a Level One TRE Practitioner. Please allow me to introduce myself.

I have spent the last three decades working in the field of trauma. I was first introduced to the reality of trauma shortly after I graduated with my Masters in Social Work. In 1977 I moved from Tallahassee, Florida to Vancouver, Canada and became the Executive Director of Aurora House, a women's addictions residential treatment program. A few months after my arrival I met a client who had a horrific history of sexual abuse. Through having this client in residence we quickly discovered that half of our 13 residents had a history of sexual and/or physical abuse and trauma. For many reasons, this level of abuse and trauma had never surfaced within this treatment center before. Trauma was not address anywhere in the mid-seventies.

It is difficult to believe today but, in 1977 this was big news and shocking to all the treatment team. No one had talked about this type of abuse before. The 1970's was a time of consciousness shifting. The civil rights movement and the feminist movement were changing us individually and collectively. At the most fundamental level this consciousness shift was changing our willingness to tell the truths of our lives and to for us to hear these truths from others. I'm proud to say that we, at Aurora House, became leaders in developing treatment strategies for the treatment of addictions and trauma. It was an exciting time to be on the cutting edge of trauma treatment.

I returned to Florida in 1984. I was the Clinical Director of a residential addictions treatment program and also worked as an outpatient counselor in a woman outpatient treatment program. There I introduced the first treatment groups for women who suffered from childhood sexual abuse.

In 1987 I opened my private practice. I continued to specialize in trauma and addictions issues. I was soon moved into working with dissociation. Over time I worked with a number of Dissociative Identity Disorder clients. Working with this client population was a real challenges but was also one of the greatest satisfactions and rewards of life. In my practice I also enjoyed doing couples work and working with clients with sexual identity issues. I worked with adults suffering with all the general mental health issues of our day. In 2006 I began to feel this part of my professional life was ending as life was unfolding in new directions. I closed my private practice in the fall of 2008.

And now ... 30 plus years later I'm so happy to be on the cutting edge with teaching Trauma Release Exercises. This self-healing technique is truly a revolutionary approach to the healing of chronic stress and trauma.

I was introduced to TREs in 2003. As soon as I met Dr. Berceli and was led through the exercises I knew this was what I had been hoping for my whole professional career. I knew that the body held trauma. I would do what little I could with my clients but I knew very little about the body. I would refer those with financial resources to a bio-energetic therapist. But, here now, through TRE I was being shown this simple series of exercises that anyone could learn and anyone could do. Most importantly I knew instantly, from my own experience, that the TREs were releasing stress and chronic tension. The second time I did the exercises it released a pinched sciatic nerve I had suffered with for three years. It has never returned!! AMAZING!!

I began to teach the TREs to my clients and over and over saw good results and people being thankful to have something they could do - on their own - to heal and manage tension, stress and trauma. TRE is a valuable tool to use with and complements more traditional therapeutic modalities that address addictions, trauma and general mental health issues.

After my first meeting with Dr. Berceli I attended as many TRE training programs as I could over the years. Dr. Berceli provided me with supervision as I introduced my clients to TRE. Over the years I have assisted Dr. Berceli as he worked to expand TRE. After my retirement he invited me to join him in developing the TRE Certification program and in being one of his trainers. I was honored to have been issued this invitation.

I would be happy to speak with you about my providing the TRE training component you will need for TRE Certification.

Please email: traumareleaseprocess@gmail.com or call me – home – 850-656-3625 or cell – 850-264-0002 (EST).