



## **Brooke Deputy**

**Address:** Berkeley, CA

**Phone:** 510 705-1775

**Email:** [brookedeputy@gmail.com](mailto:brookedeputy@gmail.com)

Brooke is a certified TRE Level 2 practitioner and brings her knowledge of the body, sensations, psychological awareness and feelings to her TRE classes.

She has studied Bioenergetics for 25 years and in 2002 completed the 5 year professional training program in Bioenergetics with Dr. Frank Hladky and Anna Miller.

Brooke has lived, worked and taught at the Esalen Institute in Big Sur, where she also was certified in Esalen massage (CMT). Her popular classes and workshops have been a regular part of the movement program at Esalen. One recent participant shared, "I felt much more alive after the TRE class and also thought that the way you conducted the class was very helpful for someone like me who has a difficult time being spontaneous in classes/workshops... Your direction made me feel comfortable expressing myself."

Brooke has been an educator for twenty years in the California Community Colleges, and also leading an interfaith seminary in the private sector. She combines her educational background with her intuitive personal skills in both individual and group process, bringing about transformative healing and helping others in "Finding Their Aliveness."

She has recently begun teaching TRE in Costa Rica and looks forward to continued teaching of TRE both locally in CA and internationally.