



TRE® Self-Regulation (Handout for module 1 participants)

Self-regulation is a critical cornerstone of TRE®. If you continue with the certification program you will receive more instruction concerning teaching self-regulation to others. This handout is for your own personal use.

Remember: TRE® is a body directed process. You learn how to “follow your body” as you practice TRE®.

In TRE® the term self-regulation refers to:

- Recognizing when you are ungrounded and how to re-ground
- Using modifications
- Avoiding overwhelm and overcharge (emotional and/or physical)
- Slowing down the tremoring process
- Stopping the tremoring process
- Acquiring the knowledge and skills to modulate yourself emotionally and physically

TRE® self-regulation guidelines:

1. If you are just beginning your TRE® practice, we recommend you:
 - Only shake/tremor for a maximum of 15 minutes (in the final feet flat position)
 - Only do TRE® 3 or 4 times a week
2. If you feel emotionally overwhelmed and/or uncomfortable, practice self-regulation by slowing down or stopping the TRE® process until you feel safe and grounded again.
3. If following your TRE® sessions, you notice any adverse effects (ie: emotional response such as fear, anger, agitation or lasting physical discomfort, etc.), then take a break from your TRE® practice. Resume at a slow pace (ie: less times per week and/or less tremoring time). If this response is severe or ongoing we advise you contact a Certified TRE® Provider who has expertise in the area of your concern.
4. Once you have learned the skills of “self-regulation” and you have been doing TRE® for a few weeks you can lengthen your tremor time and/or increase your frequency at your own discretion.
5. If you are in physical pain or have limitations, find an adjustment and/or modification that relieves pain. If no adjustment and/or modification can be found either skip that particular exercise or stop the TRE® process.



Techniques for slowing down and/or stopping the trembling:

“Slowing Down” the process is used when you want to rest or re-ground yourself and/or go in and out of the TRE® process.

“Stopping” the process is used when you want to stop shaking/tremoring and end this session for any reason.

- Slowing Down or Stopping the TRE® process while in standing positions:

Straighten your legs and walk around and/or sit down.

Breathe in a relaxed manner.

Drink some water or wash your face if need be.

- Slowing Down the TRE® process while on the floor:

Go into the rest position, soles of the feet together, knees bent and relaxed and open OR with feet flat on the floor, knees bent and upright towards the ceiling.

Relax and normalize your breathing.

- Stopping the TRE® process while on the floor:

Stop by straightening your legs and locking your knees. The tremor process will begin to stop. You need to be in a state of relaxed and normal breathing. Roll on your side into a fetal position and sit up as soon as you feel ready. Walk when you feel stable. Drink water.

If you are lying on the floor and unable to normalize your breathing, roll onto your side and/or sit up.