

# Trauma Releasing Exercises®

## Module 1 Certification Training TRE®

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**When:** 3 Days, May 13-15, 2016

**Cost:** Early \$300, Regular Cost is \$400.

**Where:** Elements of Healing, Essex Jct, VT

**CEUs:** 18 for LCMHC, LCSW approved in past

**Who:** Anyone including non-professionals, psychotherapists, massage therapist, PTs,

**What:** TRE® is an innovative series of exercises that helps the body release tension, stress, & trauma. TRE® safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. Neuroscientists call this the “freeze discharge” (Scaer, 2010.) TRE® is being taught in 35 countries and is being studied by the VA. After doing TRE®, many people report feelings of peace and well-being.

### Training Highlights

- Anatomy, neurology, and physiology as it relates to TRE®
- Understanding the tremor response
- Introduction to the Polyvagal Theory (Stephen Porges)
- Defense reactions as they relate to TRE®
- Containment and grounding strategies
- Introduction to the basic skills of working with individuals and groups
- Introduction to TRE® and personal trembling experiences



Jay Gleason, MS, LCMHC, LADC, NCC has been a psychotherapist for 18 years. He is trained in multiple somatic and mindfulness-based treatments including EMDR. He is a Certified Massage Therapist and a TRE® Certification Trainer.

Register at [www.jaygleasonvt.com](http://www.jaygleasonvt.com) or contact Jay at [jay@jaygleasonvt.com](mailto:jay@jaygleasonvt.com) or 802-578-0741.

Cancellations with more than 7 days are refunded minus \$25 fee. For cancellations less than 7 days prior to workshop, payments will be transferred to another training.