Nissen, Michael. TRE as a body-mind therapy working with traumatic consequences of physical and mental illness: Using TRE (tension and trauma releasing exercises) with people with multiple sclerosis (MS) in The Danish Multiple Sclerosis Society. Symposium on the 7. Biennal ESTD (European Society for Trauma & Dissociation) Conference: The Legacy of Trauma and Dissociation: Body and Mind in a New Perspective. October 2019, Rome. Symposium ID SM-0

**Abstract:**

*Background*: Many people, suffering from a disease or not, have problems with self-regulation. In this context, self-regulation means the person’s ability to regulate the level of physical and emotional tension. Not being able to self-regulate often results in chronic tension patterns, emotional problems, stress reactions, and inadequate lifestyles. The process of being diagnosed with, and thereafter living with, a chronic disease like MS can lead to shock, trauma and crisis. In this situation, the person suffering from a chronic disease is dependent on having a good ability to self-regulate.

*Methods*: In The Danish Multiple Sclerosis Society we have for the last 12 years offered TRE to around 800 people with MS (PwMS). TRE activates the ability for self-regulation through the body´s tremor mechanism.

*Results*: The results with TRE with PwMS is based on anecdotal case histories and a pilot study. The most significant results: decrease of tension, fatigue, stress, depression, anxiety and dissociation and improvement of body sensation, attachment and owning one’s body.

*Discussion*: Many PwMS have been traumatized through their hospital treatment and as MS is a central nervous system disease their nervous system has come out of balance. TRE helps the central nervous system getting more in balance.