Stepišnik Perdih, Tjaša. TRE as a body-mind therapy working with traumatic consequences of physical and mental illness: TRE for breast cancer survivors. 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:**

Breast cancer (BC) is one of the most common cancers affecting women worldwide. Research has emphasized that for many, cancer may be experienced as trauma and may lead to traumatic stress symptomatology. In the first year after BC treatment, the majority of women exhibit high levels of distress, appearance and body image concerns, and psychological dysfunction. In some women, issues such as a threat to life and body

integrity including disfigurement, disability, pain, and loss of social and occupational roles persist. Moreover, persistent emotional distress can lead to psychological pathology, including anxiety disorders or clinical depression. For that reason, in Slovenia, Europa Donna offers psychosocial support for BC survivors. Support includes TRE, a body-mind therapy which has been applied to specifically address stress responses and the relationship with the body which was affected by the treatment. TRE works based on the body´s natural

tremor mechanism and thus represents a unique intervention for autonomic recovery from stress. In this symposium, we address the implications of TRE to a group of 8 BC survivors. The improvements in pain symptomatology, sleep disturbances, body image, stress coping mechanism following the 8-week TRE intervention are discussed.