

## **Abstract: Conference Poster Presentation**

Davis, M., Husted, M., Dietrich, B., Berceci, D., and Kent, M. *Neuromuscular Tremors as Tension and Trauma Releasing (TRE): From Cultural Practices to Controlled Clinical Trial (RCT) of TRE* (2-186; Abstract #1213). In: Poster Abstract Book, International Society for Traumatic Stress Studies, 34<sup>th</sup> Annual Meeting: Promoting Societal Change: Integrating Traumatic Stress Research, Practice and Policy for Vulnerable Populations, November 8-10, 2018. Washington Marriott Wardman Park, Washington, DC, USA. [www.istss.org](http://www.istss.org)

Use of tremors in cultural, religious, shamanistic practices is found through the globe, including Quaker, Shaker, and evangelical practices. The use of tremors to enhance physiological functions is extensive in sports (e.g. improve Olympic athletic performance by the Soviet Union) and rehabilitation medicine (e.g. improve mobility, coordination, healing, bone density).

More recent is the use of tremors to release stress, pioneered by Levine, others, and developed by Berceci (2015) into a structured program (TRE) applied in numerous countries experiencing mass trauma (tsunamis, hurricanes, terror attacks).

This study tested the efficacy of TRE with veterans diagnosed with PTSD in an RCT with three conditions: TRE stretch exercises that induce tremors, TRE exercise stopped before induction of tremors - placebo, wait list control.

Methods included N=92, pre-post testing of symptoms, well-being, and neurocognitive functions, with 3-month and 6-month follow-up testing.

Preliminary findings only of pre-post results indicate significant gains for TRE and placebo in reduction of symptoms, insomnia, and increase in vitality, while TRE also showed improved cognitive functions as in list learning.

Thus, TRE is at least as efficacious as yoga and other CAM modalities and may offer additional CNS cortical advantages possibly through a central pattern generator (Guertin, 2013).