



Kathleen Keller: The Stress Solution: TRE Can Set You Free



Explore the theory, science and experience of TRE with Kathleen Keller, a certified TRE provider, Pilates Rehabilitation Multi-Certified Practitioner, and Myofascial Release and Postural Specialist.

TOP EMBODIMENT TIP: Be present and take the time to sit and listen; don't just react. What do I really need at this moment?

TRE defined: Tension and Trauma Releasing Exercises

- A series of exercises to get to the core of your body's stress and tension, to discharge your own nervous system.
- Warm up & fatigue certain muscles.
- Stimulate the body's own innate mammalian tremor mechanism.
- Goal: **regulate and re-establish balance within the autonomic nervous system** (eg. heart rate, blood pressure).
- Helps to release overall muscular tension.
- Affects the myofascial system and connective tissue.
- **Releases 'bound activation'**, the residue from stressful or traumatic events.

The Psoas Muscle: One of the main muscles of fight or flight, which contracts during stress

- In the beginning, it takes a while for the body to allow the tremoring to happen.
- With experience the **tremors come more quickly and easily**.
- All mammals have the ability to tremor, and will do this naturally.

Neurogenic Tremors: Movement comes from the central nervous system

- It's a brainstem response, discharging incomplete fight, flight or freeze processes.
- The person is in control, and can stop the tremors at any time.
- **Integration is as important as the tremoring process.**

3 Criteria: Dr David Berceli's guiding principles for the practice

- Multiple people can learn at once.
- The work can be continued without the need of a therapist.
- TRE is easy to do; although some people do need modifications for the exercises.

Resources

- ❖ **Books:** *Shake it off Naturally (Book & DVD)*, *Trauma Releasing Exercises*, and *The Revolutionary Trauma Release Process*, by David Berceli
- ❖ **Courses:** TRE retreat scheduled Feb 28-28 2021, in Chateau Lake Louise, Alberta, Canada
www.chateau-lakelouise.com/wellbeing/retreats
- ❖ **Website:** www.kellermethodpilates.com; traumaprevention.com; trecanada.ca; treforafrica.com;
kellermethodvitality.com



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