



David Berceli: Trauma Releasing Exercises: Ancient Systems and Modern Science



Explore TRE (Tension & Trauma Releasing Exercises) with the creator of this revolutionary technique and expert in the area of trauma intervention, David Berceli. CEO and Founder of Trauma Recovery Services, author and psychotherapist, David has brought his trauma relief practice and workshops around the world, facilitating healing and reconciliation.

TOP EMBODIMENT TIP: Taking a global perspective on Covid, if we do this correctly, can this trauma also produce a greater depth of humanity? We are in the midst of it now, and that's when trauma feels the worst. But is it the potential of something powerful that's about to happen to the human species? Consider that possibility.

Trauma: **Trauma segments the body**

- Body parts move towards rigidity and inflexibility; this disrupts interpersonal attachments.
- The flexion response pulls the body towards the fetal position during traumatic events (to protect belly & heart).
- TRE can reorganize the body structure back into the whole, facilitating intra-personal attachment.
- You need to reattach the parts of your self, bringing feeling back in your own body in order to have healthy attachments to others.

The Tremor Mechanism: **Genetically encoded in the human body, a primitive mechanism**

- Causes: cold, post-anesthesia, infection, low blood sugar, **fear** - shivering helps to reduce the surge in adrenaline.
- Body tremors down-regulate the nervous system and restore homeostasis after adverse experiences.
- They are seen by psychology and neurology as pathology; physiology sees the value of external vibration only (sports, relaxation).
- Theories of activation: shivering, transcortical loop, neonatal twitching, central pattern generators.

TRE Process: **Self-induced, therapeutic tremors are the neurophysiological attempt of the human organism to reduce Autonomic Nervous System (ANS) arousal after threat or danger has ended**

- Used to reduce stress & tension in the body, or to help resolve some post-trauma symptoms.
- Exercises activate a **reflex mechanism of shaking to release muscular tension** and calm down the nervous system.
- Once activated, the body takes over and continues the tremor automatically.
- This restores sensation and flexibility, restoring the body to a more pulsating, fluid, integrated organism.
- It unfolds the trauma-induced flexion position to bring the body upright.
- It helps the individual to reconnect with dissociated, frozen, numb or segmented body parts.
- Individuals feel **safer within themselves**, and **safer to reconnect in interpersonal relationships**.

Post-Traumatic Growth: **Restoring the sacred gift of intuition, becoming a new human being**

- Post-trauma, some go back to baseline, others emerge stronger or better.
- Many develop high levels of intuition and awareness, a sensitivity and wisdom, after they heal.
- The intuitive mind then informs the rational mind, bringing about a **greater capacity of human potential**.

Resources



❖ Website: traumaprevention.com

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ILAN STEPHANI

Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

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