The Couch

presents

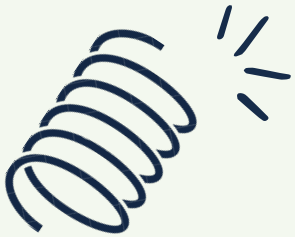
TRE® GROUP THERAPY

What is TRE®?

Imagine your body as a tightly coiled spring. Throughout your life, stress, tension, and even trauma can wind that spring tighter and tighter. Over time, it becomes harder to unwind on your own, leaving you feeling tense, anxious, or stuck.

TRE®(Tension and Trauma Releasing Exercises) is like a gentle reset for that spring. It's a simple, safe way to help your body release the tension it's been holding onto. Through easy movements, you tap into your body's natural ability to let go of stress, leaving you feeling calmer, lighter, and more resilient.

TRE®was developed by Dr. David Berceli and is based on how the body naturally heals itself. The exercises gently stretch and activate specific muscles, which trigger a natural shaking or tremoring process. This helps to release built-up tension in your body caused by stress, anxiety, or trauma.



Who is it for?

TRE® is for anyone who feels weighed down by stress, tension, or trauma. It's for anyone who wants to:

- Manage stress, anxiety, or burnout
- Process trauma or tension stored in the body
- Reconnect with their physical and emotional well-being
- Complement therapy or other self-care practices

What are the benefits?

As a self-empowering tool, the benefits of TRE® include:

- Relaxation and sleep
- Resilience to stress
- Improved core stability
- Stronger mindfulness
- Recovery from physical and emotional tension
- Relationships and overall well-being

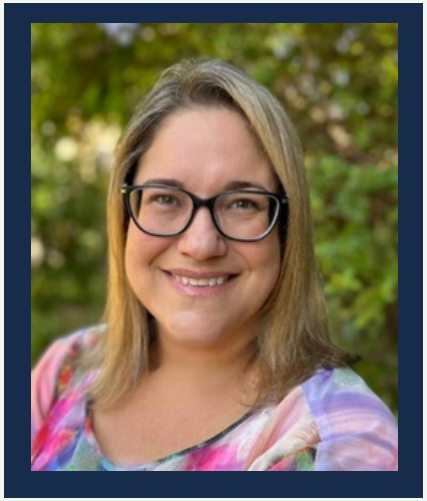
Why TRE® is Safe and Empowering

TRE® is a natural process that puts you in control. You decide how far to go during each session, and you can pause or stop at any time. While TRE® is a powerful self-care tool, it's not a replacement for therapy or medical advice. Think of it as a way to support your overall well-being alongside other care practices.

"The body holds the score. It remembers what the mind tries to forget."

- Bessel van der Kolk

Hosted by:



Clinical Psychologist

Ryan Lorraine Cooper

BA Humanities (RAU)

BA Hons Psych (RAU)

MSc Clin Psych (UL)

Group information:

6 week course with small group sessions.
Tuesdays at 17h30
Session duration: 60-90 minutes
Start date: TBC

Venue

The Couch, Woodlands Office Park, Woodmead (Building 14)

Cost:

R300 per person - group session
R750.00 per individual session

"Trauma is not what happens to you, but what happens inside you as a result of what happens to you."
- Gabor Maté

What to expect in your first session:

In your first TRE® session, we'll start with a gentle introduction to explain how the process works and what you can expect.

You'll then be guided through seven simple exercises, designed to gently activate your body's natural ability to release stress and tension (called tremoring).

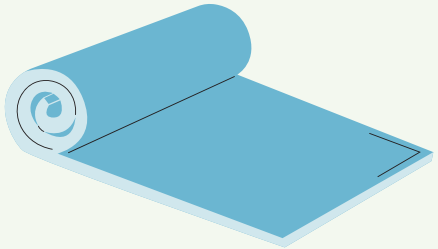
During the session:

- **You'll be fully supported every step of the way.**
- **We'll teach you how to self-regulate and pause the tremors whenever you need to.**
- **At the end, we'll take time to check in, answer your questions, and reflect on your experience.**

You don't need to worry about doing anything 'right' — this is your time to relax and reconnect with your body.

What to bring:

Wear comfortable clothing that allows for movement. Bring along a yoga mat and some water. If you'd like a towel and pillow for added comfort, you can bring that along too!



"Trauma creates change you don't choose. Healing is about creating change you do choose."
- Michelle Rosenthal

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