

WFOT Congress 2014 Pre-Congress Workshop Course Description

Session Category	Half Day Workshop
Session Code	PW 10
Session Title	TRE (Tension and Trauma Releasing exercises)Workshop
Session Organiser	Yutaka Aramaki
Keywords	Health promotion, Mental health, Quality of life
Description	<p>Since the Great East Japan Earthquake, both disaster survivors and those who care for them have developed stress disorders. Among them are occupational therapists, who are prone to stress and burnout. This workshop will introduce an effective method of stress management and self-care known as TRE (Tension and Trauma Releasing exercises). Grounded in an understanding of neuroscience, anatomy, and the human stress response, TRE consists of 7 simple exercises that gradually relax the psoas muscle (often called the ‘fight-or-flight’ muscle), which sits at the core of the body. When the psoas relaxes in this way, a natural vibration is triggered in the body which expels any undischarged fight-or-flight related energy that would otherwise be stored as chronic tension. Observations of both animals and humans show that this tremor release mechanism is one way by which the body naturally returns to balance after stress. For the last 30 years, Dr David Berceci, the developer of TRE, has shared this stress relief method in war and natural disaster zones and with beneficiaries like the US army. Since the Great East Japan Earthquake, a series of free TRE workshops has been given in the Tohoku area, and the method has been shared with over 2000 people, many of whom report great benefit. Among Japan’s certified TRE practitioners are doctors, nurses, psychologists, midwives, pharmacists, and occupational therapists, all of whom are dedicated to sharing TRE with various communities. In this workshop, I will explain the basic theory of TRE and lead attendees through the exercises (please wear clothes that are easy to move around in). For more information about TRE and the outreach of TRE Japan, please see http://www.trejapan.com (Japanese) and http://traumaprevention.com (English).</p>
Capacity	20-100