



GESUNDHEITSSCHULE HILDEGARD VON BINGEN
TRE – TENSION AND TRAUMA RELEASING
EXERCISES

TRE for Human Integration

Workshop with Dr. David Berceli

16./17./18. April 2016

Theresian Military Akcademy

2700 Wiener Neustadt, Burgplatz 1

Basics and Essentials of TRE

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www.traumaprevention.com

www.treaustria.com

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Stress, tension and trauma have both psychological and physical effects on the human organism. Stress hormones are released and deep muscular contractions take place in the body.

David Berceci, Ph.D. is an international expert in the areas of trauma intervention and conflict resolution furthermore he is a bioenergetic analyst. David Berceci also created TRE® (Tension, Stress & Trauma Release Exercises), which is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. TRE® safely activates a natural reflex mechanism of shaking or vibrating (so called neurogenic tremors) that releases muscular tension, calming down the nervous system.

This workshp is open to all interested. Yet it is primarily aimed at people who work with traumatized people.

All three days can be booked separately. The series of exercises TRE® will be performed together each day in the morning and in the afternoon.

Saturday, April 16, 10 a.m – 6 p.m.

„This above all: To thine own self be true“ William Shakespeare

Selfregulation

Grounding – being grounded

Basics on TRE®

Sunday, April 17, 10 a.m – 6 p.m.

„Start at, but not end with yourself“ Martin Buber

Integration

Containment – offering security

TRE® in refugee aid

Monday, April 18, 9 a.m. – 5 p.m.

„By exploring the pain and suffering of our traumatic experiences we have the potential of becoming someone greater than we can imagine – a more moral/ethical human being – that’s evolution“ David Berceci

Create new, natural patterns

TRE® in organisations

Registration TRE

Please send back to:

**Gesundheitsschule Hildegard von Bingen, 2700 Wiener Neustadt,
Lederergasse 8, Austria or fax to: 0043 (0) 2622 87111 13**

I hereby register for the workshop

TRE for Human Integration 16./17./18. April 2016

Cost: € 300,- (€ 100,- per day)

Donations to TRE for All www.treforall.org are welcome!

Please mark the days you'd like to participate: 16.04. 17.04. 18.04.

Family Name:

First Name:.....

Home Adress:

Zip Code/City:

Phone: E-mail:

Please transfer the money to the following account:

**Bank Austria, BLZ 12000, Kontonr. 686 138 405 Ambulatorium Pschill
GmbH IBAN AT43 1200 000686138405 BIC BKAUATWW**

Paypal: info@bingen.at

After the money transfer, you will get a confirmation of your registration.

Date/ Signature :

.....

Accommodation in 2700 Wiener Neustadt

Tourist Information Wiener Neustadt

Neunkirchner Str. 17, 2700 Wiener Neustadt

T: 0043 (0) 2622/373-311

office@smtwn.at

www.smtwn.at

Hotel Corvinus****

F: 0043 (0) 2622/24139

Bahngasse 29 – 33

hotel@hotel-corvinus.at

T: 0043 (0) 2622/24134

www.hotel-corvinus.at

Hotel Zentral***

Hauptplatz 27

T: 0043 (0) 2622/23169

F: 0043 (0) 2622/237935

hotel-zentral@hotelzentral.at

www.hotelzentral.at

Domappartements

Baumgartgasse 8

T: 0043 (0) 650/2532777

F: 0043 (0) 2622/24791

info@domappartement.at

www.domappartement.at

Hotel Steinfeld***

Nikolaus A. Ottostraße 4

T: 0043 (0)2622/26907

F: 0043 (0)2622/29341

www.hotel-steinfeld.at

Orange Wings

Rudolf Diesel Straße 32

T: 0043 (0)2622/24380

F: 0043 (0) 2622/20066

www.orangewings.com

We also provide simple accommodation (dormitory) in the Gesundheitsschule (€ 15,-- per night incl. breakfast)

For the dormitory, please contact:

Gesundheitsschule Hildegard von Bingen

Lederergasse 8

T: 0043 (0) 2622/87111

F: 0043 (0) 2622/87111-13

wr.neustadt@bingen.at

www.bingen.at

Banking information:

Bank Austria, BLZ 12000, Kontonr. 686 138 405 Ambulatorium Pschill GmbH

IBAN AT43 1200 000686138405

BIC BKAUATWW

Paypal: info@bingen.at

Direction:

From VIENNA AIRPORT you can take the CityAirportTrain - CAT (www.cityairporttrain.com) to WIEN MITTE and from there a train (www.oebb.at) to WIENER NEUSTADT

The railway station is within walking distance from the Gesundheitsschule (about 8 min.) and from the Military Academy (about 15 min.)

TRE®

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Trauma Release ProcessSM, Tension Release ProcessSM

<http://www.treforall.org>