

Healing our Heroes

Introduction to TRE: Tension & Trauma Releasing Exercises

A community program of the ETMC Behavioral Health Center



David Berceli, PhD

David Berceli, PhD, is an international expert in the areas of trauma intervention and conflict resolution. He is the creator of Tension & Trauma Releasing Exercises (TRE) and serves as the energetic and creative founder and CEO of Trauma Recovery Services. Dr. Berceli has spent two decades living and working in nine countries, providing trauma relief workshops and designing recovery programs for international organizations around the world. The ETMC Behavioral Health Center is pleased to bring Dr. Berceli to Tyler, as part of its PTSD outreach to the community.

Wednesday, Oct. 4

Community luncheon with David Berceli, PhD

11:30 a.m. to 1 p.m. • ETMC Pavilion Conference Center
801 Clinic Drive • Tyler, Texas

Registration - \$10, payable at door and includes box lunch.

PLUS OPTIONAL INTERACTIVE SESSIONS TO EXPERIENCE TRE:

TRE Session One – 9 to 11 a.m. **or** TRE Session Two – 2 to 4 p.m.

TRE is an innovative series of exercises that assist the body in relaxing deep muscular patterns of stress, tension and trauma. While used with military personnel and first responders who experience PTSD (post-traumatic stress disorder), TRE can assist anyone. Benefits can include: less worry and anxiety, better sleep, greater emotional resiliency, reduced muscle and back pain, relief from chronic medical conditions and improved relationships.



“Healing our Heroes” is a community project of the ETMC Behavioral Health Center. Please join us in this incredible opportunity to learn from Dr. Berceli. Space is limited, and reservations are required by Sept. 27. **RSVP to: rwainwright@etmc.org or 903-596-3751.**

*Special thanks go to the ETMC Foundation
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