

COLETTE GALSCHIOT MARKUS



**Release of tension, stress and
traumas**

- a project for women

KICKSTART YOUR BODY'S HEALINGPOTENTIAL !

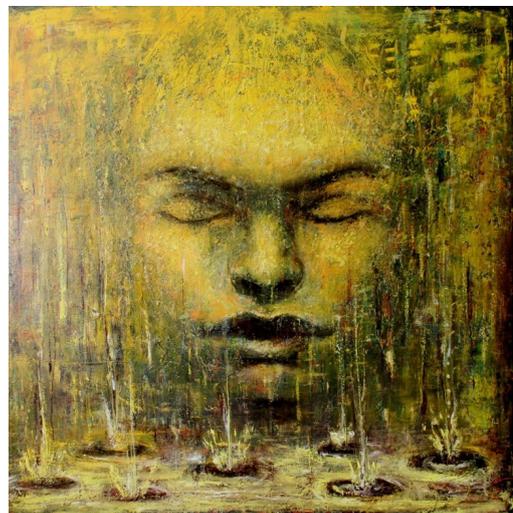
Tension- and stressrealising exercises (TRE) is a revolutionary, non-intrusive method for dealing with tension, stress and traumas. The method is based on the work of body therapist David Berceles, PhD, who for more than thirty years has worked with traumatized people all over the world. From that experience he developed Tension- and stress Releasing Exercises (TRE), a set of exercises to facilitate the body's inner potential for stress release and healing, free blocked energy and create good grounding.



The method has proven useful with all kinds of traumatic events, abuse, stress, severe illness, and violence - events that can have serious physical and psychological consequences for the victims and their relations.



In dealing with stress and traumas, just talking about it will often have little effect. The body has to be involved in the healing process.



The Mexican painter Albertos Morales description of the releasingproces

The exercises can be looked upon as an easy-to-learn self-help program. It's our experience that the program is surprisingly easy taken in, and beneficial for a wide range of people with different "symptoms" such as tension, fear, anger, anxiety and traumas.

The method consists of 6 simple exercises designed to provoke tremors of the body, and through that release deep chronic tensions. They are easy to learn, and the persons will be able to continue doing the exercises themselves.

On the webpage www.traumaprevention.com you can read more, see some video with the exercises and interviews with David Berceli

"The body is the best friend we have to heal traumas"

David Bercel



Workshhops in Mexico.

Sometimes the children are joining their parents.



WHY WORKING WITH WOMEN?

Women are often – specially in war zones overseen as victims , even though they can be as traumatised as the men . They are often the ones that take responsibility for the home and children, and their focus is to make sure that the basic necessities of life are taken care



of. This entails that they of course cannot succumb to personal feelings, to grieve, to feel anxiety, as these emotions have to be suppressed in order to be able to function.

We know from research that the consequence of living in such stressful conditions can cause chronic pain, tension, depression, problems with concentration, stress, and a tendency to isolate themselves in short serious physical

and mental disruption. Mothers become so affected that they ultimately cannot adequately take care of their children. This can result in neglect, deprivation, and transference of the mother's symptoms to the child.

Unless there is an intervention, these children grow up bearing the trauma of the parents affecting their ability to function as well adjusted human beings. A whole generation can be therefore lost to anti social behaviour, difficulty empathising, poor parenting skills and problems with learning, the list is endless.

Therefore it is imperative, not only for the women but for society as a whole that these women are taught emotional self support, the ability to articulate and alleviate their pain, seek comfort and share their experiences.

I have dedicated myself to helping these women through the revolutionary type of body therapy TRE. It is non verbal in its form, so the practitioner do not have to relive nor talk about their experiences. These exercises are both integrative, and healing they are easy to learn and have the advantage that they can be practised at home. At the same time they allow me to be able to work globally.

Practicalities

1 – day workshop:

Our program can be taught to large groups in a one day format. A one day workshop (about 6 – 8 hours) enables the participants to continue with the exercises for themselves.

We encourage participants to form peer groups to support each others in the first period after the workshop. It is recommendable with a follow up day after having experienced the exercises for 3 – 6 month.

The only demand on the participant is a general good health condition, and a medical form is asked to be filled out prior to the workshop. With 2 therapists we can work with a group of 30 persons.



Women making the exercises in a 1-day workshop in San Christobal, Mexico

Trainingprogram:

This program consists of, over a period of time, 3 + 3 workshop days + 6 supervision days, 2 one-to-one consultations and peer group meetings.

Part of the program may be organized through Skype consultations and hotline. In any case, it is our aim to be available, whenever questions arise. It would be preferable to make a proper training for a group to become instructors themselves and take over the program after a while.

All of the above is of course negotiable and adjustable to the specific needs.

All that the workshop requires is a large enough room for all the participants to lie down. When doing the exercises it is preferable to wear comfortable clothing that allows the participant to move. Each person needs a blanket and mat to lie on.

ABOUT COLETTE MARKUS



Colette Markus (born 1949). I am an exam. Gestalt therapist from the Gestalt Institute of Scandinavia (GIS) in 1992. Certified Coach from Manning Inspire in 2007. Worked in social psychiatry for 8 years. I have my own practice in Odense, where I offer individual therapy, couples therapy and coaching.

I work as well with team building and coaching publically and in private companies. I have for many years worked with The Dacapo Theatre – a counselling organization which through interactive theater is dealing with dilemmas in workplaces at all levels.

Latest I have supplied my education – and is certified in an efficient, body oriented method for releasing stress, traumas and tensions, TRE, which is a big issue all over the world.

„**give workshops** locally and internationally. At the moment I am running a project with Susanne Andrés in Mexico, giving workshops in the TRE method for both private persons and professionals. We are currently working with Pemex, the biggest oil company in Mexico, which want to offer this method to their employees. Pemex has an ambitious health policy for their employees, and are interested in training their psychologists in the TRE method.

„**am member of the Danish Psychotherapist Organization (MPF)**. This organization has strict moral, ethical and professionals guidelines, that I myself follow.

With my colleague, Susanne Andrés before giving a workshop in Cuernavaca, Mexico



MY ASSOCIATE PARTNERS

Susanne Andrés (born 1960). Body-oriented psychotherapist. PD in Psychology from the University of Education. Specialized in stress and trauma treatment Educated by Stanislav Grof, USA in Transpersonal Psychology & Holotropic Breath work Has had her own practice since 1985. For many years Susanne has led groups and taught internationally. (www.holoworld.dk).

Dr. Ole Ry has 40 years extensive clinical background in psychiatry, psychotherapy, education and counseling. Ole has practiced as a medical doctor since 1973, specializing in psychiatry in 1981. He founded in 1987 Psychotherapeutic Center. His main practice areas include coaching, Gestalt psychotherapy, Holotropic Breath work and stress and trauma management. In addition to leading courses and practicing at the center, Ole travels extensively conducting trainings and consultations worldwide. (www.holoworld.dk)

Woman is the social barometer; she is an admirably contrived instrument for gauging the defects of her generation.

Charles Edward Jerningham

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