Chrysalis™
ACADEMY
unleashing potential

TRE®
Tension Stress Trauma Release

Celebrating

TRE at Chrysalis Academy since 2012

TRE® is a body based (somatic) process which, when facilitated and supported by a certified TRE® Provider, can allow the individual to discharge tension, stress and trauma from the body.

Benefits of TRE® include:

- Less Worry & Anxiety
- A Reduction in PTSD (Post-Traumatic Stress Disorder) Symptoms
- More Energy & Endurance
- Less Workplace Stress
- Better Sleep
- Less Relationship Conflict

Chrysalis Academy offers both one-on-one and group sessions.

For more information, contact: counselling@chrysalisacademy.org.za