

TRE® (Tension and Trauma Release Exercise)

South Africa

Project Overview 2012 to 2018

TRE® (Tension and Trauma Release Exercise) is a simple and quick set of movements that turn on our body's natural rebalancing process – providing immediate relaxation. By releasing everything from everyday stress to deeply held physical tension and trauma, TRE® frees us up to meet life's challenges with greater skill and ease.

TRE® as a method to manage stress and release trauma, works on many levels:

Neurologically: helps to restore the capacity of the brain to operate from higher cortical functions - improving concentration & focus and helps to restore our autonomic nervous system - leaving us feeling calmer, more peaceful, balanced and connected

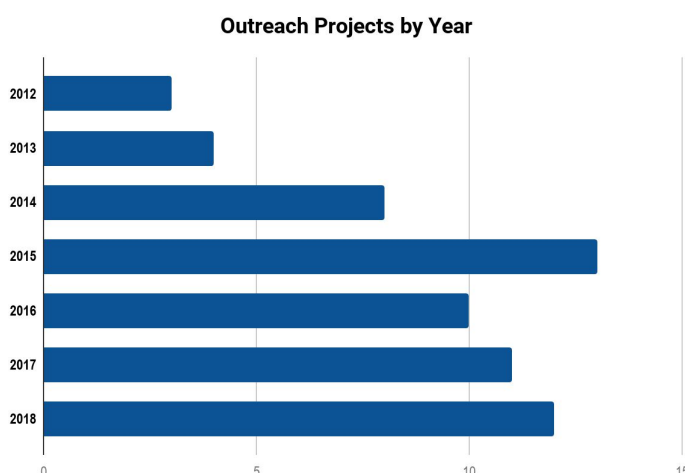
Anatomically: helps to relax muscles and fascia improving posture and mobility

Biochemically: helps to rebalance the body's chemistry thereby restoring homeostasis

TRE® is a powerful modality to assist a wide variety of individuals and groups to cope better with the daily demands of life.

TRE® for Africa aims to secure funding and sponsorship for ongoing and new projects to enable our members to continue with their work of raising awareness for TRE® and other teachings and modalities.

Our members are dedicated to help those who are in need of TRE® as a self- directed, empowering modality for ongoing stress release, relief from symptoms in the aftermath of traumatic experience and to raise their emotional and physical resilience.

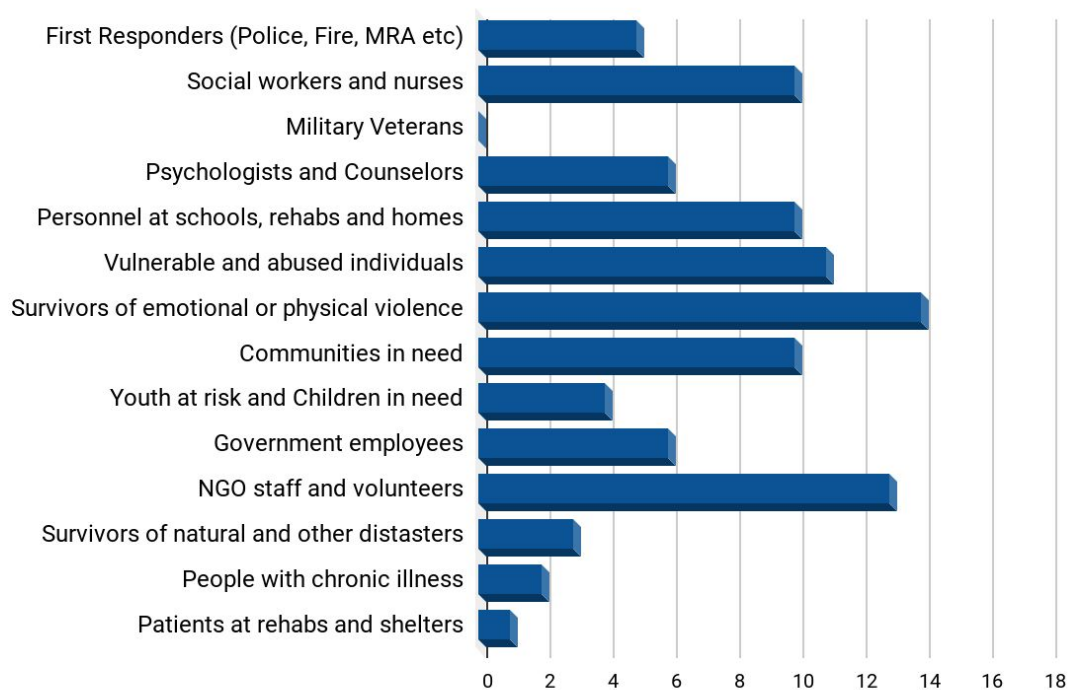


This document gives an overview of 33 projects initiated by TRE® Trainers and Providers in South Africa that reached over 4000 people. Only projects that were done pro bono or sponsored by people or organisations other than the beneficiaries are included.

Many projects have worked with children whose start in life has been harsh - they may have been abandoned by their parents, or orphaned through HIV, or some are youth offenders from horrific family environments who are too young to go to prison but not able to go to mainstream school.

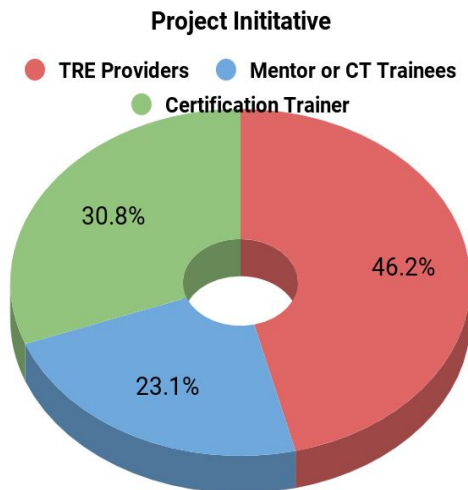
For all of these children, TRE can offer a lifeline - a reset button giving them a chance to shake off some of the trauma of their childhood and build their resilience for their lives ahead. And once learned, TRE can provide them with a tool for life to keep them in a space of calm and groundedness, and help them cope with the everyday stresses of life.

Beneficiary groups reached

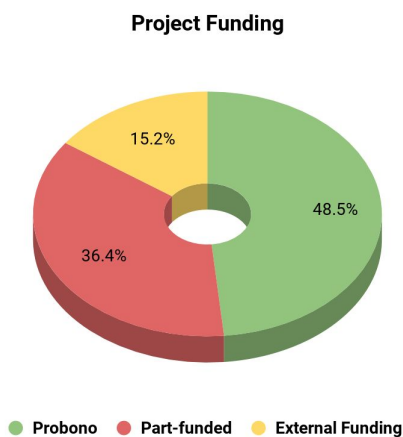


A lot of TRE projects have also focused on the carers - those who experience vicarious trauma through their work in hugely challenging conditions. One project focused on working with firefighters after the unprecedented fires that raged on Table Mountain in 2015 when most firefighters worked around the clock and were exposed to their own personal life safety, the loss of colleagues, and dealing with community members who had lost everything.

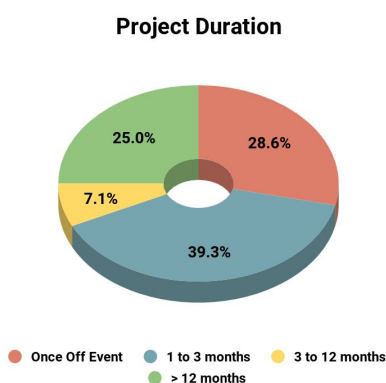
Our TRE Providers also worked with the staff of Pollsmoor high security prison, where huge overcrowding and limited resources puts demands on the staff on a daily basis. TRE has helped them to support each other and the inmates they serve more effectively.



TRE® Certification Trainers, Trainer trainees and Mentors who are involved in training together with TRE® Providers are driving the effort to reach people. The diagram shows who initiated and managed the projects. Many more TRE® Providers participated, lending their expertise to the cause. We say ‘thank you’ to each one of them!

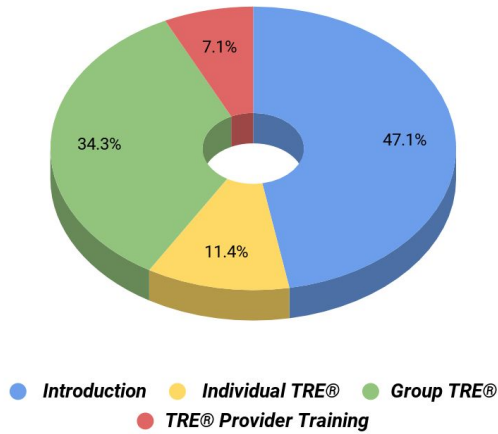


The diagram shows the means of project realisation. More than 50% of these efforts have been donated by members of TRE for Africa. Increased funding and donations will greatly improve the work to bring TRE® to the people of South Africa. Everyone will be benefiting from an easy and affordable method to lower their stress levels and raise their resilience.



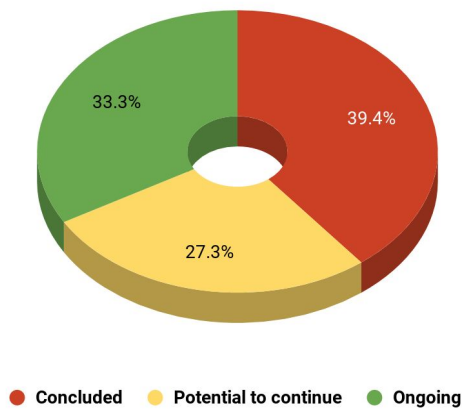
The majority of projects ran for a 6 week cycle to teach TRE to groups of people but 25% lasted longer than 12 months, some for several years and ongoing. The commitment and initiative of our members shines bright in the findings. Two of the long term projects resulted in published research papers and one ongoing project is the basis for a PhD paper.

Project Content



Every project starts with an 'Introduction to TRE®' and many more stand-alone TRE® Introductions that are not part of this documentation have been facilitated throughout the years. Some of them result in ongoing work with groups or individuals and some reach further toward the training of TRE® Providers or Community Facilitators.

Project Status July 2018



This is the current status of all 33 projects surveyed. More than 50% of them are either ongoing or have the potential to continue.



TRE for Africa Foundation is a registered Not For Profit

Organization. Our office and administration is located in Hillcrest, KwaZulu Natal. More information and details can be found on our Website : www.treforafrica.com

Contact for further (general) information : info@treforafrica.com

Project Summary and List 2012 - 2018

Concluded	Ongoing	Potential to continue
Bonteheuwel Walking Ladies	Desiree English	Western Cape, Cape Town 2017
53+ People	TRE® Practice sustained, request for more groups Funding welcome	https://treforafrica.com/release-for-peace-tre-goes-into-the-cape-flats/
Chrysalis Academy (Stage 1-3)	Melanie Salmon Desiree English	Western Cape 2013 - 2018
	TRE® as part of personal development at Chrysalis Academy for youth, Tokai W Cape 2012 Pilot Project	https://treforafrica.com/tre-research/
2 Ladies reached L1 Certification	Provider Training . Chrysalis Girls Graduates TRE® training for youth (Stage 2)	https://treforafrica.com/tre-chrysalis-school-cape-town/
More than 1000 young people learned TRE® over a period of 5 years	TRE is a permanent feature of healing modalities used at Chrysalis, and out of 200 youth intake every 3 months, around 50 apply to to the full 3 months TRE program.	Contact Desiree English for information on the ongoing TRE groups at Chrysalis Academy
Disa Primary School Bonteheuwel	Tania Bownes	Western Cape, Cape Town 2016
10+ Staff at the school	Teachers loved TRE® but opted not to continue as a group, rather to work alone	Contact Tania Bownes for more information on this project.
TRE® Intro to Firefighters, Police/First Responders of the Umhlatuze Municipality	Doreen Sithole	KZN 2015
120 People	Group and individual TRE® followed the intro	https://treforafrica.com/tre-in-empangeni-kwazulu-natal/
Hillcrest (Government) Hospital Intro for staff	Susanne Thomas	KZN 2015
50 People	As part of wellness day. Interest in groups but funding and logistics were a problem	Contact Su Thomas for more information on this project

Individuals in the network of Mhani Gingi NPO	Frances Ward	Western Cape, Cape Town 2018
31 People	Group work and option to continue with Mhani Gingi as host NPO	Contact Frances Ward in Cape Town for more information
Life Choices TRE® Program	Ingrid Regenass	Western Cape, Cape Town 2014/15
20 people	NGO staff and volunteers Pupils in the NGO program	Contact Ingrid Regenass for more information
Life Line Pietermaritzburg - Training TRE® Providers	Anita Simon Brigitte Peel	KZN 2014 - 2016
1 person certified	Potential for continuation for 2 more people	Contact Anita Simon or Brigitte Peel for more information
First Responder Organisations' in the Helderberg Basin	Beverly Streng	Western Cape, 2014
10 people	2 of the participants went on to do some or all of the training with Dr Salmon in Somerset West	https://treforafrica.com/tre-for-helderberg-rape-crisis-volunteers/ Beverly Streng relocated to KwaZulu Nata in 2017 and contact details can be found on the KZN Provider page.
Ottery Youth and Education Centre for juvenile offenders	Christine Cornick Manuela Kacinari Wall	Western Cape, Cape Town 2014 - 2016
25+ people	Youth and staff were taught TRE® over 2 years	https://treforafrica.com/tre-program-me-with-ottery-youth-care-centre-in-cape-town/
PhD Paper : Evaluating the effects of Therapeutic Neurogenic Tremors on selective motor and non-motor Parkinson's disease symptoms	Elizma Atterbury	Western Cape 2016 - 2018
40 individuals with Parkinson's, 10 caregivers and about 7 TRE Providers taking part. Practical phase ended December 2017 ,evaluation of data ongoing	Research to find improvements in in non-motor and motor symptoms, indicating that therapeutic neurogenic tremors are a valuable and beneficial management tools for individuals with Parkinson's disease	The dissertation will be evaluated by 3 examiners until the end of 2018. Elizma aims to submit articles for publication and also present the data at international conferences.

Rape Crisis Volunteers, Helderberg Basin	Melanie Salmon, Desiree English	Western Cape 2015
8 people	NGO staff and volunteers	https://treforafrica.com/tre-for-helderberg-rape-crisis-volunteers/
SA Children's Home	Ingrid Regenass	Western Cape 2016 - 2018
Program for staff and children	The manager of the home who is a social worker is currently a TRE Trainee	Contact Ingrid Regenass for more information
SOS Children's Village Cape Town	Melanie Salmon	Western Cape 2012/13 RESEARCH
All staff members of the SOS Children's Village in Cape Town, South Africa received 10 weeks of training and group practice. A wellness-based QoL questionnaire was administered before and after the intervention 21 adults and 100+ children	Many of the Cape Town TRE® Providers were engaged in this project	DOWNLOAD RESEARCH PAPER http://sunrisephysicaltherapy.com/wp-content/uploads/2016/05/Effects-of-Self-induced-Unclassified-Therapeutic-Tremors-on-Quality-of-Life-Among-Non-professional-Caregivers-A-Pilot-Study.pdf
TCB (The Clothing Bank) Cape Town	Tim Knight Marlene Nunez	Western Cape, Inland and Coastal 2017
25 people	Introduction and groups	Continuation possible with more funding and permission from TCB Contact Tim Knight or Marlene Nunez
TCB (The Clothing Bank) Project for Women	Ingrid Regenass	Western Cape, Cape Town 2012
25 people	Introduction and groups	Contact Ingrid Regenass for more information
17 TRE® for victims of xenophobic violence	Liza Kimble Susanne Thomas	KwaZulu Natal 2015
80 people	Emergency intervention	https://treforafrica.com/tre-for-victims-of-xenophobic-violence-durban/
TRE® Intro for Government Employees (across Departments) in collaboration with EAPA	Susanne Thomas	KwaZulu Natal 2015
100 people	Long term vision on collaboration with EAPA	https://treforafrica.com/tre-introduction-eapa-kwazulu-natal-chapter/
Doctors Without Borders (MSF) Eshowe	Doreen Sithole	KwaZulu Natal 2018
25 people	TRE® Intro	Contact Doreen Sithole for more

	possible group work	information on this project
TRE® in (several) Rehab Centres in Cape Town	Frances Ward	Western Cape 2013 - 2018
1000+ people	Ongoing assessment as to clients' progress week to week in the rehabs	https://treforafrika.com/tre-for-addicts-finding-balance-and-sustainability-in-recovery/
TRE® Program for family offences, child protection and sexual offences, police unit	Ingrid Regenass	Western Cape, Cape Town 2014
56 people	Introduction and groups	Contact Ingrid Regenass for more information
TRE® for people affected by Cape Town wildfires	Ingrid Regenass	Western Cape, Cape Town 2015
50	Emergency intervention	https://treforafrika.com/tre-and-the-cape-town-fire-march-2015/
TRE® at Waldorf School	Mallorie Lee	Western Cape, Cape Town 2016
30 people	Emergency intervention.	Contact Mallorie Lee for more information
Woza Moya NGO iXopo	Susanne Thomas Robin Vanderplank	KwaZulu Natal 2016 - 2018
100 people	Introduction to TRE®	
6 people	Community Facilitator Training	Video testimonial TRE training in rural Natal TRE introduction
80+ people	Monthly Community Wellness day TRE® and sharing circle	https://treforafrika.com/woza-moya-tre-community-wellness-day/
MyLife Foundation	Fiona Soma	Western Cape, Cape Town 2012
500+ people	Groups and individual TRE® - HIV affected youth at risk and NGO staff	https://treforafrika.com/video-tre-documentary-my-life-project-cape-town/
Salt Rock Trauma Group and other local people	Beverly Streng Brigitte Lotriet	KwaZulu Natal 2017- 2018
70+ people	TRE® Introductions and groups	Contact Beverly or Brigitte for more information

Pollsmoore High Security Prison Project	Christine Cornick Manuela Kacinari Wall	Western Cape, Cape Town 2018
20+ people (staff)	TRE® groups	
Hlokomela Training Trust	Erika Coertzen Christine Du Preez	Limpopo 2018
16 people in training to become TRE® Community Facilitators	Ongoing funding required Please use the link to the right for more information.	https://www.globalgiving.org/projects/trauma-relief-for-workers-in-rural-south-africa/
Ladies Morning Workshops	Dr Tonya Blom	Western Cape Inland 2015
15 people	Research for a PHD paper completed and published	https://treforafrica.com/presenting-tre-on-academic-conferences-internationally/
Soil For Life	Christine Cornick Manuela Kacinari Wall	Western Cape 2017
15 people in an NGO	potential to continue	Please contact Christine Cornick or Manuela Kacinari Wall for more info
TRE Intro at St Anne's centre for destitute, abused and disadvantaged women	Christine Cornick Manuela Kacinari Wall	Western Cape 2018
20 people	potential to continue	Please contact Christine Cornick or Manuela Kacinari Wall for more info
TRE Intro for Social Workers working for the correctional services in Cape Town	Christine Cornick Manuela Kacinari Wall	Western Cape 2017
25 people		Please contact Christine Cornick or Manuela Kacinari Wall for more info
TRE Intro at Creighton Town Hall	Susanne Thomas	KwaZulu Natal 2018
25 people	potential for follow up groups	Contact Su Thomas for more info