

## HEALTH CONSIDERATIONS IN TRE®

TRE® is offered as a self-help tool for mitigating the impact of stress in your body and in your life. It is a simple and effective, body-based method for releasing tension from the muscles and the nervous system. As with all techniques involving physical movement, we suggest you check with your physician before you start any exercise program.

Self-regulation is VERY important in TRE®. Do not engage the TRE® protocol if you feel unsafe, overwhelmed or not comfortable at any level... physical, emotional, or otherwise. Allow yourself to stop, get grounded and back to feeling comfortable. Then decide if you wish to go back into the TRE® process again – now or later. The healing comes with entering into this protocol only if you feel safe.

Below are some conditions we need to be cautious about in doing TRE®. If you have any of the following conditions or situations please let us know before we start the TRE® process.

Irregular Blood Pressure (High or Low)

Irregular Heart Conditions (surgery, pace makers, arrhythmia)

Physical limitations - broken bones, strains, sprains – Do not do TRE®

Recent operations –if you are not fully healed or are still under physician’s care do not do TRE®

Hypo or Hyperglycemia (medications)

Chronic Fatigue/Fibromyalgia (go slowly so as not to over-fatigue)

Pregnancy – DO NOT DO TRE® IF YOU ARE PREGNANT

Psychiatric conditions (with medication) – if you have any of these conditions you need to be very mindful of self-regulating the TRE® process and probably need to proceed with TRE® with the support of a Certified TRE® Provider.

Manic/depressive

Bi-polar conditions

Dissociative Disorders

Severe depression

Borderline

Psychosis

Schizophrenia

I have read the above content and am responsible for notifying Sarah Lax, TRE® Certified TRE® Provider of any conditions listed above.

DATE\_\_\_\_\_

SIGNATURE\_\_\_\_\_

PRINT NAME\_\_\_\_\_