

## TRE® as a Neural Exercise – with a safe provider and environment

Builds resilience by challenging the body. The nervous system and skeletal muscles have their energy recruited by the tremor mechanism. This energy is refocused on the tremor and internal experience, hence, moving it away from the vigilance on the external (typical of a trauma response). This allows the energy resources to go towards recovery, not defense. Building resilience and the capacity for self-regulation.