**Tension and Trauma Release Exercises (TRE®)**

**Intake Questionnaire and Information**

This form is intended as information to support both you and the TRE® Provider to make choices and decisions about beginning e.g. if you need any additional support to participate, whether it is best to attend a group or an individual session and if this is the right time for you to learn. Please return the form directly to myself Mags Smith at [mags.dragonfly@gmail.com](mailto:mags.dragonfly@gmail.com) Please contact me with any questions you have about the form or TRE® practice on 07790 345 211

***Margaret Smith(she/her), Certified TRE® Provider***

[***www.glimmering.scot***](http://www.glimmering.scot)

**My practice and limitations**

As a TRE® Provider I am trained to teach the TRE® technique for opening, reconnecting and exploring the natural shaking response in the body that all mammals have for releasing stored tension and trauma in the body. Alongside shaking, I teach grounding and self-regulation. I am not trained to diagnose medical conditions and I am not a clinical therapist. I am a certified TRE® Provider, I am trauma informed and I work with compassion and empathy.

Options for practicing TRE®

The shaking that we work with in TRE® is a natural recovery response in the body that many people suppress. However, sometimes we need to go slower re-engaging with it, shift our associations with shaking, approach it from a different perspective or simply create the right conditions. Options for learning can include being in a group or an individual session, working with another provider with additional therapeutic qualifications, or having talk therapy alongside TRE® sessions.

**Some considerations before practicing TRE®**

**If you currently are/have**

* undergoing any **medical treatment** please consult your doctor before doing TRE®
* on **medication**, be aware that an increase in exercise can potentially affect your medication levels
* **pregnant** we recommend one to one sessions with a provider who is experienced in pregnancy TRE® teaching. General guidance is after the first trimester.
* **broken bone, sprain or recent surgery** we recommend waiting 6-8 weeks to begin learning TRE®. (However, if you already know TRE® then you can shake within your limits to support the healing).

**Please provide your contact Information below**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name** |  | **Pronouns** |  | **DOB** |  |
| **Address** |  | | | | |
| **Occupation/Hobbies** |  | | | | |
| **Email** |  | | | | |
| **Mobile** |  | | | | |
| **Emergency contact name and number** |  | | | | |

**Questions about your Health and Wellbeing**

Do you have any chronic or ongoing pain?

Do you have any mental or physical health conditions?

Have you had any surgeries, hospitalizations, accidents or injuries that may prevent you from doing any type of physical movement or exercise?

Are you receiving any type of medical treatment that would prevent you from doing any type of physical exercise?

Do you participate in regular physical activity?

Are you taking any medications or herbs? Do any of them cause dizziness or balance problems?

Reflect on your current health concerns in order from most bothersome to least bothersome. Please include mental, emotional, and physical concerns.

Consider the impact of any historical health issues, accidents, stresses or traumas on you. On a scale of 1-10 (10 highest trauma) how much impact do these have on you now in the present day?

**Space for Additional information**

**Please use this space to share anything else you would like us to know e.g. why you would like to practice TRE®, where you first heard about it and if you have taken part in a TRE® session before.**

Signed (Participant)

Date

*Would you like to subscribe to my mailing list about TRE® events and workshops?*