



TENSION AND TRAUMA RELEASE

AN OPEN AND ONGOING GROUP

Facilitators:

**Lusijah Marx,
PMHNP, PsyD**

A clinical psychologist with more than 35 years of working with people on a broad spectrum of issues. One of her specialties is teaching active coping skills through the group process and psychodrama.

Fee:

This Group can be billed to OHP plans, or insurance. For Ryan White funding options please contact Nico Judd. Self-pay options are available.

To Register:

Please contact your Quest provider.

Wednesdays 5:15 pm - 6:30 pm

Location: Quest West Kitchen

Research on trauma has revealed how important it is to connect with one's body, as our bodies store trauma and tension. This group provides support and basic skills around dealing with stress and trauma.

Each group begins with a brief check in, followed by mindfulness and guided meditation. We explore the use of different modalities such as sound and body awareness exercises.

This is a group for releasing tension and trauma from the body that can accumulate from every day circumstances of life, from difficult situations, immediate or prolonged stressful situations, or traumatic life experiences (i.e., natural disasters, social or domestic violence).

TRE is a set of six exercises that help release deep tension from the body by evoking a self-controlled muscular shaking process in the body called neurogenic muscle tremors. The uniqueness of this technique is that this shaking originates deep in the core of the body of the psoas muscles. These gentle tremors reverberate outwards along the spine releasing tension from the sacrum to the cranium.

TRE is used by thousands of people around the world as an effective tool for releasing chronic traumatic stress, physical tension and emotional trauma.

You must be engaged in Mental Health Services to enroll in MH groups. To become a client of MH Services, please call our intake team at 503-238-5203.

BE WELL - BE YOU

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