



**Patricia Greenhough, NZRN,
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TRE Level II**

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I am a director of Lifetime Learning (NZ) Ltd, a training and consulting company my husband and I formed in 1992. I have worked in the health and wellbeing profession for over 30 years.

After the September 2010 earthquake in Canterbury I worked for a few days in the Civil Defence Centre in Kaiapoi and then set up 0800 NLP Recovery. 20 local NLP Master Practitioners and Trainers offered the NLP Fast Trauma Treatment free of charge to people with earthquake trauma. I worked with this organisation for 9 months. While getting great results, as a trained body worker, I felt that there was more needed for full recovery.

David Berceci's Trauma Releasing Exercises offer the missing piece not only for recovery from tension and trauma, but also, I believe, for positive ongoing health benefits.

I love TRE for myself and my clients.