



TRAINER LISTING SPECIFICATIONS

BIO

1. Name and professional credentials if any
 2. Level, please do so using Roman numerals, ie: Level I, Level II, Level III
 3. Address — include city, state, other necessary identifying province information, and the country
 4. Phone
 5. Email Address
 6. Website if you have one
- If you would like to include your bio in your native language, please write it first in English and then in your native language. We will include both as links. This will help you reach a wider audience.
 - Please refrain from using all capitals anywhere on your page.
 - Your name should be in 14pt text and the rest of the document in 12 pt text. Please view the sample for what text should be bold and what text should be standard.
 - Include images (specs below) and save bio as a PDF with your first and last names. For example: NancyJonesBio.pdf and NancyJones.jpg

PHOTO

1. Separate JPG photo of trainer sized to **96x96 pixels**
2. Please see the attached bio as an example of preferred formatting. It is a good idea to include your photo on your bio as well as the separate one for the TRE website. Often times people will print your bio and it is always nice to have your photo repeated on the page.

EXAMPLE

Scroll down to the second page of this PDF for a sample bio which includes all the specifications listed above.

Please note, we do our best to get bios up promptly but missing information and incorrect formatting can cause delays in your listing.

QUESTIONS

Please direct any questions to:

Alexa Bolles TREtraining@gmail.com



**Dr Linda Edwards, Ph.D.
Psychologist, TRE Practitioner**

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I am a psychologist with a background in crisis counselling, CBT, mindfulness CBT (MBCBT), hypnotherapy, somatic hypnotherapy, Holotropic Breathwork, Imago Relationships Therapy, ACT, ACT for couples, and humanistic, transpersonal and coaching psychology.

In working with thousands of individuals and couples over 15 years, I noticed that while some people easily achieved significant improvement in their lives by quickly releasing trauma, anxiety, depression, relationship conflict, insomnia etc., others had to endure extremely intense emotions to reach their goals. I am so pleased that David Berceci has found an easier way without suffering. Thank you David.

I also love to teach TRE because it is a way of showing people how to help themselves how to release stress and tension when they need to and how to enjoy more harmonious relationships with intimate partners, family, friends and work colleagues.