



TRE Research Summary (Clinical Overview)

Across these studies, a consistent theme begins to emerge – healing does not always require retelling. Through gentle engagement with the body’s natural tremor response, individuals and even families may begin to access patterns of regulation, connection, and repair.

China Research – Adolescent Mental Health & TRE™ (2025–2026 ongoing studies)

- Multi-modal physiological and behavioural data collected using optical motion capture and electrodes.
- Measures tremor amplitude, frequency, and propagation patterns.
- fNIRS used to monitor brain blood flow during trembling.
- Supports TRE™ as a measurable body–brain regulatory process.

Note: Referenced in TRE™ for All Newsletter (Feb–Mar 2026). Direct video links for this segment were not provided in the source document.

Reducing Depression & Anxiety – Adolescents & Caregivers (Preliminary Data, 2025–2026)

Randomised Controlled Trial Protocol – Mother–Child Model (Current Study Phase)

- Evaluates TRE™ as an add-on intervention for adolescent emotional disorders.
- Focuses on shared regulation within caregiver–child relationships.
- Represents progression toward formal clinical validation of TRE™.

Links:

TRE Global Research Page: <https://treglobal.org/research/>

Note: Full protocol referenced in newsletter; direct PDF link not embedded in source newsletter.

EEG Findings – Adolescents and Caregivers (Preliminary, 2025–2026)

- EEG data used to explore neurological changes associated with TRE™.
- Suggests shifts in brain activity related to emotional regulation.
- Extends research beyond observable movement into neural correlates.

Note: Referenced in TRE™ for All Newsletter (Feb–Mar 2026). Specific video links were not provided in the source document.

Clinical Outcomes – China Research Summary (Ren et al., 2025)

- Reductions in anxiety, depression, and stress-related symptoms.
- Improvements in somatic symptoms including tension and pain.
- Outcomes observed without requiring trauma recall.
- Supports TRE™ as a non-verbal, body-based intervention.

Links:

Research Summary PDF: <https://treglobal.org/wp-content/uploads/2025/12/TRE-Research-Summary-in-English%EF%BC%88Beijing-Haidian-Mental-HealthHospital%EF%BC%89.pdf>

Field Application – TRE™ in Inner Mongolia (Community Implementation)

- Demonstrates TRE™ in large group and community settings.
- Highlights accessibility and scalability.
- Supports use in non-clinical and cross-cultural environments.

Links:

Video: <https://www.youtube.com/watch?v=dGBKRcFKTEM>

Global TRE Research (Various Years, TRE Global)

- Case studies show reductions in perceived stress and improvements in wellbeing.

- Applications include chronic pain, first responders, trauma recovery, and chronic illness.
- TRE™ identified as a complementary approach where traditional therapies may be insufficient or inaccessible.
- Ongoing research calls for larger controlled trials while showing consistent positive trends.

Links:

TRE Global Research Hub: <https://treglobal.org/research/>

Global Case Study: https://treglobal.org/wp-content/uploads/2021/09/2021-Beattie_Berceli.-Global-Case-Study_The-effects-of-TRE-on-perceived-stress-flourishing_chronic-pain-self-efficacy2.pdf

First Responders Study: <https://treglobal.org/wp-content/uploads/2021/09/2021-Hruby-and-Beattie-Case-Study-First-Responders-2.pdf>

PTSD Perspective Paper: <https://treglobal.org/wp-content/uploads/2019/10/Trauma-Releasing-Exercises-TRE-for-PTSD41.pdf>

Taken together, these findings indicate that TRE™ is being explored across clinical, relational, and community contexts. The emerging evidence suggests a consistent mechanism rooted in the body's innate capacity to regulate and restore balance.



TENSION AND TRAUMA
RELEASE EXERCISES

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