

# Explore and embody 8 developmental stages with TRE<sup>®</sup>

*By popular demand!*



**In this new and exciting fortnightly class, Cheda will be guiding us through 8 developmental stages. It comes in response to the call for a deep, active exploration.**

**We will be enquiring into Erik Erikson's psychosocial theory and building upon it with our personal and emotional content. We will then begin to allow for somatic integration of the parts of ourselves which have not been acknowledged or completed through each stage.**

**We'll be using TRE<sup>®</sup> and other somatic practices to expand our awareness of our body and of our deeper patterns. This series will be a deep but playful path of self-discovery and self-acceptance.**

**Participant numbers are limited to 12 to ensure an intimacy of the teaching.**

**This is a series of 8 online sessions via zoom running fortnightly over 14 weeks, from Saturday 13th April till Saturday 20th July 2024.**

**The time of the sessions will be at 6pm UK, 7pm CET or 1pm EST time.**

**Each class/workshop will last around 2 1/2h.**

**The workshops/classes will consist of initial sharing, teaching segment, somatic work and feedback.**

**After each workshop the recordings of teaching and files with theoretical content will be send to all the participants for further reflection and practice.**

**If participants can't make one or two classes during the course, they will receive the material so they can fully benefit from the course.**

**We are committing to a deep inner exploration in a closed group. In order to ensure your place, advanced payment for the whole course is required.**

**Dates: April 13, 27; May 11, 25; June 8, 22; July 6, 20.**

**Price for the full series of 8 sessions over 4 months: £320**

**Please send money to:**

**Bank: Lloyds bank**

**Name: Cedo Mikic**

**Acc. 00531575**

**Sort code: 30-94-66**

**IBAN: GB51 LOYD 3094 6600 531575**

**BIC: LOYDGB21484**

**Address: 273-275 Kentish Town Road · London · UK · NW5 2LP**

**It is also possible to pay via PayPal to this address:**

**[contact@trecentre.com](mailto:contact@trecentre.com)**

**Please note any administrative fee's need to be borne by participants.**

**If you have any questions regarding these classes please email us on**

**[contact@trecentre.com](mailto:contact@trecentre.com)**

## **Testimonials:**

‘The guided exploration of Erikson’s stages of psychosocial development was a powerful look deep into our hearts and bodies and what needs were unmet in each stage. As we looked we discovered and released old hurts, wounds and patterns as our bodies and let go and opened up to new energy and ways of being. I had powerful releases during most of the guided sessions associated with each stage. I could feel a sense of maturing within over the 4-month journey. It was well worth doing to gain a greater understanding of self, of the patterns formed and the underlying needs that can be met now so the patterns drop away. I thoroughly recommend this deep exploration so you can find greater self-connection and peace within.’

**Jodi-Anne, Counsellor, Australia**

Workshop 8 Developmental Stages helped me to visit all developmental stages through the body. It was very interesting how verbal interventions helped me feel, meet, embrace and release some of my oldest patterns from different developmental stages.

The main message for me was allowing myself to feel both; trust and mistrust, autonomy and shame, initiative and guilt etc. and to be ok with that. Cheda created a safe virtual environment and also gave us a lot of theoretical background, so we could understand reactions of our body. I highly recommend this workshop to all TRE enthusiasts, who think that they experienced everything in TRE. I have been practicing TRE for 6 years now, and I am still surprised how deep we can go with as great mentors as Cheda.

**Špela Potočnik, School counsellor, TRE practitioner, Slovenia**

The 8 session journey with Cheda, combining the psychosocial developmental theory of Erikson and the wisdom of TRE, was immensely informative. It brought to consciousness an awareness of deep movement patterns and consequently increased my self-awareness and self-acceptance. The gentle pace of the workshop, meeting bi-weekly, allowed the participants adequate time to integrate and explore each topic further, curiously observing one's own findings inside of daily life. Cheda has a rich base of knowledge and experience as a therapist and his personal down-to-earth style of communication makes it very easy to connect and build trust within the group. The entire experience was challenging, inspiring, and catalyzed a positive change within me that is noticeable to my closest family and friends. I highly recommend it!

**Michelle Azdajic, Dance and Movement Therapist, Germany**

The training I have been lucky enough to attend, the Eriksonian developmental stages was mind-blowing.

I took so much away from the experience both as a person and as a practitioner, it has helped to really deepen my understanding of the work, as well as to recognise how powerful these interventions can be when working with trauma.

I feel very fortunate to have been able to learn from someone with as much experience as Cheda and I would encourage anyone thinking of deepening their knowledge of TRE or these processes to invest in working with him, it is well worth it”

**Ruairi Stewart Psychotherapist, Relationship Coach, UK**