

Trauma & the Nervous System

Why the body 'remembers' what the mind tries to forget — and how it can recover

Kamil Han · Global Certified TRE® Provider

What is trauma?

Trauma is not just the event that happened — it is the effect of that event on us when it was too much, too fast, or too long to cope with. Accidents, loss, abuse, surgery, prolonged work stress, or growing up in an unsafe environment can all leave an imprint.

Two people can go through the same event with very different effects. This is not about who is stronger, but about support, resources and the state of the nervous system at the time.

The nervous system: our safety guard

The autonomic nervous system constantly scans for danger. When it detects a threat, the body shifts into protection mode automatically:

- **Fight** — energy rises, muscles tense, anger
- **Flight** — racing heart, restlessness, urge to get away
- **Freeze** — stuck, numb, feeling 'not there', hard to think

After danger passes, animals in the wild often tremble or shake to discharge this energy, then return to calm. Humans tend to suppress this process — we are taught to 'be strong', 'calm down' or 'don't cry'. That energy can stay stored as tension in the body.

Signs your nervous system is still 'on guard'

- Trouble sleeping or waking often
- Easily startled, always on alert
- Chronic muscle tension — neck, shoulders, jaw, back
- Fatigue that does not go away with rest
- Irritability, anxiety, or feeling empty and numb

- Difficulty focusing or feeling disconnected from the body

How TRE helps

TRE® (Tension & Trauma Releasing Exercises) is a simple series of exercises developed by Dr. David Berceli. They invite the body's natural tremoring (neurogenic tremors) — the same mechanism seen in animals — in a contained and safe way.

Many people who practise TRE report better sleep, more relaxed muscles and a calmer feeling in the body. The key is to go slowly: gentle tremors and stopping when needed are better than pushing through.

Recovery happens little by little

The nervous system learns safety through small, repeated experiences. Enough rest, connection with people you trust, movement, nature, and practices like TRE all contribute. There are no shortcuts and no 'right' timeline.

TRE is not a substitute for medical or psychological treatment. If you have a history of severe trauma, PTSD, a serious mental health condition, epilepsy, are pregnant, or have had recent surgery, please talk to your doctor and practise under the guidance of a certified TRE Provider.

YOUR NEXT STEP

Your body knows how to recover. TRE helps it remember.

This guide is a good start. But what is stored in the body usually needs to be released through the body too. In a TRE session I guide you safely, step by step, until you can practise on your own at home.

“When my child cried, my hand used to go up first. Now when he cries, I hug him. I'm human again, no longer a lion.”

A mother, day 5 of practising TRE

Private session

In person · 90 min

RM 2,500

Group workshop

Minimum 5 people · 2 hours

RM 786 / person

Online session

Video call · 60 min

RM 1,500

Book on WhatsApp: +60 17-693 3166

I have been where you are. You don't have to go through it alone.

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