



# Counterpoise Solutions, LLC

'Simply Incredible'

Providing certified Tension and Trauma Releasing Exercises (TRE)®

[www.ResetStress.com](http://www.ResetStress.com)

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## RELEASE and DISCLOSURE FORM

TRE® (Tension/Trauma Releasing Exercises) is a member of a new class of treatment techniques and protocols referred to as Body-based Therapy. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide. While there are theories as to how they work, why they work, and why they sometimes don't work, there is no accepted scientific explanation. As a result of their experimental nature, no individual teaching or practicing TRE® knows with certainty in advance how they or someone can be helped or if this technique will help a particular person with a particular problem. To date, TRE® and other Body Based Techniques have yielded exceptional results in the treatment of psychological and physical problems. However, they are NOT meant to replace appropriate medical treatment or mental health counseling.

If I use these techniques on myself or others, I agree to take full responsibility for my own well-being and I am required to advise others to do the same. By learning TRE® individually or through a workshop, I (the undersigned) am releasing my right to hold Kevin Berceli and Counterpoise Solutions, LLC, from complete legal, financial and medical liability that may be incurred. I accept full responsibility for any side effects or changes in my life as a result of performing these exercises. If I teach these exercises I accept full liability for any claim, suit or proceeding brought against me by another individual as a result of any TRE® presentations or trainings I provide thereby releasing Counterpoise Solutions, LLC and Kevin Berceli from complete legal, financial and medical liability that may be incurred.

I acknowledge that I am voluntarily participating in a workshop or practicing these exercises on my own volition. I am aware that by practicing these exercises or attending a workshop where these exercises are being used, I assume and accept the risk of any adverse outcome that might result from attending or using this technique. I recognize that Kevin Berceli and Counterpoise Solutions, LLC, do not recommend that I, or any person with whom I may use the techniques, stop using any prescribed medicine or other mental health counseling that I or he/she may be using, without consulting a doctor, even if after using the techniques it appears to indicate that such medicine or therapy is unnecessary.

I claim that:

1. I have not modified this form from its original content and that,
2. I will not hold Kevin Berceli or Counterpoise Solutions, LLC liable for any damage to my emotional or physical health or any other personal complications arising in any way whatsoever from attending a workshop, using or teaching this technique.
3. I am aware that Kevin Berceli is not a licensed physician or MD and therefore is not providing medical advice for the effects of TRE®.
4. I have read and accept the content of this entire release and disclosure statement.