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To whom it may concern,

My name is Jessica Whitaker, I am an LCSW and I am working at Luke Air Force Base as one of the Treatment Managers in the Family Advocacy Program. I complete intakes, and do treatment – individual, couples and groups in the area of Domestic Violence. After having Dr. Berceci invited to our Mental Health Program to teach us the Trauma Releasing Exercises (TREs) I, myself, began to practice them. I have a policy of not asking my clients to do anything I have not done myself. I found the exercises to be amazing in relieving stress and tension from my body.

Due to my positive experience with the exercises I decided to use them not only with the men in the Men's Anger Management Group I facilitate but with my individual clients as well. Though I do not facilitate the Women's Anger Management Group I do go in and teach them the exercises.

As a certified EMDR therapist I learned through one of my trainings on trauma that men in particular have a difficult time accessing the verbal part of their brain after experiencing trauma and therefore have a difficult time articulating their trauma experiences. Though EMDR is not a talking therapy I deduced that if I teach them the TREs first, before beginning EMDR, knowing the body remembers the trauma, it seemed to me they would be more open to doing the EMDR work. The trauma in the body is apparently reduced through the exercises. Most of my clients are not doing EMDR and yet are reporting positive benefits from the use of the exercises.

One of my goals is to teach the exercises as a means of having a method of reducing trauma and stress in their bodies without having them talk about what they may have difficulty talking about. They are encouraged to practice the exercises in their homes, on their own time, especially at the end of their duty day. The Active Duty Members who do take the time to do the exercises have reported them useful in terms of eliminating stress and anger. They say "it's weird, but it works." In my current Men's Group they are asking me to teach their spouses/significant others the exercises, which I am pleased to do.

Another goal is to teach as many people as I can the exercises because they do make a positive difference in the men and women I have taught thus far, including myself. Though we all agree that not everything works for everybody, thus far this has proven to be a really effective method of therapy for the healing of the body.