

Youth Anxiety, Overwhelm & the Need for Practical Self-Regulation

The problem

Anxiety. Overwhelm. Difficulty recovering from stress. Young people are growing up under intense emotional and social pressure — while parents, educators and coaches are searching for practical ways to help.

Globally, **1 in 7 adolescents** experiences a mental health condition. Anxiety disorders are the most prevalent emotional disorders in adolescence, and **suicide is the third leading cause of death among 15–29-year-olds worldwide**.

Source: World Health Organization, Adolescent Mental Health, 2025.

The solution - empower agency in youth over self-regulation skills

Dynamic Superpower and **Reflexomobility** form an age-adapted educational framework for introducing regular sessions of body awareness, tension release and neurogenic tremoring to children and adolescents through properly prepared adults working in youth-serving settings.

The work is intentionally different from simply transferring the standard adult TRE process to minors. It addresses mindfulness principles, developmental language, group dynamics, institutional permission, consent, student choice, opt-out alternatives, nonclinical scope and safeguarding.



The action - attend the informational workshop to develop awareness of the new framework

Who is it for?

TRE® Providers and Trainers who would like to integrate the new framework responsibly into:

- 1) work with children 6-12;
- 2) adolescents (12+);
- 3) parents and guardians;
- 4) after-school programmes.

Formal professional support

Dr. David Berceli, Founder of TRE™, had been involved in the development of this educational framework since 2021. He provided direct input into the age-adapted curricula to Vera Live, Špela Potočnik and Katja Jarc, followed and supported the structured Slovenian pilot in real educational settings.



What You Will Learn & Experience

Practical methods, professional input, research findings, group work, peer exchange and opportunities to facilitate activities.

Workshop highlights

- Fundamentals of the Dynamic Superpower and Reflexomobility curriculum
- Pilot findings and lessons learnt
- How to introduce key framework principles appropriately in after-school settings
- How to create a sense of safety with children and teenagers
- How to adapt language, activities and facilitation to different age groups
- How to use play, movement and group dynamics
- How to introduce body awareness, tension release and neurogenic tremor to young people
- How to facilitate groups of children or teenagers
- Practical tools, exercises and interventions to support your work

Gain practical skills and insight in a 2-day immersive in-person workshop,

October 23-24, 2026, Slovenia, Ljubljana.

Early registration by September 30: €280.
Regular investment: €295.

REGISTER HERE

Facilitators



Vera Live

Founder of Reflexomobility Academy; co-founder of Dynamic Superpower with Dr. David Berceli; PE teacher; certified TRE Provider; E-RYT 500.



Katja Jarc

Licensed marriage and family therapist, Gestalt counsellor and trainer, certified TRE Provider and Reflexomobility Pilot Director.



Špela Potočnik

School counsellor and social pedagogue, certified TRE Provider and Reflexomobility Pilot Director.