

RE-BALANCE · TANYA BASSE

Resource-oriented stabilising therapy

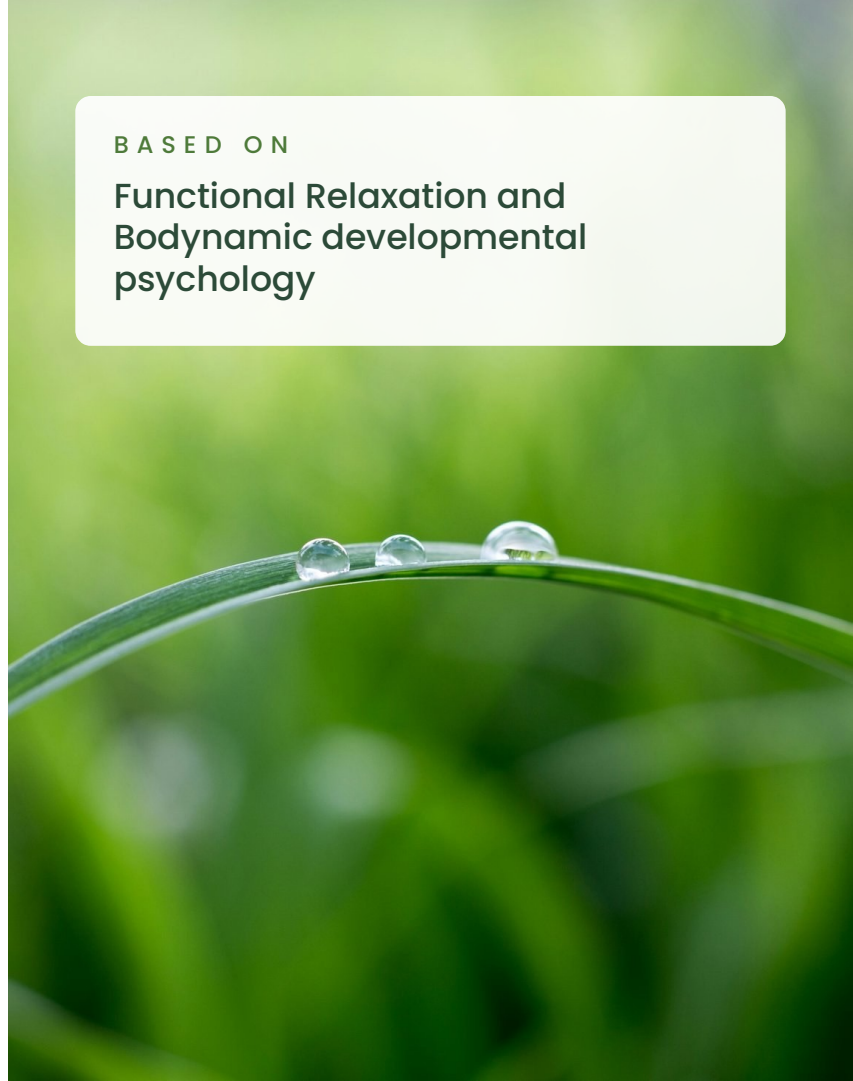
*Deep, body-oriented stabilisation for people
with PTSD, trauma and stress*

Trauma lives in the body long after the danger has passed. A nervous system in survival mode does not respond to words. It responds to safety.

This work speaks to the body in its own language: breath, touch, rest. Resources first, words later – and only if they are needed.

BASED ON

Functional Relaxation and
Bodydynamic developmental
psychology



THE METHOD

What it is – and what it gives

A gentle, body-oriented therapy that helps an overloaded nervous system return to calm. It builds on Functional Relaxation and the Danish method Bodydynamic Analysis, using breath, small movements and body awareness.

No one has to tell their story. We rebuild safety and inner resources, gently – without reliving what happened.



Better sleep

The body remembers how to settle



Less inner unrest

Less tension and less constant alertness



Their own tools

Simple exercises to return to – also on duty



A calmer nervous system

Better regulation after prolonged pressure



Pain management

Also with physical injuries and amputations



Contact with the body

Feeling at home in the body again



GROUP THERAPY

More people, less time

The group format is time-efficient: several participants receive deep stabilisation in the same session and learn exercises to use afterwards. Resting side by side, the group itself becomes a source of safety – and no one has to share their story.

1.5 h

per group session

up to 5

participants per group

2–3

individual sessions for
those who need it
most

BACKGROUND

Background and experience

More than ten years of work with stress, trauma and the nervous system – working alongside war-affected civilians and wounded soldiers.

Civilians affected by war

DIGNITY – Danish Institute Against Torture: stabilising, trauma-focused treatment for Ukrainian patients. City of Copenhagen: support for war refugees

Wounded soldiers

Led a programme in Copenhagen for wounded Ukrainian soldiers with breath, movement and regulation – PTSD, injuries and amputations

Teaching

Lectures at the Danish Defence Academy on PTSD and communication with Ukrainian soldiers and veterans

People with stress and depression

Re-balance, since 2016: body-oriented stress therapy in private practice

“Tanya’s treatment has been in high demand among the patients, and throughout our collaboration she has been an exceptionally pleasant, engaged and professional partner.”

Nikolai Cerisier Roitmann · Head of National Rehabilitation, DIGNITY



PRACTICAL INFORMATION

What is needed for a group session



A quiet room

A calm space where everyone can lie down



Mats

One mat per participant



Bolsters and blocks

For support under knees, back and neck



Pillows and blankets

So the body can soften and rest



Uninterrupted time

1.5 hours per session



Language

The participants' native language – or one they know well

Contact Tanya Basse · tanyabasse@gmail.com