

TRE
INTERNATIONAL
TRAINING



FOR EVERYBODY AND EVERY BODY

TRE® Online
Training

Global Provider Certification



**TRE® International ONLINE Training
with TRE® Global Certification Trainers
Su Thomas (South Africa) and Anya Bloom (Israel).**



TRE® INTERNATIONAL ONLINE TRAINING LED BY TRE® GLOBAL CERTIFICATION TRAINERS

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This program is recognised and approved by **TRE for All, Inc.** and is a **TRE® Global Certification Training Program.**

The training is open to everyone, whether you have experienced TRE® before or if you are new to it.

Throughout this Training Program the Modules, three in total, will be taught jointly by Su and Anya. After each Module Trainees are required to have Supervision sessions to develop the skills taught at each Module. Trainees will do some of their required Supervisions with Su and some with Anya. In this way, everyone will benefit from both the common and unique experiences of two different Trainers.

The program is designed to teach participants the skills needed to teach TRE®.

On successful completion of the Program, a participant will be certified as a TRE® Certified Provider and qualified to teach TRE® to Individuals and Groups.

A TRE® Certified Provider may teach TRE® alone or integrate it into other modalities, while distinguishing between TRE® and any other modality and teaching within their “scope of practice”.

A TRE® Certified Provider is not qualified to train or certify or give permission to another person to teach TRE® to others. Until Certified as a TRE® Provider, a Trainee Provider may not receive payment for teaching TRE®

INTRODUCTORY WORKSHOP/MODULE 1

may be attended as by anyone as a stand alone Workshop to learn TRE® for Personal Use. If you have never done TRE® before, you should to book a (free) 30 minute zoom session with either Anya or Su before signing up.

Register for an Introductory Workshop/Module One or for the full Certification Training here

<https://forms.gle/1B8AS1rMg5gxmJy4A>



OVERVIEW

Introductory Workshop/Module 1

Introduction to TRE® - Tremors - Neurology and Physiology of Trauma and Stress - Survival Responses - Containment and Self Regulation and Four TRE® Sessions.

Following Module 1 Trainees register for TRE® Certification at TRE® LLC Certification Enrolment website. Enrolment costs \$35 for most countries (\$15 for South African Trainees) After Module 1, Trainees will begin their Personal TRE® Practice which must be maintained throughout the Training period and begin to keep their Personal TRE® Journal.

Between Module 1 and 2

- 20 Personal TRE® Sessions recorded in the TRE® Journal are required in order to attend Module 2. This includes the 4 sessions done a Module 1.
- A minimum of 2 Supervisions of Personal TRE® Process.
- TRE® Journal must be submitted to the Trainers with a summary after every 5 TRE® sessions. Written feedback will be given. The Journal should be submitted in the Journal Template that a Trainee will receive.
- Trainees must attend a minimum of two of the bi-monthly group meetings online which will include Q & A's and peer facilitation and shakes.

Module 2

The Autonomic Nervous System - Belief Systems and Trauma - Polyvagal Theory - TRE® Facilitation Skills - Self-Interventions - Follow The Body - Four TRE Sessions during which trainees facilitate each other, receive feedback and expand their own TRE practice with interventions and modifications.

Between Module 2 and 3

- 20 further TRE® Personal sessions (using self interventions as appropriate) recorded in Journal and submitted to Trainers with a summary after every 10 TRE® sessions. Written feedback will be given.
- Complete two more Supervisions of the Personal TRE® process.
- Teach TRE® to four 4 different people for at least one session and submit a written report and video footage of each session.
- Guide at least one client through a series of 6 TRE® sessions (Case Study) and submit a written report and video footage of each session.
- Journal of teaching must be submitted following each teaching session and feedback will be given.

- Be Supervised by a Trainer for 4 of these sessions of teaching TRE® to an Individual. The first Supervision session will be held after the Trainee has taught TRE® for the first time to an Individual. The following sessions will be held at intervals determined by the Trainee and Trainer/s together.
- Trainees must attend a minimum of two of the bi-monthly group meetings online which will include Q & A's and peer facilitation and shakes.

TRE® JOURNAL

Name:

Welcome to the TRE Journaling process. Below is a guide for you to use with ease. The document will expand as you write, so just take as much space as you need.

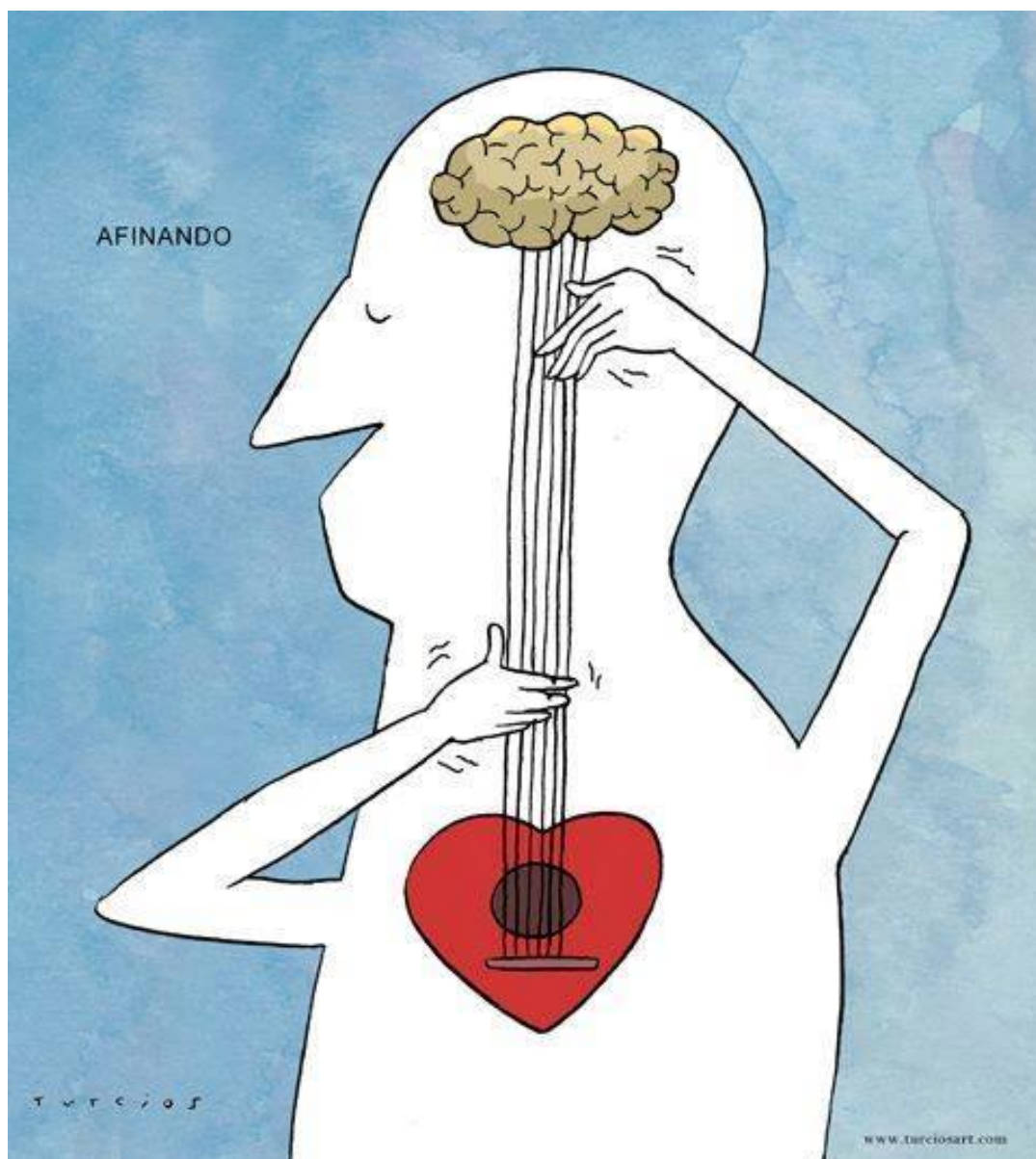
| EXAMPLE OF HOW TO WRITE THE JOURNAL | | | | | |
|---|---------|--------------|--------|---------------|---------------|
| <i>Date:</i> | 2- Sept | <i>Time:</i> | 8.00am | <i>Place:</i> | Bedroom Floor |
| <i>Quick scale</i> | | | | | |
| <i>Before:</i> | | | | | |
| Feeling tired and emotional and feel like sleeping for longer – can't face the day | | | | | |
| <i>Tremoring Experience:</i> | | | | | |
| Lots of <u>tremoring</u> in legs and nothing anywhere else <u>excepts</u> hands | | | | | |
| <i>After:</i> | | | | | |
| Rested for about 15 minutes, drank water and then felt better. More energy. Headache. Less emotional. | | | | | |

Module 3

Transference / Countertransference -Fascia and Myofascial Release - Ethics - Group Process in TRE - Scope of Practice - Resilience, Grounding & Saliency Network. Four TRE® Sessions during which Trainees have an opportunity to lead a group through a TRE session.

Following Module 3 until Certification Trainees should

- maintain their Personal TRE® Practice
- Teach TRE® to one group for a series of Six TRE® classes (Case Study) including video footage.
- Teach TRE to a group of people in person if the case study was done online or to a group of people online if the case study was done in person.
- Reports of all teaching must be submitted and feedback will be given.
- Be Supervised by a Trainer for 4 of these sessions of teaching TRE® to a Group. The first Supervision session will be held after the Trainee has taught TRE® for the first time to a Group.
- Trainees must attend a minimum of two of the bi-monthly group meetings online which will include Q & A's and peer facilitation and shakes.



Requirements for Certification

Modules - Attendance at Module 1, 2 & 3 - Each Module consists of 4 three hour sessions and are normally held on Wednesday evening, all day Thursday and Friday morning. In some circumstances the modules may be held over two days. Modules are between two to three months apart.

Journals - Journaling is an integral part of the TRE® Certification process and are kept throughout the training. Instructions and templates for journals will be provided.

Supervisions - Participants in the Training process must complete a minimum of 4 of each type of Supervisions required - of their Personal TRE® Process, of Teaching TRE® to an Individual and of Teaching TRE® to a Group. A Trainee will film teaching sessions for Supervision and the video will be reviewed by the Trainer in a zoom session with the Trainee. If it is geographically possible to have an in-person Supervision session, one or more supervisions during the Training will be held this way.

Peer Sessions - sessions of facilitating and being facilitated in the TRE® process by a colleague in the Training. These will generally be done online but may be done in person if Trainees can arrange to do so.

Group sessions - a minimum of 6 bi-monthly meetings must be attended by Trainees.

Reading and Video Reviews - Trainees should read “The Revolutionary Trauma Release Process” by Dr. David Berceli and other books, articles or videos as agreed upon with the Trainer/s and according to the Trainee’s personal interest and knowledge.

The Teaching and Practice of TRE® both in-person and Online is a part of the curriculum and Trainees will need to have

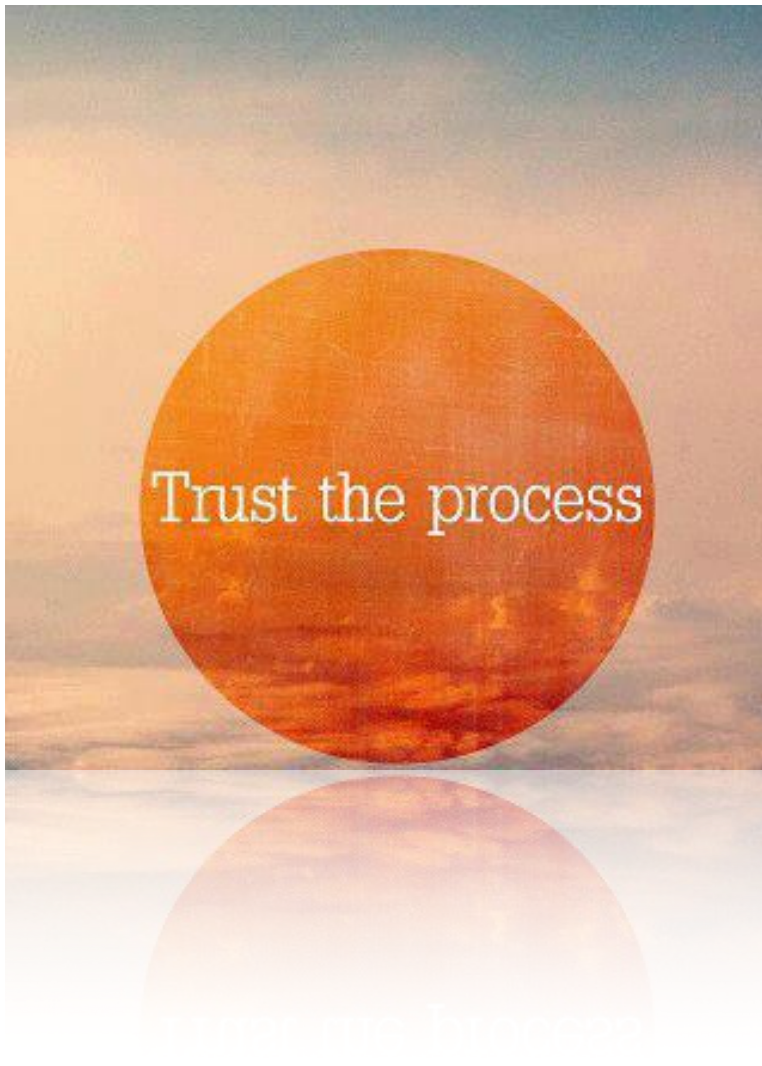
experience in both methods of teaching Individuals and Groups prior to Certification.

Throughout the Certification Process

A variety of relevant topics will be covered including skills for teaching TRE® online, applying advanced one on one facilitation, how to talk about TRE® and refining ones approach to a target audience.

Supervisions of Teaching TRE® to Individuals and to Groups will be occur at agreed upon intervals in advance of practice teaching. A Trainee may not continue the process of teaching TRE® to Individuals or Groups without having Supervision at the agreed upon intervals.

There is required reading and viewing of videos to be completed throughout the Training. Trainees will summarise the reading/viewing in written form or via a presentation to their peers during a Workshop or bi-monthly meeting.



Course Duration - Delays - Repeating a Module

A Trainee will be **Certified** as a **TRE® Certified Provider** when they have completed all the requirements of the Training, are competent in the skills required and have paid all outstanding fees. Should a Trainee choose to postpone their participation in a Module, they may join the next available Module.

Should a Trainee postpone attending a Module (for any reason) they will need to complete the practice requirements of the last Module attended within a period of eight months. Should a Trainee be unable to remain engaged in their Training for a period of longer than 8 months, they will be required to repeat the last Module they attended. Certification should be completed within a maximum of 24 months.

If completion of Certification is delayed beyond 24 months, the Trainer/s reserve the right to determine which parts of the Training will need to be repeated.

A Trainee may need to complete additional Supervisions, if they or the Trainer/s have determined that the Trainee does not meet the required competencies to be Certified as a TRE® Certified Provider. Additional fees will be applied.

PLEASE NOTE

Fees are revised annually. If a Trainee has not prepaid the for the course and continues with the Training or repeats a Module after a delay of 8 months after the last Module attended, the newly amended fees will be applied.

The TRE® Certified Provider certificate will be issued digitally from TRE for All Inc via the Trainers.

A TRE® Certified Provider will be invited to participate in Advanced Trainings and Specialised Workshops for further learning.

Fees (EURO)

| | Cost | Number Required | Total |
|--|-------------|----------------------------|--------------|
| Modules | €330 | 3 | €990 |
| Supervision of Personal TRE® Process | €100 | 4 | €400 |
| Supervision of Teaching TRE® to an Individual | €120 | 4 | €480 |
| Supervision of Teaching TRE® to a Group | €140 | 4 | €560 |
| Bi-Monthly Online Meetings (2h) | €25 | 6 | €150 |
| | | | €2580 |

Payment

Payment for all Modules must be made a week in advance of the Module. Payments for Supervisions and Group sessions are due on the day of service.

We accept payment via Bank Transfer (IBAN) to

Susanne Thomas

IBAN: DE17 5739 1800 0008 8286 01

BIC: GENODE51WW1

All Bank Transfer Fees need to be paid by the sender, we need to receive 100% of the agreed fees for workshops and supervisions.

or PayPal to treinternationaltraining@gmail.com

If paying via Paypal 4.5% banking charges need to be added to the due amount.

After registration for the course you will receive an invoice with banking and payment details for the Module 1. We prefer pay-as-you-go payment as you move through the course but if you like to prepay all of part of the course, let us know.

Cancellation Policy

Cancellation up to eight days before the workshop will be subject to a payment of 10% of the Workshop fee.

Cancellation between two & seven days before the Workshop are subject to a payment of 50% of the Workshop fee.

Cancellation less than 24h before the Workshop will be subject to the full payment of the Workshop.

In case of sudden incidents/accidents and medical emergencies (with proof of such provided), cancellation will be subject to a fee of 10% of the Workshop fee or alternatively the full fee may be applied to the next available Workshop.