



TRE®, LLC CORE REQUIREMENTS

Module One – 3 x training days - Face to face - in a group setting

MODULE 1 INCLUDES:

- Anatomy, neurology and physiology of stress and trauma as it relates to TRE®
- Understanding the tremor response
- Introduction to the Poly-vagal theory
- Defense reactions as they relate to TRE®
- Containment and grounding strategies
- Introduction to basic skills of working with individuals and groups
- Introduction to TRE® and personal tremoring experience.

FOCUS OF MODULE 1

Part 1: The focus is on your PERSONAL TRE® process.

Part 2: The focus is on PRACTICE TEACHING TRE® to individuals.

Between modules 1 and 2 all trainees will focus on:

- Personal TRE® process and practice
- Journaling of personal practice (40 Journals before certification. Please send journaling diary at the end of each month to fionasomahealth@gmail.com. Please see file on journaling suggestions.
- Part time supervision process, which consists of group, one-on-one and Zoom/Skype sessions - APPROX 20 HOURS OVER THE COURSE – see details below
- Studying the “*Areas of Awareness in the Practice of TRE®*” paper which you will receive after Module 1 weekend and once you have enrolled with TRE® LLC
- Learning the TRE® Template
- Read 2 books – at least one from the recommended reading list. If this is not possible, to read articles related to stress and trauma, as well as videos from the recommended

authors.

- Buddy up for 2 sessions with one of your colleagues. If this is not possible, doing 2 sessions with your CT or mentor on Zoom/Skype. Write a short report on the experience of leading, and being led and send to fionasomahealth@gmail.com.
- Maintain a LOG BOOK/DIARY detailing all the dates of your trainings, Re-attendance or Auditing of modules, Practice teaching sessions, Supervision sessions, Buddy up sessions and assisting other providers in group sessions. Please send your log book every 3 months to fionasomahealth@gmail.com
- After 6-8 weeks of personal practice, you and your CT or mentor will determine your groundedness to practice teaching with one or two friends. Please follow the practice teaching guidelines. After practice teaching sessions, please send a short report to fionasomahealth@gmail.com



Module Two – 3 x training days - Face to face - in a group setting
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MODULE 2 INCLUDES:

- Attachment theory.
- The role of Fascia in TRE®.
- TRE® interventions - non-touch, touch.
- TRE® modifications.
- Teaching TRE® to groups.
- Working with special groups (addiction/rehabilitation, working with children, elderly, emergency & disaster recovery, community work).
- Ethical guidelines.
- Transference/Countertransference.
- Experiential learning throughout the module.

FOCUS OF MODULE 2

Part 1: The focus is on deepening personal TRE® process and learning hands-on interventions.

Part 2: The focus is on teaching TRE® to groups.

Part 3: The focus is on Case Studies – see below.

**FOLLOWING MODULE 2 AND PRIOR TO FINAL
CERTIFICATION THE TRAINEE WILL:**

- Continue to complete the minimum of 20 hours of supervision throughout the training period. Supervision will start after Module 1 and continue until certification. Supervision dates will be discussed with your Certifying Trainer (CT), and may be particularly tailored to suit the trainee's requirements. Please see section on SUPERVISION for further details below.
- Continue to complete 40 Journaling sessions before the end of the Module 2 Training. Please send journaling diary at the end of each month to fionasomahealth@gmail.com.
- Read 2 books – at least one from the recommended reading list. If this is not possible, to read articles related to stress and trauma, as well as videos from the recommended authors.
- Buddy up for 2 sessions with one of your colleagues. If this is not possible, doing 2 sessions with your CT or mentor on Zoom/Skype. Write a short report on the experience of leading, and being led.
- CASE STUDIES

- 1) Teach 2-3 individuals TRE® - 6-8 times and write up a full *case study on each individual's progress over the 6-8 week period .
- 2) Teach 1 group of people (3-5) TRE® - 6-8 sessions and write up a full *case study on each session, each individual and the group over the 6-8 week period.

Please note - the trainee and the Certification Trainer, as per their learning agreement/plan, will determine the size and the make-up of the group, and who may be appropriate to work with.

* *Case Study - A process or record of research in which detailed consideration is given to the development of a particular person, group, or situation over a period of time.*

Please send your case studies in ONE document per case study. Please send this document in PDF format with your name clearly on the file name e.g. Jane Taylor – Case study 1- 29th December 2019. Google drive is the best way to send your file of documents and videos.

- Continue to integrate the learning from one teaching experience prior to continuing to the next teaching experience.
- Demonstrate competency in all the identified areas.
- Continue to maintain your LOG BOOK/DIARY detailing all the dates of your trainings, re-attendance or Auditing of modules, Practice teaching sessions, Supervision sessions,

Buddy up sessions and assisting other providers in group sessions. Please send your log book every 3 months to fionasomahealth@gmail.com

Outlined above are the **minimum core** certification requirements to become a Certified TRE® Provider. These requirements were developed by CT Fiona Leibowitz for TRE® Romania.

ASSESSMENT FOR CERTIFICATION

The Certification Trainer will determine the process used for assessing trainee competency. Trainees will be informed of this assessment process in the information package that will be provided prior to certification training registration.

The Certification Trainer will issue the Certified TRE® Provider certificate upon successful completion. It is recommended that certification take place within 24 months of the Module 1 Training.



INVESTMENT

For Certification we require you to complete:

3 days Module 1

3 days of a Module 2

Each module is \$500.00 per Module

Minimum 20 hours Individual and Group Supervision between Module 1 and Certification.

SUPERVISION FEES

Over the Module 1 and Module 2 Training, you will be required to attend a **minimum of 20 Supervision hours** with your TRE® Trainer or allocated supervisor.

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Cost per 1 hour Supervision

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€60 per hour private supervision

€30 per hour group supervision

Please note that 2 hours of group supervision has the value of 1 hour of your required 20 hours). These groups happen monthly and you will be informed of times and dates in advance.

*Please note this does not include registration with TRE® LLC - All trainees are required to register and enrol with TRE®LLC at a cost of \$35.00

Once certified, you will be added to the Global TRE® site at a fee of \$75.00

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This is an example of how the supervision may work, but will vary for each student, depending on location, travel or family responsibilities etc.

12 hours of personal Supervision = 720 Euros

16 hours of group supervisions = 480 Euros

PLEASE NOTE THIS DOES NOT INCLUDE the International Enrollment and Registration fee of US\$35 for TRE® LLC. This payment is required after Module 1 if you intend continuing on the Global Certification Programme.

TRE®, LLC recommends that as much as possible the above supervision requirements take place in a group-supervision setting. The Certification Trainer will determine how much will take place in group-settings and/or individual sessions. Also, the above, can be completed via Skype or Zoom.us when the Certification Trainer determines this is necessary and adequate or in the case of trainees living in other cities/countries.

TRE® FULL TRAINING INVESTMENT INCLUDES

-6 DAYS of group training - Module 1 and Module 2

-Internationally recognised Certification

-Training manual

-Becoming part of a growing TRE® community which offers support

through postgraduate supervision and master class updates

-Becoming part of a private FACEBOOK group where you get to read and post interesting articles/videos etc. and obtain support from your peers

RE-ATTENDING AND ASSISTING AT ADDITIONAL WORKSHOP MODULES:

Trainees and providers are encouraged to re-attend TRE® workshops for their own learning and benefit throughout the certification training period and after. All enrolled trainees are able to re-attend 3 day modules/ workshops at a reduced rate of \$250. Re-attending and assisting at modules/workshops is an invaluable way to deepen your understanding and integration of the material presented, as well as to help facilitate your own tremoring through practising in a group environment. As TRE® grows, we are constantly adding new information to the workshops/modules - we also know that observing the practice in a group is a very positive and powerful learning experience of this process. You will also get a chance to tremor yourself at times, and tremoring at re-attended workshops can be counted towards your required personal practice of TRE® hours for TRE® ADVANCED STATUS. Please note that re-attending modules, does not count towards supervision hours.

PRE-REQUISITE TO TRAINING:

You must have experienced at least one session of TRE® with a certified TRE® Practitioner

OR

You must have had an interview with your trainer or mentor prior to the training commencing. Contact fionasomahealth@gmail.com for application.

