



# **TRE® Global Certification Programme**

## **TRE®, LLC CORE REQUIREMENTS FOR CERTIFICATION ONLINE TRAINING**

### **Module 1**

**Wednesdays - 28<sup>th</sup> October + 4<sup>th</sup>/11<sup>th</sup>/18<sup>th</sup> /25<sup>th</sup> November 2020**

**5.30pm – 8.00pm GMT + 2**

This initial M1 is open to all wanting to understand more about TRE® and the tremor mechanism, and wish to use it for **personal development**. Please note this training is in English.

For those wishing to become **TRE® Providers and teach it to others**, attendance at the **three Modules between October 2020 and June 2021 are mandatory** - You can make this decision after Module 1.

## Module 1 Includes

- Introduction to TRE®
- Practiced and guided awareness of your personal tremor mechanism
- Basic Anatomy, Neurology and Physiology of stress and trauma as it relates to TRE®
- Belief Systems, and Epigenetics
- Fight, Flight, Freeze and Dissociation, as they relate to TRE® and the tremor mechanism
- Introduction to the Psoas Muscle
- Introduction to the Polyvagal theory
- Introduction TRE® and Sexual Health/Trauma
- Containment, self regulation, boundaries and grounding strategies for practice alone
- Meeting some wonderful new people!

\*\*For this Global Certification Training Fiona has added in extra lectures on how the tremor mechanism can assist with sexual trauma which may be keeping you shut down, frozen and fearful around intimacy and sex

## Between Modules 1 And 2

November - January 2020

1. **Self Practice** and observation of your tremor mechanism
2. **Learn** the *TRE® Template* of exercises to lead individuals
3. **Journal** 6 personal sessions/experiences – 100-200 words each session.
4. **Read** 1-2 books – at least *one* from the recommended reading list. If this is not possible, read articles related to stress and trauma, as well as videos from the recommended authors. **Write** a 200-300-word review

# Module 2

Wednesdays - 13<sup>th</sup>/20<sup>th</sup>/27<sup>th</sup> January + 3<sup>rd</sup> /10<sup>th</sup> February 2020

5.30pm – 8.00pm GMT + 2

**Part 1:** The focus is on deepening, exploring and playing with your **personal TRE® process**

**Part 2:** The focus is on **teaching TRE® to individuals**

**Part 3:** The focus is to understand **Self-Regulation and Co-Regulation**, and how to work safely with **Basic Interventions and modifications**

**Part 4:** The focus is on **Self-Observation, Boundaries, and Self-Care**

## Module 2 Includes

- Deepening your understanding of the tremor response
- Teaching TRE® to INDIVIDUALS
- Introduction to basic therapeutic skills of working with individuals – Spatial Awareness/ Self Awareness/ Relationship Awareness
- Introduction to Transference/Countertransference and Boundaries with TRE®
- Vagal Toning for greater Social Engagement
- TRE® interventions - non-touch/ basic touch /props
- Containment and grounding strategies with individuals
- TRE® basic modifications.
- Ethical guidelines of working with individuals.

## Between Modules 2 And 3

February – April 2021

1. **Self Practice** and **Exploration** of your tremor mechanism
2. **Study** the “*Areas of Awareness in the Practice of TRE®*” paper which you will receive after your Module 2 and ONLY when you have enrolled with TRE® LLC (we will discuss this further at Module 1)
3. **Learn** the *TRE® Template* of exercises to lead Groups
4. **Practice** TRE® with a few friends or family (where there is no conflict) – **Feedback** in personal supervision sessions with your mentor
5. **Journal** 6 personal sessions/experiences – 100-200 words each session.
6. **Read** 1 book from the recommended reading list. If this is not possible, read articles related to stress and trauma, as well as videos from the recommended authors. **Write** a 200-300-word review.
7. **Buddy up/Meet** for 1-2 sessions with one of your colleagues online. **Write** a 200-300 word review on the experience of leading, and being led.

# Module 3

Wednesdays - 14<sup>th</sup>/21<sup>st</sup>/28<sup>th</sup> April + 5<sup>th</sup> /12<sup>th</sup> May 2021

5.30pm - 8.00pm GMT +2

**Part 1:** The focus is on continued exploration of your **personal TRE® process**

**Part 2:** The focus is on **teaching TRE® to Groups**

**Part 3:** The focus is on how to work safely with more complex **Interventions and modifications**

**Part 4:** The focus is on **Case Studies** after Module 3

## Module 3 Includes

- Teaching TRE® to GROUPS
- Introduction to basic therapeutic skills of working with groups
- Spatial Awareness/ Self Awareness/ Relationship Awareness
- Working with specialized/niche groups - Closed/Open groups
- Creativity and intuition in working deeper with TRE®
- Working with SEXUAL TRAUMA and TRE®
- Attachment theory and how this affects relationships
- Containment and grounding strategies with groups
- Ethical Guidelines working with Groups
- Exploring the role of Fascia and Neuroception in TRE®

# From Module 3 To Certification – 6-12 Months

1. **Continued Self Practice, Exploration and Observation** of your tremor mechanism

2. **Case Studies**

**i. Individual Case Study x 2**

1. Teach TRE® to **1 person**
2. Take them through **6-8 sessions** and write up a full **\*\*case study**
3. **2 videos** required

**ii. Group Case Study x 1**

1. Teach) TRE® to **1 group** of people (3-4)
2. Take them through **6-8 sessions** and write up a full **\*\*case study**
3. **2 videos** required

- Please note – you and your TRE® Trainer and Mentor will determine the size and structure of the group, and who may be appropriate to work with or not.
- You may also request to facilitate and write up your case studies in your own native language.
- If writing is a problem for you, you may request to do a voice recorded session, or discussion with your notes.

**\*\*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.**

## **Journals, Reviews, Log Book, Case Study Documents and videos**

1. **Create a private FACEBOOK group** for all your **\*\*Journals, Written Reports, Case Study documents and videos, \*\*logbook and Learning Plan.**
2. **Invite FIONA SOMA** and your mentor to the group.
3. Please name the group e.g. **TRE® Jane Brown ONLINE 2020**

**\*\*Log Book** – This details all the dates of your

1. TRE® Module Trainings
2. Supervision sessions
3. Re-attendance or Auditing of modules
4. Practice teaching sessions
5. Assisting other providers in group sessions
6. Buddy up sessions

**\*\* Journal** – This is for you to record your TRE® sessions. We provide you with a template after Module 1 if you continue on the Global Certification Programme.

(See examples next)



# Example of a TRE® Training Log Book

## TRE® Training Log Book

Name: Jane Brown

CT Name: Fiona Leibowitz

Mentor Name: Teodora Buzoianu

Date of Birth: 2.04.1975

Profession: Physiotherapist

City & Country: Ibiza, Spain

M1 How long?	M2 Date & How long?	Audit/Assist M1 Date & How long?	Private Supervision With CT Date & How long?	Group Supervision With CT Date & How long?	Group Supervision With Mentor/ supervisor Date & How long?	Meet with another provider/trainer student /Buddy up with colleague date & How long?	Notes
5/2018 -6:30pm	05/10/2018 10am-6:30pm	14/06/2019 9am-6:30pm	17/06/2018 60 min	25/07/2018 2 hours	29/05/2019 1 hour Teodora Buzoianu	27/11/2018 60 min	My Buddy up colleague was Sarah - we discussed our own TRE process and our experience with the case studies.
6/2018 -6:30pm	06/10/2018 10am-6:30pm	15/06/2019 9am-6:30pm	01/08/2018 60 min	8/10/2018 3 hours		03/12/2018 60 min	
6/2018 -6:30pm	07/10/2018 10am-6:30pm	16/06/2019 9am-6pm	13/08/2018 60 min	01/11/2018 2 hours		18/12/2018 60 min	
6/2018 -6:30pm			29/08/2018 60 min	13/01/2019 1 hour		22/01/2019 60 min	
			08/10/2018 90 min	24/03/2019 2 hours		06/02/2019 60 min	

CT = Certification Trainer - Training or Audit – Audit means attending a module again at 50%

# Example of a TRE® Journal

Session 8:				
<b>Date:</b>	02.10.18	<b>Time:</b>	12:10	<b>Place:</b> New flat - livingroom
<b>Before:</b>	Unpacking boxes, feeling very happy and anxious about 'what-ifs'. I feel I want to get active and do something about feeling anxious.			
<b>Tremoring Experience:</b>	Tremoring on the mat on the hard floor surface makes a difference in upper body tremors for me, they are more defined and strong. I also experience more with turning to the sides and can feel more hip movement, which seems to be necessary.			
<b>After:</b>	I feel like the tremors have reached new areas on the sides, which feels nice and I can feel new sensations on the skin on my sides of my body. The tremors always leave my skin very alive and tingly, which has now spread to the sides of my body.			

Session 9:				
<b>Date:</b>	04.10.18	<b>Time:</b>	07:45	<b>Place:</b> Livingroom floor
<b>Before:</b>	I have a day of Homeoffice and enjoy these days very much as I can practice and extended morning routine – TRE being part of this routine.			
<b>Tremoring Experience:</b>	I perform all exercises and give myself 30 minutes. I enjoy the 'ritual'. I more and more get into the mindset to not chase the tremors but to stay very present and enjoy the sensation of the vibration, even if it is very subtle. This is a new way for me, as my tremors usually used to be very noticeable, I now enjoy not controlling / pushing for more anymore but enjoying just whatever happens. This is NEW for me.			
<b>After:</b>	Feeling content and pleased with myself to have taken the time, to have enjoyed the practice with no agenda and starting the day with a positive mindset.			

Session 10:				
<b>Date:</b>	07.10.18	<b>Time:</b>	06:30	<b>Place:</b> livingroom
<b>Before:</b>	I try to grant myself a morning routine and have been able to keep the practice up in the mornings, which I benefit from the whole day.			
<b>Tremoring Experience:</b>	Today I do not need to do all exercises, I do the Psoas stretch and sitting at the wall for a few minutes and start tremoring relaxed and keep up my new found 'no expectations' tremoring, which feels really great because I make it my practice to just enjoy myself and the sensations in my body during this time.			
<b>After:</b>	I feel content, relaxed and just good afterwards.			

Session 11 :				
<b>Date:</b>	10.10.18	<b>Time:</b>	12:45	<b>Place:</b> Living room – floor mat
<b>Before:</b>	Having fearful thoughts and feelings of insecurity			
<b>Tremoring Experience:</b>	Very much enjoy the hard surface of the floor, feeling more grounded on the floor. Tremoring moves in whole body except arms. I try the stretched out arm pose to make the tremors move into arms, without much success. I change positions frequently, to let the tremor move to different parts of my body.			
<b>After:</b>	I feel grounded and at ease.			

Session 12 :				
<b>Date:</b>	23.10.18	<b>Time:</b>	20:20	<b>Place:</b> couch
<b>Before:</b>	I came back from work and got onto the couch and relax while watching a show.			
<b>Tremoring Experience:</b>	I notice a slight tremoring and let the legs tremor very lightly whilst watching the movie. I am aware of my body while watching the show. I feel that this is all the body wants to do at the moment and the tremoring stops after a few minutes.			
<b>After:</b>	Feels very natural and right, the way the tremoring unfolded and disappeared.			

# TRE® Training and Supervision – Full Investment

## Module Fees

Each Module is € 300.00 – Each Module is 5 x 2.5 Hour sessions over 5 weeks each Wednesday

## Supervision Fees

\*\*\*\*Please note Supervision will start after Module 1 and continue until certification. (Supervision continues once you become a TRE® Provider)

€70.00 per 1 hour Personal Supervision - you will be offered a selection of times and dates for personal supervision

€45.00 per 1 hour Personal Supervision if you are from Africa or Eastern Europe

€25.00 per 1-hour group supervision - see Supervision Schedule 2020/21 below

- From Module 1 you will be invited to a private Facebook Group for your TRE® studies.
- You will receive a booking link in your Facebook group where you can book your group and personal sessions and pay directly with **PayPal or credit card.**

TRE® for Life reserves the right to cancel or reschedule trainings, workshops, and supervision sessions. In the event **we** cancel your course, workshop, training or event, all payments will be refunded.

TRE® for Life will not be responsible for cancellation costs related to airline, hotel or other incurred fees.

In the event that **you** cancel your registration, there is a minimum €50 non-refundable fee for administration.

Cancellations less than 7 days from workshop will result in loss of ALL fees paid.

Please allow 7-10 days for any refunds.

# **GROUP Supervision Schedule TRE® Global Certification Programme 2020/21**

**Sessions are online Zoom GMT+2**

<b>Wednesday 16<sup>th</sup> December</b> <b>5.30pm – 7.30pm</b>	<b>Check In For Groundedness/Self Regulation/ Awareness “What Is Presence In TRE®?”</b>
<b>Wednesday 3<sup>rd</sup> March</b> <b>5.30pm – 7.30pm</b>	<b>Transference/Counter-Transference, Triggers &amp; Boundaries</b>
<b>Wednesday 17<sup>th</sup> March</b> <b>5.30pm – 7.30pm</b>	<b>Containment interventions and Safety when leading others through TRE®</b>
<b>Wednesday 31<sup>st</sup> March</b> <b>5.30pm – 7.30pm</b>	<b>How to Follow the Body and the Nervous System – Demonstration using props and interventions</b>
<b>Wednesday 26<sup>th</sup> May</b> <b>5.30pm – 7.30pm</b>	<b>Case Studies - Q And A Session</b>
<b>Wednesday 9<sup>th</sup> June</b> <b>5.30pm – 7.30pm</b>	<b>Case Studies - Q And A Session</b>
<b>Wednesday 30<sup>th</sup> June</b> <b>5.30pm – 7.30pm</b>	<b>Working with TRE® for Sexual Health – What is Sexual Trauma and how do we work with this in a TRE® Session?</b>

## **Global Training Investment 2020/21**

**3 Online Training Modules @ €300 per module = €900.00**

**14 hours Group Supervision/Lectures/ Discussion and Practice = €350.00**

**10 hours minimum Personal supervision = €700.00 [€450.00 Africa + Eastern Europe]**

**3 hours Final Certification = €225.00 [€135.00 Africa + Eastern Europe]**

### **TRE® Full Training Investment Includes**

- 15 evenings of group online training - Module 1, Module 2 and Module 3 over a 6 month period
- Internationally recognised Global Certification
- Training manual at Module 3
- Becoming part of a growing Worldwide TRE® community which offers support through supervision, Advanced Trainings 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

**\*\*Please Note This Does Not Include**

1. 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.

2. Once you have completed all the requirements and you have been certified by your trainer, you will be added to Dr Berceli's Global TRE® site - [www.traumaprevention.com](http://www.traumaprevention.com) at a fee of \$75.00

## **Assessment For Certification**

The Certification TRE® Trainer and Mentor will determine the process used for assessing trainee competency. Trainees will be informed of this assessment process at their personal supervision after Module 2. Trainees will be advised if they require extra supervision or support, and a learning plan will be developed.

The Certification Trainer will issue the Certified TRE® Provider certificate upon successful completion. It is recommended that certification take place 9 - 18 months after the Module 1 Training.

## **Pre-Requisite To Training**

1. You must have experienced at least one session of TRE® with a certified TRE® Provider.
2. You must have had a short interview with your trainer or mentor prior to being accepted on the training.

Please contact [fionasomahealth@gmail.com](mailto:fionasomahealth@gmail.com) for application and interview time.

## **Re-Attending And Assisting At Future Modules**

Trainees and providers are encouraged to re-attend TRE® workshops and trainings for their own learning and benefit throughout the certification training period and after. After Module 3, all enrolled trainees are invited to re-attend 2 or 3-day modules/ workshops at a reduced rate of 50%. 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 trembling 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 trembling at re-attended workshops can be counted towards your required personal practice of TRE® hours for TRE® advanced status.

Outlined above are the **minimum core** certification requirements to become a Certified TRE® Provider. These requirements were developed by TRE® Global Certification Trainer Fiona Leibowitz.

[www.treforlife.com](http://www.treforlife.com)

