

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

Su Thomas (South Africa)
Anya Bloom (Israel)

CONTACT US via

treinternationaltraining@gmail.com

WhatsApp

Su +27 82 787 2229

Anya +972 52 273 4085

2024 Courses

All our courses begin on a Wednesday evening, continue on Thursday morning and afternoon and end on Friday morning.

The Time ZONE is GMT+2 or SAST

Wed 17:00 – 20:00 Thursday 9:00 – 12:00 and 14:00 – 17:00
Friday 9:00 – 12:00

Between the end of March and the end of October (Summer Time in Central Europe and Israel) our courses begin and end 30 minutes earlier.

MODULE ONE is open for Provider Trainees and can also be taken as a stand-alone workshop for Personal TRE® practice.

MODULE TWO and THREE are open only for Trainees who have done the previous MODULE(S) and the practical work and supervision that makes them eligible to proceed in the training.

MODULE ONE (Course Start)

13 – 15 March 2024

03 – 05 July 2024

20 – 22 November 2024

MODULE TWO

22 – 24 May 2024

11 – 13 September 2024

29 – 31 Jan 2025

MODULE THREE

04 – 06 September 2024

04 – 06 December 2024

07 – 09 April 2025

[Registration for all 2024 Courses](#)

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, 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 the unique experiences of two different Trainers.

On successful completion of the Program, a participant will be certified as a TRE® Certified Provider and is 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

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

OVERVIEW

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 cost is \$35. 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 the Trainee will receive.
- Trainees must attend a minimum of two of the bi-monthly group meetings online.

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
- Complete two more Supervisions of the Personal TRE® process.
- Teach TRE® to 4 (four) 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.
- Report 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.
- If teaching online, the Trainee must do at least one in person teaching session, if teaching in person, the Trainee must do at least one online teaching session. Trainees may require more than the minimum number of Supervisions.
- Trainees must attend a minimum of two of the bi-monthly group meetings online and do a minimum of 2 peer shakes with a fellow Trainee.

Module 3

Transference /Countertransference - Fascia and Myofascial Release - Group Leading in TRE - Scope of Practice & Ethics - Resilience, Grounding & Salience Network. Four TRE®

Sessions during which Trainees have an opportunity to lead a group online 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 6 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. Trainers may ask for more sessions to be done.
- 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 and do a minimum of 2 peer shakes.

Requirements for Certification

Modules - Attendance at Module 1, 2 & 3 - Each Module consists of 4 three hour sessions and are 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 who then meets with the trainee via zoom. If it is geographically possible to have in-person Supervision session, one or more supervisions during the Training may be done in person.

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 Berceci and submit a their personal views or insights of the book in writing. The Trainers offer many other resources (books, articles, podcasts and videos) via a shared online folder and in the WhatsApp groups.

Because the field of interest and skill is wide for TRE® Providers, and their professional background and personal skills are varied, we offer a wide variety of further learning from which the Trainee can choose.

The Teaching and Practice of TRE® both in-person and online is a part of the curriculum and Trainees will be required to have experience in both methods of teaching Individuals and Groups prior to Certification.

Presentation - before or at Certification, the Trainee is required to prepare and present a Presentation for a group meeting. These Presentations will be developed in coordination with the Trainers after Module 3.

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.

A Trainee will begin teaching TRE® to Individuals after Module 2 and with the approval of the Trainers. A Trainee will begin to teach TRE® to Groups after completing the requirements for teaching TRE® to Individuals and with the approval of the Trainers.

We encourage peer sessions beyond the required minimum of four sessions, they are the best learning experience throughout the course. If possible, Trainers will arrange in person group sessions for those who are geographically near them.

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

If a Trainee takes more than 12 months from Module 1 to certification and our fees have been revised in the meantime, the amended fees will be applied after 12 months.

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. We emphasise that further learning and maintaining personal practice is expected and necessary as TRE® is an evolving practice and method.

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

EURO Payment

Payment for all Modules must be made a week in advance of the Module. Invoices for supervisions and group sessions will be sent on the day of service and payable within 7 days.

Within the EU payment can be made via Bank Transfer to

Susanne Thomas

IBAN: DE17 5739 1800 0008 8286 01

BIC: GENODE51WW1

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

OR via PayPal to treinternationaltraining@gmail.com

If paying via Paypal, 4.5% Paypal charges should 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 would like to prepay all, or part of, the course, let us know.

**THE FEES AND OPTIONS BELOW ARE ONLY VALID FOR
TRAINEES RESIDING IN SOUTH AFRICA AND PAYING VIA
EFT TO A SOUTH AFRICAN BANK ACCOUNT.**

Fees South Africa (Rand)

	Cost	Number Required	Total
Modules	3,900	3	11,700
Supervision of Personal TRE® Process	900	4	3,600
Supervision of Teaching TRE® to an Individual	1,100	4	4,400
Supervision of Teaching TRE® to a Group	1,300	4	5,200
Bi-Monthly Online Meetings	300	6	1,800
			26,700

Payment via EFT

Pay-As-You-Go : You will be issued an invoice for every Module, supervision and group session that includes banking details.

Monthly Payments: The total fees for the Certification remain unchanged but payments may be made as follows,

1. Prepayment of Module 1 = R 3900
2. Remaining fees divided by 12 months = R 1900 per month

You will be issued an invoice of the total course fee from which your monthly payments will be deducted as received.

HYBRID TRAINING FOR TRAINEES LIVING IN KwaZulu Natal, South Africa

It is possible to attend the Modules ONLINE and attend monthly in person group meetings of Trainees (in Winston Park near Hillcrest) and to have some in-person supervision with Su instead of online. Su will also attend/ supervise at least one of your group sessions in person after Module 3.

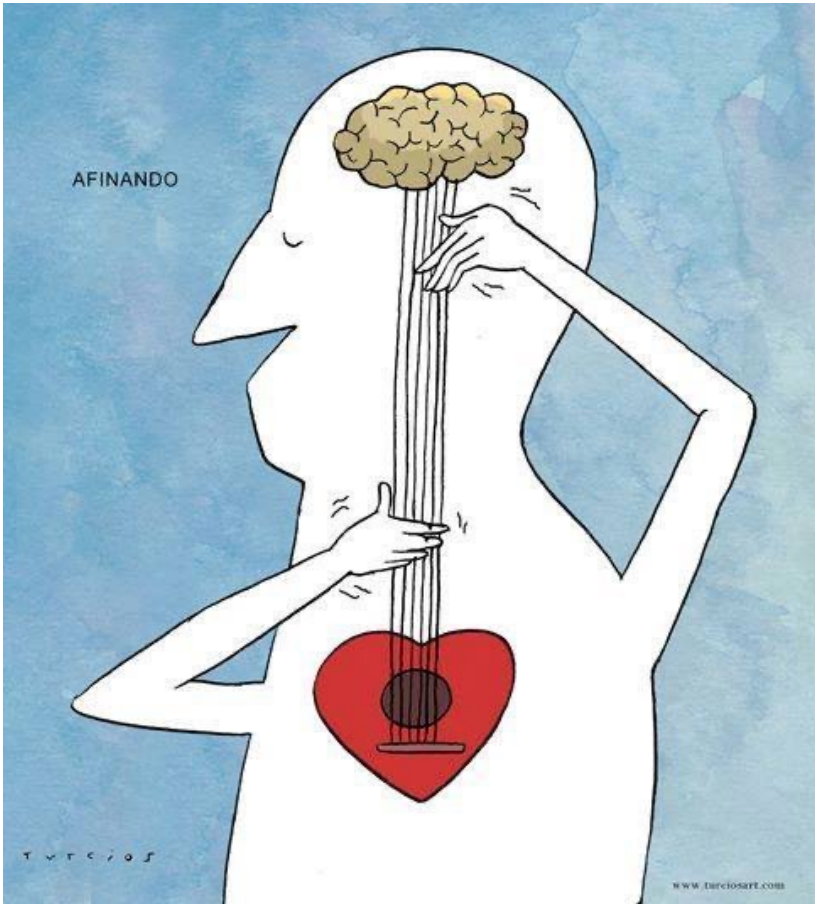
Cancellation Policy

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 the 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.



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TRE® has not been evaluated by the US Food & Drug Administration or the American Medical Association. This technology is not intended to diagnose, treat, cure, or prevent any disease. Medical advice must only be obtained from a physician or qualified health practitioner. Results may vary between individuals. There are no guarantees, expressed, or implied.