

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



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## Course Basics

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

It consists of three Modules taught by Su Thomas & Anya Bloom. The Introductory Workshop/Module 1 may be attended by anyone as a stand alone Workshop to learn TRE® for Personal Use or to deepen their TRE® experience.

The Certification 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 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 a Trainee may not receive payment for teaching TRE®

[Registration Link](#)

Register  
via QR Code





# 2024 Courses

## MODULE ONE

13 - 15 March 2024

03 - 05 July 2024

22 - 24 November 2024

Time ZONE is GMT+2 or SAST

Wed 17:00 – 20:00

Thursday 9:00 – 17:00

Friday 9:00 – 12:00

## MODULE TWO

22 - 24 May 2024

11 - 13 September 2024

29 - 31 January 2025

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

## MODULE THREE

04 - 06 September 2024

04 - 06 December 2024

07 - 09 April 2025

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 for Provider Trainees and can also be taken as a stand-alone workshop for Personal TRE® practice. If you have never done TRE® before, please book a (free) 30 minute zoom session with us before signing up.

MODULE TWO and THREE are open only for Trainees who have done the previous MODULE(S) and the necessary practical work and supervisions to be eligible to proceed in the training.

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## Course Details

**MODULE ONE - Introduction to TRE® - Tremors - Physiology of Trauma and Stress - Introduction to the Autonomic Nervous System - Containment and Self-Regulation - Four TRE® Sessions.**

**MODULE TWO - TRE® Facilitation Skills- Polyvagal Theory - Belief Systems and Trauma - Non-Touch Interventions - Four TRE® Sessions including teaching TRE to Individuals**

**MODULE THREE - Group Leading Skills - Transference and Countertransference in TRE® - Fascia and Myofascial in TRE® - Grounding & Salience Network - Four TRE® Sessions including Group leading practice**

**The following requirements must be fulfilled to progress from Module to Module.**

### **Between Module 1 and 2 (12 weeks)**

- Record 20 Personal TRE® Sessions in a TRE® Journal. This includes the 4 sessions done a Module 1.
- Have 2 one on one supervisions of your Personal TRE® Process.
- Attend a minimum of two bi-monthly group meetings.



## Course Requirements

### Between Module 2 and 3 (12 - 14 weeks)

- Record 20 more TRE® Personal sessions (using self interventions as appropriate) recorded your Journal.
- Have 1 supervision of your Personal TRE® process.
- Teach 10 sessions of TRE® to at least 4 individual practice clients and submit video and a report of each of these sessions. One of these “clients” will be taught for 6 sessions (Case Study).
- Have Four Supervisions of your Individual TRE® Teaching Process (either as a one to one Supervision or in a group supervision, as determined by the Trainers).
- Attend two bi-monthly group meetings.
- Participate in 2 TRE® Peer Sessions.

### Following Module 3 to Certification

- Maintain your personal TRE® practice and have 1 supervision of your Personal TRE® process.
- Teach 6 weekly TRE® sessions to a group of 4-6 practice clients and submit video and a report of each of these sessions (Case Study)
- Teach 1 TRE® group session online if your case study was done in person, or 1 TRE® group in person if your case study was done online.
- Take Four Supervisions your Group TRE® Teaching Process (either as a one to one Supervision or in a group supervision, as determined by the Trainers).
- Attend two bi-monthly group meetings
- Participate in 2 TRE® Peer Sessions.



## Certification Requirements

**Attendance at Module 1, 2 & 3** - Each Module consists of 4 three hour sessions of theory and practice

**Journal** - Journaling is an integral part of the TRE® certification process and are kept throughout the training. Instructions and templates will be provided.

**Supervisions** - Trainees are required to attend 4 supervisions of their Personal TRE® Process, 4 supervisions of teaching TRE® to an Individual and 4 supervisions of teaching TRE® to a group. Supervision may be done on one with a trainer or in a trainee group. Instructions and templates will be provided.

**Peer Sessions** - Facilitate and be Facilitated in TRE® by a fellow Trainee, independently online or in-person.

**Group Meetings** - 6 bi-monthly meetings must be attended throughout the course. Trainees are welcome to attend more for an extra fee.

**Reading and Review** - Trainees need to read “The Revolutionary Trauma Release Process” by Dr. David Berceci and submit a summary their personal views or insights of the book in writing.

**Presentation** - before or at Certification, the Trainee will present a talk in a group meeting. The Presentations will be developed in co-ordination with the Trainers after Module 3.

## Fees and Payment

After registering for the course, attendants will receive an invoice with banking and payment details for 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. Payment for all Modules must be made a week in advance.. Invoices for supervisions and group sessions will be sent on the day of service and are payable within 7 days.

### Fees (Payable in 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	25	6	150
			<b>2,580</b>

Payment in EURO via Bank Transfer to an IBAN account in Germany. (All banking fees shall 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](mailto:treinternationaltraining@gmail.com).

If paying via Paypal, 4.5% Paypal charges must be added to the due amount.

ZAR FEES AND OPTIONS 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
			<b>26,700</b>

Payment in ZAR

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

Monthly Payments:

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

## Cancellation Policy & Delay

- Cancellation up to eight days before a Module will be subject to a payment of 10% of the fee.
- Cancellation between two & seven days before a Module will be subject to a payment of 50% of the Module fee.
- Cancellation less than 24h before a Module will be subject to the full payment of the Module fee.
- In the case of sudden incidents/accidents and medical emergencies (with proof of such provided) 100% of fees paid may be applied to the next available Module.
- The certificate will only be issued after full payment of all outstanding fees.
- Should a Trainee choose to postpone their participation in a Module, they may join the next available Module.
- If postponing attendance of Module 2/ Module 3 for any reason, the practice requirements following the last Module attended, should be completed within 8 (eight) months, otherwise the trainee is 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, Trainers reserve the right to determine which parts of the training will have to be repeated.
- Trainers reserve the right to require the Trainee to complete more Supervision Sessions at each stage of the Training if adequate competency has not been reached.
- If a Trainee takes more than 24 months to certification and our fees have been revised in the meantime, the revised fees will be applied.
- The TRE® Certified Provider certificate will be issued digitally.
- Once certified, the TRE® Provider will be invited to participate in Advanced Trainings and Specialised Workshops for further learning. We emphasise that further learning and continued personal practice is expected and necessary, as TRE® is an evolving practice and method.

*TRE® denotes TRE's registered trademark. Dr. David Berceci holds the Copyright, Trademark and Service Mark (SM) for all TRE training materials and the TRE process. All rights to use is reserved and TRE FOR ALL, Inc (TFA) (NGO) holds distribution rights. Also protected are: Trauma Release Process SM, Tension Release Process SM. TRE website: <http://www.treforall.org>*

*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.*