

TRE
INTERNATIONAL
TRAINING



FOR EVERYBODY AND EVERY BODY

TRE® Online
Training

Global Provider Certification

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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2025 COURSE DATES

March 2025 Course

Module 1: 19 – 21 March

Module 2: 11 – 13 June

Module 3: 17 - 19 September

June 2025 Course

Module 1: 25 - 27 June

Module 2: 27 - 29 August

Module 3: 3 - 5 December 5

November 2025 Course

Module 1: 26 - 28 November

Module 2: 18 - 20 February 2026

Module 3: 27 - 29 May 2026

[Registration Link for all 2025 Courses](#)

All courses begin on a Wednesday evening, continue on Thursday all day and end on Friday mid-day.

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) the Modules begin and end 30 minutes earlier.

Overview of TRE® Online Certification Course - 2025

TRE International Training Online Certification program is delivered by Su Thomas & Anya Bloom, TRE® Global Certification Trainers who are qualified and recognised by TRE for All, Inc.

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® Provider and will be qualified to teach TRE® to Individuals and Groups. The minimum time allocated to this training course is 9 months and should be completed within 24 months.

The Certification received by Trainees on completion of the full training program is compliant to the standards of TRE for All, Inc.

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”.

Until certified a Trainee **may not** receive payment for teaching TRE®

A TRE® Certified Provider is not qualified to train or certify or to give permission to another person to teach TRE®.

The Certification Program has three Modules with associated requirements for each stage. Each Module is held over three days (generally Wednesday evening, Thursday all day and Friday morning).

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.

If you have never done TRE® before, please book a (free) 30 minute zoom session with us before signing up to a Module 1 Workshop.

General Requirements for Certification as a TRE® Certified Provider

- Attend Module 1, Module 2 and Module 3 of the Certification Program
- Journal a minimum of 40 Personal TRE® process
- Receive FOUR Supervisions of your Personal TRE® Process
- Teach TRE® a minimum of 10 times to individual Clients (In-Person)
- Receive FOUR Supervisions of your Teaching TRE® to an Individual
- Teach TRE® a minimum of six times to a Group (In-Person)
- Teach TRE® a minimum of once to an Online Group
- Receive FOUR Supervisions of your Teaching TRE® to a Group
- Attend a minimum of six Bi-monthly online Group meetings
- Participate in a minimum of 4 TRE® Peer Sessions

Please note that these are the minimum requirements to certify as a TRE® Provider, the training is competence based and if minimum competence, as determined by the Trainers, is not achieved, a Trainee may have to re-attend a Module and/or complete supplementary Supervisions.

Full Program Syllabus & Requirements for Certification as a TRE® Provider - 2025

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 to Trainees who wish to be Certified as TRE® Providers and have completed the previous MODULE(S) and the necessary practical work and Supervisions to be eligible to proceed in the training.

Module 1

Introduction to TRE® - Tremors - Physiology of Trauma and Stress - Anatomy in TRE® - Introduction to the Polyvagal Theory - Survival Responses - Containment and Self Regulation and Four TRE® Sessions.

After Module 1 a Trainee is required to

- Record 20 Personal TRE® Sessions in their TRE® Journal.
- Submit the TRE® Journal to the Trainers in a Journal Template
- Have TWO Supervisions of their Personal TRE® Process.
- Attend a minimum of two of the bi-monthly group meetings online.

Attendance at Module 2 is open to Trainees who have completed the above requirements

Module 2

TRE® Facilitation Skills - Follow the Body - Polyvagal Theory (further study)- Belief Systems and Trauma - Self - Interventions & Non-Touch Interventions in TRE®. Four TRE® Sessions - Trainees apply the skills learnt in the Module to their TRE® Practice

After Module 2 a Trainee will be required to

- Record 20 more TRE® Personal sessions (using interventions as appropriate) in their Journal.
- Have ONE Supervision of their Personal TRE® Process.
- Teach TRE® to Individuals a minimum of TEN sessions. A part of these 10 sessions must include one client who will be guided through a series of 6 TRE® sessions (Case Study). The remaining 4 teaching sessions should be to 2 different Individuals
- record all 10 teaching sessions on video and write an accompanying report (Instructions will be provided on how to record and report a session)
- Have FOUR Supervisions of the sessions of teaching TRE® to an Individual. The first Supervision session of teaching TRE® will be held after the Trainee has taught TRE® for the first time to an Individual and before they teach for a second time. The following sessions will be held at intervals determined by the Trainee and Trainer/s together.
- Attend a minimum of two of the bi-monthly group meetings online
- Do a minimum of TWO TRE® Peer Sessions with a fellow Trainee. (A Peer Session is when a Trainee is Facilitated by and Facilitates another trainee in their Personal TRE® Process).

Feedback on Teaching and Personal practice will be given in the Supervision sessions and additionally may be given in writing or orally.

To attend Module 3 a Trainee may have taught TRE® a minimum of FIVE times and had a minimum of TWO Supervisions of their Teaching. The other requirements must be completed in full.

Module 3

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

Following Module 3 the Trainee will be required to

- Maintain their Personal TRE® Practice
- Complete any outstanding Teaching and Supervision requirements from Module 2 before beginning to teach a group
- Discuss with a Trainer their plans for group teaching before beginning the group sessions (this may be completed within a Supervision session)
- Teach TRE® to one Group for a series of 6 TRE® classes in-person, (Case Study) on a weekly basis. A group should have 4-8 participants.
- Teach TRE® to a group of people online. Trainers may ask for more sessions to be done.
- Record all group teaching sessions on video and write an accompanying report (Instructions will be provided on how to record and report a session).

- Have FOUR Supervisions of the sessions of teaching TRE® to a Group. The first Supervision session of teaching TRE® will be held after the Trainee has taught TRE® for the first time to a Group and before they teach for a second time. The following sessions will be held at intervals determined by the Trainee and Trainer/s together. Trainees may require more than the minimum number of Supervisions.
- Attend a minimum of two of the bi-monthly group meetings online
- Do a minimum of TWO TRE® Peer Sessions with a fellow Trainee. (A Peer Session is when a Trainee is Facilitated by and Facilitates another trainee in their Personal TRE® Process).

Throughout the Certification Process

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

Trainees are expected to deepen their knowledge of the topics taught in the Modules. 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.

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.

We encourage peer sessions beyond the required minimum of four sessions, they are the best learning experience throughout the course. If

possible and Trainers will arrange in person group sessions for those who are geographically near them.

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 prior to Certification.

Presentation - A Trainee is asked to prepare and present a Presentation for a group meeting of fellow trainees. These Presentations will be developed in co-ordination with the Trainers after Module 3 and completed prior to Certification

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 and its requirements. 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.

A Trainee will be certified as a TRE® Provider based on completion of the above minimum requirements and when Trainee is competent in the skills needed. The aim of the course is to build that competency and all requirements will be communicated, explained and demonstrated in the course of the training.

TRE® denotes TRE's registered trademark. Dr. David Berceli 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.

TRE® PROVIDER CERTIFICATION COURSE FEES AND CANCELLATION POLICY 2025

Fees (EURO)

	Cost	Number Required	Total
Modules	€360,00	3	€1080,00
Supervision of Personal TRE® Process (up to 60 minutes)	€110,00	4	€440,00
Supervision of Teaching TRE® to an Individual (up to 75 minutes)	€140,00	4	€560
Supervision of Teaching TRE® to a Group (up to 90 minutes)	€165,00	4	€660
Bi-Monthly Online Meetings (60-120 minutes)	€30	6	€180,00
			€2920

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.

Payment can be made via Bank Transfer to an IBAN account in Germany (preferred within the EU) OR via PayPal to treinternationaltraining@gmail.com

All Bank Transfer Fees should be paid by the sender. We should receive

100% of the agreed fees for workshops and supervisions. If paying via Paypal, 4.5% Paypal charges will 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.

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

	Cost	Number Required	Total
Modules	R 4 500,00	3	R 13 500,00
Supervision of Personal TRE® Process (up to 60 minutes)	R 1 000,00	4	R 4 000,00
Supervision of Teaching TRE® to an Individual (up to 75 minutes)	R 1 250,00	4	R 5 000,00
Supervision of Teaching TRE® to a Group (up to 90 minutes)	R 1 500,00	4	R 6 000,00
Bi-Monthly Online Meetings (60-120 minutes)	R 350,00	6	R 2 100,00
			R 30 600,00

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 4,500
2. Remaining fees divided by 12 months = R 2,175 per month

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

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.

Cancellation Policy

Cancellation up to eight days before a MODULE 1/2 or 3 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.