

TRE  
INTERNATIONAL  
TRAINING



FOR EVERYBODY AND EVERY BODY

# 2026 TRE® International Training Online Provider Certification Program

Led by TRE® Global Certification Trainers



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(South Africa)



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(Israel)

**FOR EVERYBODY AND EVERY BODY**

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## 2026 COURSE DATES

COURSE	MODULE 1	MODULE 2	MODULE 3
February 2026	25-27 February, 2026	13-15 May, 2026	2-4 September, 2026
June 2026	24-26 June, 2026	16-18 September, 2026	9-11 December, 2026
October 2026	28-30 October, 2026	20-22 January, 2027	5-7 May, 2027

Time Schedule for All Modules:

Wednesday: 17:00 – 20:00 (GMT+2/SAST)

Thursday: 9:00 – 12:00 & 14:00 – 17:00

Friday: 9:00 – 12:00

Note: During Central European & Israeli Summer Time (end of March to end of October), session times begin and end 30 minutes earlier.

### [Registration Link for all 2026 Courses](#)

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## PROGRAM OVERVIEW

This Online TRE® Provider Certification course, led by TRE® Certification Trainers, Su Thomas and Anya Bloom, provides a comprehensive pathway to becoming a Certified TRE® Provider.

The course is designed to equip you with the advanced skills and deep understanding required to confidently facilitate TRE® for both individuals and groups. Upon successful completion, you will be certified as a TRE® Provider, enabling you to practice professionally and add TRE® to your existing practices.

The program is structured over a minimum of ten months and must be completed within a maximum of 24 months. The certification you receive is compliant with the global standards set by the TFA (TRE® for All, Inc).

**The Introductory Workshop/Module 1** can be attended by anyone as a stand alone Workshop to learn TRE® for Personal Use or to deepen your existing TRE® Personal Practice.

### **Registration Process for Certification or Module One only:**

- complete the registration form.
- book a 30 minute free zoom call with Su or Anya to discuss your interest in TRE® and ask your questions.
- receive confirmation and invoice and complete payment for Module 1

**[Registration Link for all 2026 Courses](#)**

# CERTIFICATION PATHWAY

To become a Certified TRE® Provider, trainees must successfully demonstrate competency by fulfilling the following requirements:

## **Attend Module 1, Module 2 and Module 3**

### **Personal Practice & Integration**

- Keep a written Journal of 40 personal TRE® sessions.
- Receive four supervisions of your personal TRE® process.
- Participate in a minimum of 6 TRE® peer sessions
- Attend a minimum of six bi-monthly online group meetings.

### **Teaching Practice & Supervision (Individuals)**

- Teach TRE® a minimum of 10 times to individual clients (in-person), including one 6-session case study.
- Receive four supervisions of your teaching TRE® to Individual clients.

### **Teaching Practice & Supervision (Groups)**

- Teach one in-person group for a series of 6 weekly classes.
- Teach TRE® a minimum of one time to an online group.
- Receive four supervisions of your teaching TRE® to groups.

# SYLLABUS & REQUIREMENTS

## MODULE 1: FOUNDATIONS OF TRE®

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

### Post-Module 1 Requirements:

#### **Personal Practice:**

Record a minimum of 20 personal TRE® sessions in your journal.

#### **Submissions:**

Submit your journal using the provided template at the proscribed intervals.

#### **Supervisions:**

Complete two supervisions of your personal TRE® process.

#### **Community:**

Attend a minimum of two bi-monthly online group meetings.

\*Attendance at Module 2 is contingent upon completion of these requirements.

## **MODULE 2: TEACHING TRE® TO INDIVIDUALS**

TRE® Facilitation Skills - Follow the Body - Deepen Understanding of Polyvagal Theory - Belief Systems and Trauma - Interventions in TRE®. Four TRE® Sessions.

### **Post-Module 2 Requirements:**

#### **Personal & Teaching Practice:**

Record a further 20 personal TRE® sessions in your journal incorporating the advanced skills learned at Module 2.

Begin to teach your Case Study Practice Client — the client who will complete 6 sessions with you (in person). Three of these sessions should be completed before Module 3.

Teach TRE® to one or two more Practice Clients at least once.

#### **Submissions:**

Submit your personal journal to the trainers.

Submit video footage/reports for all TRE® teaching sessions.

#### **Supervisions:**

Complete one supervision of your personal TRE®

Complete two supervisions of teaching TRE®

#### **Community:**

Attend a minimum of two bi-monthly online group meetings.

Complete two TRE® peer sessions with fellow trainees.

\*Attendance at Module 3 is contingent upon completion of these requirements.

## MODULE 3: GROUP TRE® - ADVANCED FACILITATION SKILLS

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

### Post-Module 3 Requirements:

#### Personal & Teaching Practice:

Maintain your personal TRE® practice.

Complete the 6 TRE® Sessions with the Case Study Client.

Complete 2 Sessions with two more Practice Clients.

The Individual Teaching requirements must be completed before beginning to teach TRE® to a group.

Teach a group (up to 6 participants) TRE® for 6 weekly sessions.

Teach TRE® to an online group at least once.

#### Submissions:

Submit video/reports for all individual TRE® teaching sessions.

Submit video/reports for all group TRE® sessions.

#### Supervisions:

Complete one more supervision of personal TRE®.

Complete two more supervisions of teaching TRE® to an Individual.

Complete four supervisions of teaching TRE® to a group.

#### Community:

Attend a minimum of two bi-monthly online group meetings.

Complete two TRE® peer sessions with fellow trainees.

# LEARNING & DEVELOPMENT

## **Required Reading**

All trainees are required to read “The Revolutionary Trauma Release Process” by Dr. David Berceci. A written summary of your personal insights from the book must be submitted prior to certification.

## **Expanded Knowledge Base**

Trainees are expected to deepen their understanding of the topics covered in the modules. To support this, we provide a curated library of additional resources—including books, articles, podcasts, and videos—in a shared online folder and WhatsApp groups. Given the diverse backgrounds of TRE® Providers, this optional material allows you to explore areas most relevant to your professional interests and goals.

## **Peer Sessions & Community**

We strongly encourage participation in peer sessions beyond the required minimum. These sessions are invaluable for practical learning and integration. When feasible, we encourage trainees to do in-person peer sessions with other trainees who are geographically close to them.

## **Teaching Modalities**

The curriculum requires trainees to gain practical experience teaching TRE® in both “in-person” and in “online” settings. Competency in both modalities is required for certification.

## **Final Presentation**

After Module 3, each trainee will develop and deliver a presentation for their peers, on a topic coordinated with the trainers. This presentation must be completed prior to certification.

# COURSE DURATION, DELAYS & REPEATING MODULES

## **Certification Timeline**

The certification process is designed to be completed within a minimum of ten months and a maximum of 24 months.

## **Policy on Module Postponement**

A trainee may postpone a module to join the next available one.

If a module is postponed, the practice requirements from the last completed module must be finished within 8 months.

If a trainee is inactive for more than 8 months, the minimum requirement to continue will be to repeat the last module attended. If the 24-month maximum is exceeded, the Trainers will determine which parts of the training must be repeated.

## **Competency-Based Progression**

Certification is granted upon successful completion of all requirements, demonstration of the necessary competencies and payment of all fees.

The Trainers may require additional supervisions or module repetition if a trainee has not yet met the required skill level. Additional fees apply for supplementary sessions.

# CERTIFICATION & POST-CERTIFICATION

## **Issuance of Certificate**

Upon successful completion, your digital TRE® Certified Provider certificate will be issued by the TFA (TRE for All, Inc.).

## **Commitment to Ongoing Learning**

Certification is a beginning. As TRE® is an evolving practice, we emphasise that ongoing learning and maintaining a personal practice are essential. Certified Providers will be invited to participate in advanced trainings and specialised workshops for continued professional development.

## **Financial Note**

Please note that if the certification process extends beyond 12 months from the start of Module 1, any revised fees will be applied after the 12-month period.

# COURSE FEES AND CANCELLATION POLICY 2026

## 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
			<b>€2920</b>

## Payment Terms & Methods

**Module 1:** Payment must be completed after registration and admission to the Module. Admission will only be granted after attendance on a 30min (free) Zoom meeting with one of us. On admission, you will receive an invoice with payment details. Your place in the Module 1 will be guaranteed on receipt of payment.

**Subsequent Modules (2 & 3):** Payment will be due two weeks before the Module start date, you will receive an invoice.

**Supervisions & Group Sessions:** Invoices are issued on the day of service and are payable within 7 days.

**Payment Methods:**

1. Bank Transfer (Preferred): To our IBAN account in Germany. The sender is responsible for all bank transfer fees.
2. PayPal: Invoices will be issued from PayPal and 4.5% surcharge will be added to each total to cover PayPal fees.
3. Other payment methods can be discussed with the Trainers.

While we generally operate on a Pay-As-You-Go basis, we are happy to discuss prepayment or individual payment schedules upon request.

Should a trainee drop out of the course at any time NO REFUND will be applied for any Modules, Supervisions or Group Meetings that the trainee attended.

**Cancellation Policy**

Module 1:

Cancellation after completing registration will be subject to a 10% administration fee.

Cancellation less than one month before the Module and up to 72 hours before the Module will be subject to a fee of 50% of the Module fee.

In the case of cancellation less than 72 hours before the Module, no refund will be given.

### Exceptions for Emergencies:

In cases of documented medical emergencies or sudden incidents, the paid fees can be applied to a future module, subject to a 10% administrative fee.

## DISCOUNTS AND CO-FUNDED SCHOLARSHIPS

We are committed to making TRE® training accessible.

### Discounted Fees:

Residents of certain low income countries, including South Africa, may be eligible for reduced fees.

### Co-Funded Scholarships:

In the case of Trainees who aim to establish TRE® in low income regions that are underserved by TRE® Providers and do not have a TRE® Trainer serving the region, we may be able to help secure a donor to cover a portion of the fees. The trainee will always be asked to contribute a portion of the fees.

### To Apply:

1. Fill the form on this link: **[DISCOUNT & SCHOLARSHIP APPLICATION](#)**
2. [Book a 30min Zoom call \(free\) with one of us](#)

# DISCLAIMER

Enrolment in the TRE® Provider Training does not guarantee certification. This is a competency and skills based program that requires dedicated self-practice, personal process work, and practical learning.

Trainees may delay or withdraw from the course at any time if they find the requirements unsuitable. However, no refunds will be issued.

The Trainers reserve the right to require a trainee to seek professional guidance outside the course if deemed necessary for their progress.

Grievances: Grievances that may arise between Trainers and Trainees in the course of the TRE® Training Course must be addressed immediately, personally and confidentially. If a grievance can't be resolved personally between Trainer(s) and Trainee, both Trainer(s) or Trainee may step back from the Training contract. A transfer of a Trainee to another Certification Trainer may be possible via an official TFA (TRE® for All Inc) procedure.

*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.*



Our Certified Providers live and work in various countries including South Africa, Israel, Portugal, Germany, Austria, Russia, Poland, Czechia, Hungary, India, USA, United Arab Emirates, United Kingdom, Belgium, Mozambique and Kenya or travel extensively. They chose online Provider Training as the most accessible form of doing this course.

In addition to accessibility, our trainees enjoy meeting people from other countries, having a rich cross-cultural experience, making friends and seeing the great diversity and variety of possibilities in teaching TRE® across the world.

We are also offering in-person training in South Africa and Israel.

Visit our website: [www.treinternationaltraining.com](http://www.treinternationaltraining.com)