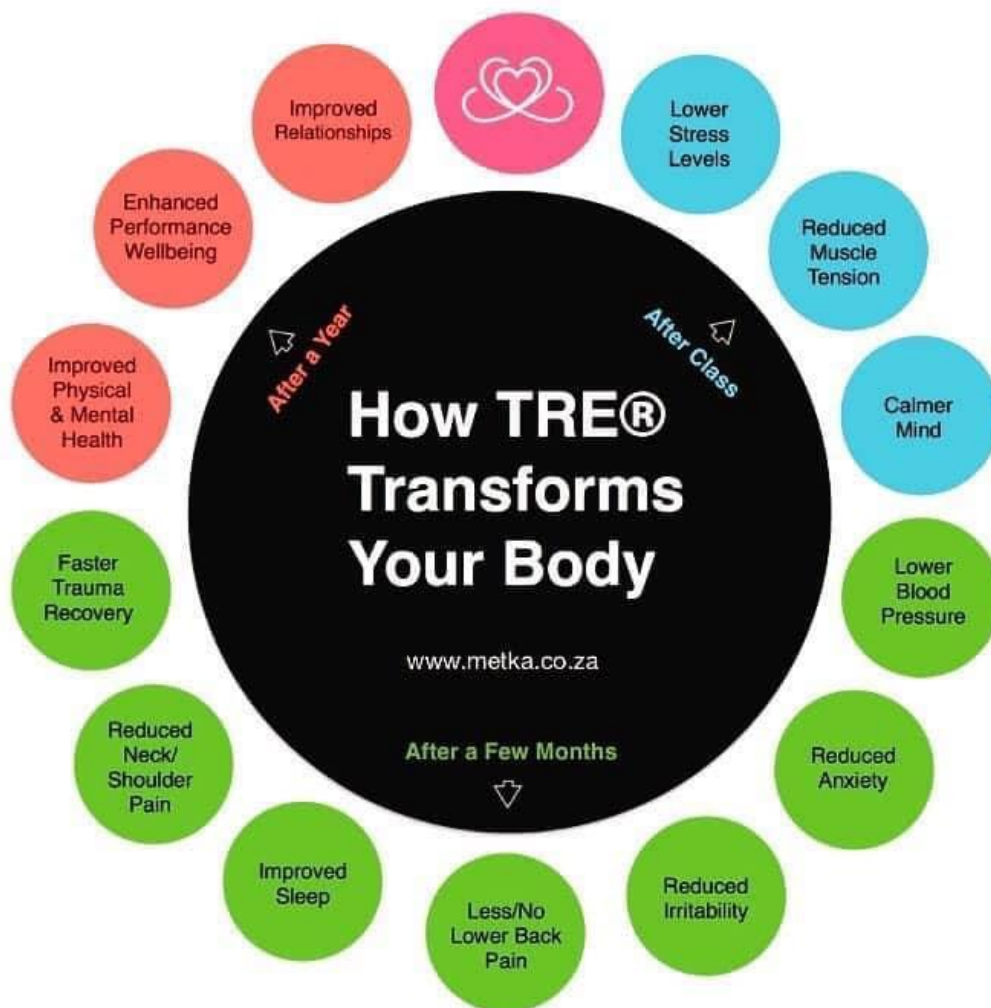


TRE® Certified Provider Process

The goal of the TRE® training is that every TRE® Certified Provider will be able to lead people safely through the TRE process.

'Don't be fooled by the simplicity of this work. Getting the human body to tremor through the use of these exercises is easy. Knowing how to facilitate the speed, direction and integration of this tremoring process requires substantial care and caution' *David Berceli*



TRE® Scotland Certified Providers are recognised by TRE® Global to teach individuals and small groups the tremoring process anywhere in the world.

The TRE® Certification training program allows individuals who come from a variety of professional and education backgrounds to learn to teach TRE® safely and effectively.

This is not an academic training. Enjoy the reading, research, practice and learning. All the work is done so the Provider can support others and answer their questions about their neurophysiology. This is not a therapy training but how to work somatically. It is how to safely teach TRE® to others. For the Provider to do this safely they must do their own TRE®

Costs

TOTAL INVESTMENT is £2330-£2435 (Supervision fee plus Workshop fees)

Supervision fee

£1640

3 instalments:

- £660 to start
- £490 before M2 and
- £490 before M3

Or

£1720

14 instalments:

- 4 monthly payments of £180 to start
- 10 months of £100 after M2

Workshops

In person £690

M1 is £345 and M2 is £345

or

Online £715

M1 is £225, M2 and M3 are £245.

Additional payments

During Certification you will be asked to donate a Website registration fee (\$35) to go on the Global TRE LLC enrolment listing.

There are 7 books to purchase. 4 are required books and 3 you can choose from a list of recommended books.

You may need extra supervision outside of the list above and you pay £75 per hour.

If you need to repeat a Module it is half price.

You may need to pay a fee to attend and assist at groups and will agree this with the Provider of the group as this does not need to be your main Mentor/Trainer.

You will need to organise and pay for a venue for your group supervisions. You can take voluntary donations towards the cost of the room. Giving free sessions to the owner of the studio/hall is a good strategy!

Further Points

One-to-one supervisions are held via Zoom or if geographically possible in person.

The whole process, from module 1 to final certification will take a minimum of 12 months and maximum of 24 months. This can be extended under certain exceptional circumstances, but this has to be discussed and agreed with your Mentor. During this pause the trainee will keep a Personal TRE journal and submit regularly to their Mentor.

If the trainee takes longer than 18 months from Module 1 they will be required to retake Module 1 and/or M2/M3 at half price. This requirement is to support the trainee to revise TRE and re-connect to the Certification process.

After 2 years from starting the Training if the trainee is not certified, the fee and previous training requirements met will expire.

As a trainee, you will not be able to use TRE in your professional practice or charge a fee for teaching TRE™ until you are fully certified. You cannot use your professional, current, paying clients for Supervision sessions.

Throughout the Certification Process all practice-teaching sessions are at no cost /free of charge for volunteers. You may take a voluntary donation towards the cost of hiring a venue.

You must stay with the Trainer you started your Training with. If at any time you wish to change there has to be exceptional circumstances and a discussion with the Trainer and TRE head office.

Mentors for TRE Scotland

Vicki Cook, TRE Certification Trainer
Mandy Gaze is a TRE Mentor.

Regular Groups

Trainees that attend regular shaking groups will find it easier to complete their training. There are many groups online. In Scotland there are regular groups. All details are available on www.trescotland.com. More Scottish workshops and groups will be organised so keep checking and add your name to the newsletter/ mailing list. Our calendar is at www.meetup.com/tregroup



Module 1 Workshop

Requirements

After Module 1 minimum requirements: personal practice and embodiment

- ❖
- ❖ Three or Four personal supervision sessions (doing TRE yourself) being observed by your Certification Trainer (CT), in person or via Zoom. The 3rd or 4th will confirm if you are ready to start your teaching supervisions
- ❖ Journaling of 40 personal TRE experiences
- ❖ Required reading, DVD viewing and short written book report
- ❖ Three or four peer shakes/practice teaching and submit reflective report
- ❖ Attending twelve groups online or in person (over whole training)
- ❖ Attend eight Trainee support groups with Trainer (over whole training). (Thereafter there is a fee to attend.)
- ❖ Learn your introduction chat
- ❖

Module 2: Working with individuals and Module 3: Interventions to support TRE and working with groups. After Module 2 and Module 3 requirements: teaching practice

- ❖
- ❖ Complete any personal shaking supervisions
- ❖ Practice teaching with friends and family and complete case study documents and short reflection report
- ❖ Learn interventions and modifications
- ❖ Revise/personalise the TRE intake form and post-shake guide
- ❖ Four (4) sessions teaching an individual TRE with the CT observing and giving feedback, in person, recorded and/or Zoom.
- ❖ Practise teaching groups
- ❖ Four (4) sessions teaching TRE to a group with the CT observing and giving feedback, in person, recorded and/or Zoom.
- ❖ One (1) evaluation session to determine full competency for certification.
- ❖ Write a report on three (3) books and
- ❖ Write a summary reflection of all your TRE experience
- ❖

The Primary Certification Trainer has the responsibility to ensure the trainee is competent at the point of certification; to this end, the trainee may need to have additional sessions and/or fulfil additional requirements to meet certification competencies.