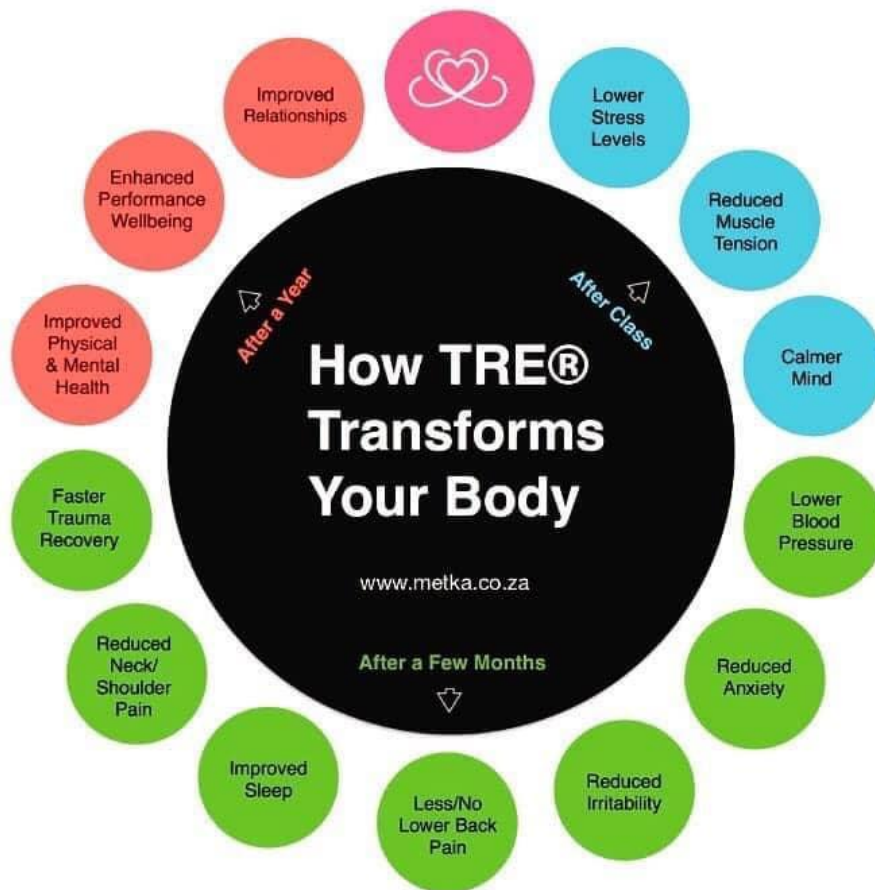


# TRE® Certified Provider Process

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 Berceci*



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

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 £2430-£2535**

#### Supervision fee

**£1730** if three instalments of £690 before the personal shaking supervisions, £520 before M2 and £520 before M3.

Or

**£1820** if twelve instalments of 4 monthly payments of £180, then £110 for 10 months.

#### Workshops

In person M1 is £355 and Module 2 is £355 = total is £710

or

*Online M1 is £235, M2 and M3 are £255 = total is £745*

### ***Additionally***

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 or audiobooks 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 have to repeat a Module it is full price. If you want 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.

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 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.

## Mentor for TRE™ in Scotland

Vicki Cook, TRE Certification Trainer

## Regular Groups

Trainees that attend regular shaking groups will find it easier to complete their training. There are many groups online. All details are available on [www.trescotland.com](http://www.trescotland.com). More Scottish workshops and groups will be organised so keep checking and add your name to the newsletter/ mailing list.

## Insurance in the UK

While training and when Certified: a lot depends on your existing insurance for talking treatment or physical therapy. If you have an existing therapeutic training your insurer will normally charge you an extra premium to include TRE.

If you are not a member of an existing association then choose either Complementary Therapists Association ([www.ctha.com](http://www.ctha.com)) or Westminster Insurance (<https://uk.westminster.global/>) or Balens ([www.balens.co.uk](http://www.balens.co.uk))

## Requirements

After Module 1 requirements: personal practice and embodiment

- ❖ Four personal supervision sessions (doing TRE yourself) being observed by your Certification Trainer (CT), in person or via Zoom. The 4<sup>th</sup> 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
- ❖ Attend eight Trainee support groups with Trainer (over whole training). Thereafter the group is £10 to attend.
- ❖ Learn your introduction chat / learn how to recognise nervous system states
- ❖ Case study of taking one person for at least 3 sessions

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
- ❖ Learn interventions and modifications
- ❖ Four (4) sessions teaching an individual TRE with the CT observing and giving feedback, in person, recorded and/or Zoom.
- ❖ Four (4) sessions teaching TRE to a group with the CT observing and giving feedback, in person, recorded and/or Zoom. The final session includes the final evaluation session to determine 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.

