

Program Requirements

Our certification program follows TRE for All (TFA) Global Certification Standards. Each module builds on the one before it - from developing your own TRE practice, to learning to work with one individual, to safely facilitating TRE with groups.

Module 1: Deepening Your Personal Practice

One evening introduction and 2 days

\$400 class only / \$1,000 total when entering the certification program and adding Module 1 supervised requirements

Module 1 begins with you. You'll learn the foundations of TRE, explore how stress and trauma affect the nervous system and body, and begin developing a TRE practice that works with your individual needs.

Module 1 can be taken for your own personal learning and practice or as the first step toward becoming a Certified TRE Provider. You don't have to decide before attending where TRE will take you.

In this class you will:

- Learn the TRE exercise sequence and how it is used to access the body's natural tremor mechanism.
- Explore your own tremor response and learn how to work with it safely.
- Develop greater awareness of what is happening physically, emotionally, and mentally.
- Learn how to adjust your personal practice based on what your body and nervous system can work with that day.
- Begin building a personal TRE practice you can continue beyond the classroom.

If continuing with certification, after Module 1 requirements include:

- Personal TRE sessions with your Trainers.
- TRE peer sessions.
- Continued personal TRE practice and journaling.
- Required reading/homework.

All Module 1 requirements and homework must be completed before attending Module 2.

Dates for Modules 2 and 3 are based on your Module 1 training track. Please refer to the Program Dates on our website.

Additional Support: Because deeper personal work may arise during the certification process, we highly recommend that TRE Provider trainees have access to appropriate additional support when needed, such as a counselor or therapist. TRE Trainers are not acting as mental health professionals and do not provide mental health treatment or supervision.

Module 2: Learning to Teach TRE to One Individual

3 days

\$1,500 class / supervised teaching requirements

In Module 2, the focus begins to shift from understanding your own TRE process to learning how to safely work with the person in front of you.

We begin with one individual so you have time to observe one person through the exercises, their tremor response, and their experience of the session. You'll begin learning to notice what a client's body and nervous system may be communicating and how that information can help guide your decisions as a provider.

No two people - and no two TRE processes - are exactly alike.

In this class you will:

- Learn to safely guide an individual through the TRE exercise sequence and tremor process.
- Learn accommodations and modifications for different bodies, abilities, and needs.
- Develop your ability to observe physical, emotional, and mental cues that may help you understand where a client is in their nervous system.
- Practice reading the body and developing clear, supportive cueing.
- Learn to make thoughtful decisions about pacing, activation, support, accommodations, modifications, and readiness for tremor.
- Continue strengthening your own TRE practice while beginning to develop your skills as a provider.

After Module 2 requirements include:

- Practice teaching with peers.
- Supervised teaching sessions working with one individual.
- Unsupervised teaching sessions that are recorded and debriefed with a TRE Trainer.
- Personal TRE sessions with your Trainers.
- Continued personal TRE practice and journaling.
- Required reading/homework.

All Module 2 requirements and homework must be completed before attending Module 3.

Module 3: Learning to Teach a Group

3 days

\$1,700 class / supervised teaching requirements / final competency

Here is where the pieces begin to come together. You'll bring what you've learned through your personal TRE practice and your experience working with individuals into learning how to safely facilitate TRE with a group.

Working with a group means expanding your awareness. Rather than following one person, you're learning to observe multiple bodies and nervous systems at the same time while maintaining the structure and safety of the TRE process.

You'll also continue developing your use of accommodations and modifications and begin learning interventions that can support your own advanced TRE practice and the TRE practice of your future long-term clients.

In this class you will:

- Build on the knowledge and skills developed in Modules 1 and 2 and apply them to group facilitation.
- Learn to observe multiple participants while maintaining awareness of the group as a whole.
- Continue practicing accommodations and modifications for different bodies, abilities, and needs.
- Begin learning interventions that can support your own advanced TRE practice and the TRE practice of future long-term clients.
- Practice responding when different participants in a group need different things at the same time.
- Continue developing your observation, pacing, cueing, and provider decision-making skills.
- Develop the skills and confidence needed to safely facilitate TRE with groups.

After Module 3 requirements include:

- Peer sessions.
- Supervised group teaching sessions.
- Unsupervised group teaching sessions that are recorded and debriefed with a TRE Trainer.
- Personal TRE sessions with your Trainers.
- Continued personal TRE practice and journaling.
- Required reading/homework.
- Complete a case study.
- Final competency.
- Additional final competency attempts, if needed: \$200 each.

Certification Timeline: Your TRE Provider Certification Program must be completed within 24 months of your Module 1 training date.