

Program Requirements

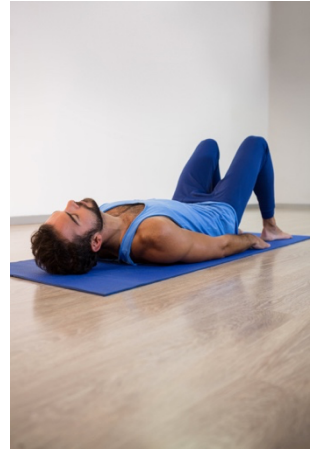
Module 1: Deepening Your Personal Practice

(\$400 class only / \$1000 total if entering certification program and adding supervisions)

This class will introduce you to TRE and how it relates to your nervous system. We will focus on how to safely guide your TRE process and personal practice.

Module 1 is all about you but also the 1st step in starting the TRE Provider Certification Program. It can be joined by anyone interested in learning about TRE or those who have previous experience with TRE but want to deepen their understanding and practice. Many decide to join the certification program after learning more about TRE. Module 1 can be a benefit to everyBODY.

Should you decide now isn't the time to go into the Certification Provider Program, we offer a way to join us later if you ever decide teaching TRE is something you would like to explore.



In this class you will

- Learn how to create a personal TRE practice to meet your own individual needs
- Learn to connect to your tremor and use it to safely release stress, tension, and trauma
- Develop the skill to self-regulate your nervous system
- Begin to rediscover your authentic self!

If continuing with certification, after Module 1 requirements include:

- Private TRE sessions with your trainers
- Group Shake
- Explore TRE with peer sessions
- Homework: TRE journaling / Reading
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*Due to the nature of what might come up because of the deeper TRE process it is highly recommended that the TRE provider trainee has access to additional support through i.e., counseling/therapist as the TRE Certification Trainers in their role as TRE Supervisors are not mental health experts.

Your Module 1 work must be completed before you can attend a Module 2 class.

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

Module 2: Learning to Teach TRE to One Individual (3 days)

(\$1500 class /supervisions)

When we first begin to teach another person TRE we want to walk before we run, so we start by teaching only one person first. This way we can take time to watch one individual through the exercises, their tremor and how they process the session. While it can seem simple, this process can be complex.

In this class you will

- Learn how to lead the others safely through the TRE Exercise sequence
- Learn modifications and interventions to use when needed for those who shouldn't do the standard template
- Develop an understanding of the polyvagal theory
- Work with reading the body and cueing a client
- Additional topics for teaching and strengthening your TRE skills

After Module 2 Requirements include:

- Practice Teaching with Peers
- TRE Supervisions of Teaching 1 individual/ Unsupervised Teaching Recorded
- Personal Supervision Session
- Homework: TRE Journaling / Begin Case Study



Module 3: Learning to Teach a Group

(\$1700 class/supervisions/final competency)

Here is where it all comes together. You will use all the knowledge from your personal growth through your continued TRE practice and your experience teaching individuals, to now work with groups (2 or more people). Your focus will be watching more than one body in motion, nervous systems interacting with each other and how to maintain safety and control over of the TRE process of a group.

In this class you will

- Expand on all knowledge from past modules into group facilitation
- Practice more with modifications and interventions for the TRE process
- Be introduced to running a TRE practice and business considerations

After Module 3 Requirements include:

- Peer Sessions
- TRE Supervisions of Teaching Group/Unsupervised Teaching Recorded
- Personal Supervision Session
- Homework: TRE Journaling/ Reading/ Completed Case Study
- Final Competency/ \$200 each extra attempt

