

TRE
INTERNATIONAL
TRAINING



FOR EVERYBODY AND EVERY
BODY

TRE® International ONLINE Training

with TRE® Global Certification Trainers

Su Thomas (South Africa) and Anya Bloom (Israel)

YOU CAN REACH US via treinternationaltraining@gmail.com

or WhatsApp Su +27 82 787 2229 WhatsApp Anya +972 52 273 4085

OVERVIEW

This program is recognised and approved by TRE for All, Inc. and is a TRE® Global Certification Training Program. The training is open to everyone - if you have never done TRE® before, you need to book a (free) 30 minute zoom session with either Anya or Su before signing up.

Throughout this course, the Modules will be taught jointly by Su and Anya. Trainees will do some of their Supervisions with Su and some with Anya. In this way, everyone will benefit from both the common and unique experiences of two different Trainers.

The program is designed to teach participants the skills needed to teach TRE®. On successful completion of the course, a participant will be certified as a TRE® Certified Provider and qualified to teach TRE® to Individuals and Groups (global certificate).

A TRE® Certified Provider may teach TRE® alone or integrate it with other modalities, while distinguishing between TRE® and the other modality and is asked to work within their "scope of practice". A certified TRE® Provider will be invited to participate in Advanced Trainings and Specialised Workshops for further learning.

A TRE® Certified Provider is not qualified to train or certify or give permission to another person to teach TRE® to others. TRE Trainees may not charge fees for their practice sessions with clients during the training.

MODULE 1 MAY BE ATTENDED AS A ONE-OFF WORKSHOP TO LEARN TRE FOR PERSONAL USE

ACCESS THE REGISTRATION FORM HERE:

Registration Form

<https://forms.gle/1B8AS1rMg5gxmJy4A>

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**SCHEDULE of online Modules. Personal TRE process throughout the course.
Practice teaching and case studies take place between the Modules and individual
supervision needs to be taken. (further details below)**

MODULE 1

Wednesday January 19th 2022

16:00 - 19:00 UK (GMT+1)

17:00 - 20:00 South Africa, Israel (GMT+2)

Thursday January 20th

8:00 - 16:00 UK (GMT+1)

9:00 - 17:00 South Africa, Israel (GMT+2)

3h session - 2h lunchbreak - 3h session

Friday January 21st

8:00 - 11:00 UK (GMT+1)

9:00 - 12:00 South Africa, Israel (GMT+2)

MODULE 2 - Times are the same as M1

Wednesday 23rd to Friday 25th March 2022

MODULE 3

Wednesday 15th to Friday 17th June 2022

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BI - WEEKLY GROUP MEETINGS ON ZOOM ALTERNATING ON SUNDAY AND MONDAY EVENING 2H - DATES TO BE COMMUNICATED

TIME ON ALL MEETINGS

16:00 to 18:00 (GMT) UK

18:00 to 20:00 (GMT+2) South Africa, Israel

Trainees need to attend a minimum of 6 meetings throughout the course.

Reading and Video Reviews, one summary writeup of a book from the reading list, voluntary presentation at one of the group sessions.

We require each trainee to have at least one facilitation experience (individual and group) in person if they are doing mostly online work and at least one online facilitation if they are doing mostly in-person work.

Teaching TRE online is part of the curriculum

CURRICULUM AND PRACTICE DETAILS

Module 1

Introduction to TRE® - Tremors - Neurology and Physiology of Trauma and Stress - Survival Responses - Containment and Self Regulation and 4 TRE® Sessions.

Following Module 1 Trainees must register for TRE® Certification at TRE® LLC Certification Enrolment website. Enrolment costs \$35 for most countries, \$15 for South African trainees.

After Module 1 trainees begin their personal TRE® Practice which will be maintained throughout the course and begin to record their Personal TRE® Journal.

Between Module 1 and 2

- 20 Personal TRE® sessions recorded in the TRE® Journal are required to attend M2
- A minimum of 2 supervisions of personal TRE® process one on one on zoom
- Trainees receive a template for the TRE® Journal. Submission of updates on a regular basis, every 3-5 sessions - feedback in writing will be given.



- Attending at least 2 of the bi-weekly group meetings online which will include Q & A's and peer facilitation and shakes.

Module 2

The Autonomic Nervous System - Fascia - Polyvagal Theory - TRE® Facilitation Self- Interventions - Follow The Body - 4 TRE Sessions in which trainees facilitate each other, receive feedback and expand their own TRE practice with interventions and modifications.

Between Module 2 and 3

- Another 20 TRE® personal sessions (using self interventions as appropriate) recorded in the journal and submitted to Trainers with a summary after every 10 sessions. Feedback in writing will be given.
- Complete the required one on one supervision of personal TRE® process (depends how many have been done between M1 and M2, 4 all in all)
- Teach TRE® to four 4 different people for at least one session (Report in writing)
- Guide at least one client through a series of 6 TRE® sessions (Case Study).
- Trainees will be asked to videotape their sessions (with clients consent) to be reviewed by the trainers and complete a Case Study template for each client. Feedback in writing will be given.
- Take 4 one on one supervision sessions (10 facilitations documented and submitted - 1st supervision after the 1st session, the other three session dates will be set between the trainers and trainee)
- Attending at least 2 of the bi-weekly group meetings online which will include Q & A's and peer facilitation and shakes.

Module 3

Transference / Countertransference - Fascia and Myofascial Release - TRE group leading - Community TRE® & cultural/gender/religious diversity - approaches - Resilience - Grounding - Saliency Network - 4 TRE® Sessions in which the trainees are taking turns in leading a group of volunteers online



Following Module 3 until Certification Trainees are asked to

- maintain their Personal TRE® Practice
- Teach TRE® to one group for a series of 6 TRE® classes (Case study)
- Teach a group of people in person if the case study was done online
- Teach a group of people online if the case study was done in person
- Submit the case study and videos for feedback
- Arrange 4 one on one supervisions, the first one after the first group session.
- Attend at least 2 of the bi-weekly group sessions for trainees

Throughout the Certification Process more topics will be covered to include skills for teaching TRE® online, applying advanced one on one facilitation, how to talk about TRE® and refining ones approach to a target audience.

There is required reading and viewing of videos throughout and trainees are asked to summarise at least one of their reading/viewing in written form or via a presentation to their peers during one of the bi-monthly meetings.

CERTIFICATION

A Trainee will be **Certified as a TRE® Certified Provider** when they have completed the requirements and are competent in the skills required. Should a trainee choose to postpone their participation in a Module, they may join the next available Module .

Trainees who delay their participation in Module 2 and 3 needs to repeat the last module taken if they have not completed the practical requirements for the last Module they took within a period of 8 months. All in all this gives a maximum of 24 months to complete the certification.

A trainee may need additional one on one supervision if they find - or the trainers determine - that he/she does not meet the required competencies to be certified as a TRE® Certified Provider. Additional fees will apply.

The certificate will be issued digitally from TRE for All Inc.

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FEES AND PAYMENT

We prefer payment on a 'pay-as-you-go' basis where the trainee pays for each Module, supervision or group session at the time of receiving. Invoices will be issued. Modules need to be paid for 1 week in advance, for supervisions and group sessions, an invoice will be issued on the day of service to be paid on receipt.

EFT for ZAR and NIS - Paypal for USD - IBAN for Euro

Fees South Africa (Rand)

| | Cost | Number Required | Total |
|---|-------|--------------------|---------------|
| Modules | 3,500 | 3 | 10,500 |
| Supervision of Personal TRE® Process | 750 | 4 | 3,000 |
| Supervision of Teaching TRE® to an Individual | 900 | 4 | 3,600 |
| Supervision of Teaching TRE® to a Group | 1,200 | 4 | 4,800 |
| Reading of Journals & Feedback to be paid after each Module | 1000 | 3 | 3,000 |
| Bi-Monthly Online Meetings | 250 | 6 | 1,500 |
| TOTAL | | | 26,400 |

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Fees Europe (EURO)

| | Cost | Number Required | Total |
|--|------------|--------------------|-------------|
| Modules | 300 | 3 | 900 |
| Supervision of Personal TRE® Process | 80 | 4 | 320 |
| Supervision of Teaching TRE® to an Individual | 100 | 4 | 400 |
| Supervision of Teaching TRE® to a Group | 125 | 4 | 500 |
| Reading of Journals & Feedback | 100 | 3 | 300 |
| Bi-Monthly Online Meetings | 20 | 6 | 120 |
| TOTAL | | | 2540 |

Fees United States (USD)

| | Cost | Number Required | Total |
|--|------------|--------------------|--------------|
| Modules | 375 | 3 | 1,125 |
| Supervision of Personal TRE® Process | 100 | 4 | 400 |
| Supervision of Teaching TRE® to an Individual | 125 | 4 | 500 |

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| | | | |
|--|------------|----------|-------------|
| Supervision of Teaching TRE® to a Group | 160 | 4 | 640 |
| Reading of Journals & Feedback | 125 | 3 | 375 |
| Bi-Monthly Online Meetings | 25 | 6 | 150 |
| TOTAL | | | 3190 |

Fees Israel (NIS)

| | Cost | Number Required | Total |
|--|--------------|----------------------------|--------------|
| Modules | 1,100 | 3 | 3,300 |
| Supervision of Personal TRE® Process | 275 | 4 | 1,100 |
| Supervision of Teaching TRE® to an Individual | 325 | 4 | 1,300 |
| Supervision of Teaching TRE® to a Group | 400 | 4 | 1,600 |
| Reading of Journals & Feedback | 300 | 3 | 900 |
| Bi-Monthly Online Meetings | 60 | 6 | 360 |
| TOTAL | | | 8560 |