

Global TRE[®] certification training

TRE[®] (Tension, Stress & Trauma Release Exercises) is a body-based method that supports the instinctive healing ability and naturally aids the biological processing and releasing of stress, anxiety and trauma patterns.

Developed by Dr. David Berceli Ph. D., an internationally renowned expert in trauma management and conflict resolution. He lived and worked in many countries for the past 22 years and holds workshops on trauma relief worldwide regularly and supports recovery programs for international organizations.

During the practice, we use a series of stretching exercises that activate special muscles to initiate a subtle tremor in the body (which can be observed also in other mammals), and this helps to release the imprints of stress and tension trapped in the body without evoking the related memory. Instead of cathartic experiences, the process focuses on experiencing a grounded, secure presence.

The complete TRE[®] provider training, which allows you to be certified as “Certified TRE[®] Provider”, consists of one Introductory weekend to build basic skills and 4 modules spread over approximately 1 year. The teaching of TRE[®] for others (individuals or groups) is subject to international certification. In 2019, TRE[®] Hungary will launch the first international provider training in Budapest.

The Introductory weekend is open to anyone who wishes to discover and learn about TRE[®] and experience the release of tension, stress and trauma. The realization of this seminar allows the use of TRE[®] as an exclusively personal practice and provides the necessary theoretical basis for a good and safe practice.

This introductory seminar is open to everyone, and it can be very beneficial for helping professions (therapists, health personnel, psychologists, psychiatrists, doctors, physiotherapists or physical therapists, social workers, etc.); for security forces (police, firefighters, civil protection, etc.); or any other group that has to manage stress and tension on a daily basis (teachers, executives, workers, etc.).

Modules I, II, III and IV prepare the person to teach TRE[®] to other persons and groups. The theoretical content is deepened and expanded including the participant's personal practice and accompanying process of TRE[®] provided to other persons or groups.

The certification training is composed of the Introductory Weekend and 4 modules:

Introductory Weekend – Introduction, 12hrs.

Is open to everyone who'd like to discover and experience the TRE[®].
Theoretical and practical basics.

MODULE I. – Theory and Practice, 12hrs.

Self-regulation, polyvagal-theory, reactions to TRE®.

Interventions without physical contact. Group leading basics.

MODULE III. – Theory and Practice, 12hrs.

Discussion of first provider experiences, deepening both the theoretical and practical knowledge. Interventions of physical contact.

MODULE IV. and V. – Supervision, 18hrs/module

Live and video supervision and practice.

If you need information, or have questions please write to:
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