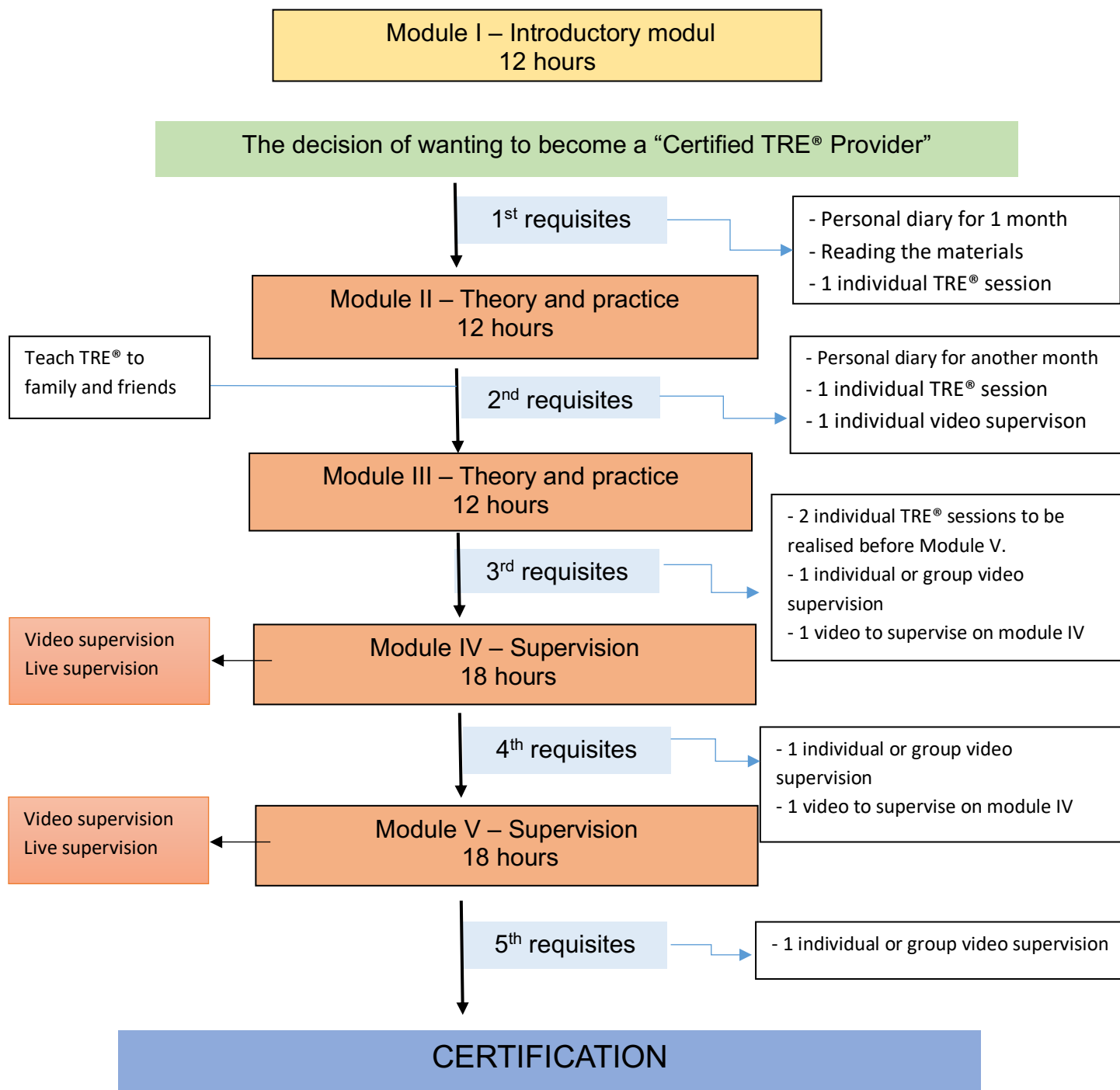


Structure and requisites of the TRE® certification training



DETAILED PROGRAM OF THE FORMATION

Module I – Introduction to the TRE® technique – 12 hours

This introductory module to TRE® is open to anyone who wishes to discover and learn about TRE®.

The realization of this seminar allows the use of the TRE® exclusively as a personal practice and provides the necessary theoretical basis for a good and safe personal practice.

Only those who decide to continue the training program, and only after having completed module II, can start teaching TRE® to other people, and always under supervision until they obtain their certification.

The **Introductory Module** is composed of:

Theoretical content:

- Introduction to TRE®: Anatomy, neurology and physiology of stress and trauma in relation with TRE®.
- Understanding the tremor response: how the brain and the autonomy nervous system (ANS) functions as a response to stress.
- Neurogenic tremors in mammals.
- TRE® exercises.
- The psoas-iliac muscle in the fight and flight response.
- Recognition of the states of dissociation, freezing and emotional overflow in order to practice self-regulation.

Practical experienced:

- Performing the exercises.
- Personal TRE® experience.
- Discussion and sharing of experiences.

Module II – Theory and practice – 12 hours

After completing the first module, if participant is willing to become a certified TRE® provider, it's necessary to commit oneself to complete the following 4 modules, which consist of two theoretical and practical modules, and two supervisory modules (100% - in practical encounters).

The price for the remaining 4 modules (the certification training) needs to be paid in one or two parts, in Euro, as follows: 1st part after the decision of participating in the provider training, to reserve the participant's place; 2nd part before starting Module II.

Theoretical content:

- Deepening the contents of Module I (depending on the students' needs)
- Introduction to Polyvagal Theory
- Recognizing states of dissociation, freezing and emotional overflow to help other people regulate themselves.
- Self-regulation: containing and rooting strategies. First supporting measures which help to stay present in the body.
- Defence-reactions in relation with TRE®.
- The role of fascia in the TRE®.
- Contraindications.
- Modification of the TRE® exercises.
- Basic interventions without physical contact in the TRE®.
- Introduction to basic skills working with individuals and groups.
- Ethics in TRE® practice: Working within the scope of professional practice, knowledge and competence.

Practical experience:

- Interventions without physical contact.
- Performing the exercises.
- Practicing TRE®, personal experience
- Experiencing the tremor working in pairs, including non-contact interventions and increased awareness in the process of self-regulation.
- Discussion and sharing of personal experiences.

Module III – Theory and practice – 12 hours

It's a unique opportunity, TRE® founder, Dr. David Berceli will participate in the teaching of Module III in June 2020.

Theoretical content:

- Examining the first practical experience of teaching TRE®.
- Modifications and variations during the TRE® practice.
- Deepening the knowledge of the role of fascia in TRE®
- Basic interventions with physical contact in TRE®.

Practical experience:

- Practicing TRE®, personal experience
- Deepening the understanding of personal experiences working in pairs, including interventions with physical contact.
- Discussion and sharing of personal experiences.

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Global TRE® provider certification training information: training@trehungary.com



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