

Global TRE[®] certification training in Budapest, Hungary, 2019 – 2020

**With the participation of Dr. David Berceli,
founder of TRE[®] in Modul III.**

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 5 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 first module (Module I) is an introductory weekend and 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 or Module 1 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 II, III, IV, V 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.

It is an extraordinary and unique opportunity that for this time, Dr. David Berceli (photo of David), will conduct Module III. of the certification training in June 2020.

The certification training is composed of 5 modules:

MODULE I. – Introduction, 12hrs.

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

Dates: 22-23 November 2019

Schedule: 22nd November, Friday, 16:00 – 20:00
23rd November, Saturday, 10:00 – 20:00

And: 1-2 February 2020

Schedule: 1st February, Saturday, 10:00 – 20:00
2nd February, Sunday, 10:00 – 14:00

MODULE II. – Theory and Practice, 12hrs.

Self-regulation, polyvagal-theory, reactions to TRE®. Interventions without physical contact. Group leading basics.

Dates: 14-15 March 2020

Schedule: 14th March, Saturday, 10:00 – 20:00
15th March, Sunday, 10:00 – 14:00

MODULE III. with the participation of Dr. David Berceli – Theory and Practice, 12hrs.

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

Dates: 27-28 June 2020

Schedule: 27th June, Saturday, 10:00 – 20:00 **with Dr. David Berceli**

28th June, Sunday, 9:00 – 13:00, with Monica Tarres, TRE® Certification Trainer.

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

Live and video supervision and practice.

IV. Modul: 11-12-13 September 2020

Schedule: 11th September, Friday, afternoon
12th September, Saturday, all day
13th September, Sunday, morning

V. Modul: 20-21-22 November 2020

Schedule: 20th November, Friday, afternoon
21st November, Saturday, all day
22nd November, Sunday, morning

To read the general description of the Modules, please follow this link:
<https://tinyurl.com/yxthmyd7>

To read the detailed description of Module I (Introductory Module) and to apply,
please follow this link: <https://forms.gle/7JxCXKKdQfZifj3s7>

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