

**North American Fees and Requirements for Certified TRE Providers in the
TRE Global Certification Training Program (NA-GCTP)**

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| Cost Range | \$3,000 - \$3,700 (Does not include travel, lodging and transfers) |
| Time Range | 7 - 10 months (TBD by each Certification Trainer) |
| Certification Type | Certified TRE Provider (Formerly referred to as Level 2) |

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| <p>Four (4) Major Required Components Of the Certified TRE Provider</p> |
| 1. TRE Certification Training Modules 1 & 2 |
| 2. Supervision |
| 3. Required Reading |
| 4. Journaling |

Cost Range includes:

- ❖ Module 1 & 2 Certification Trainings (total of 6 days)
- ❖ Meeting supervision requirements
- ❖ Needed training materials

Rates may vary due to:

- ❖ Training, experience and expertise of the *supervisor**
- ❖ Certification level of the supervisor
 - *Supervisor may be a Certification Trainer (CT), CT Trainee or TRE Mentor. The CT who taught your module 1, may also be referred to as your “primary trainer.”
- ❖ Where the supervisor resides
 - Standard training rates vary greatly throughout North America
 - Supervisors are independent contractors within the TRE organization.

EXPANDED DETAILS OF CERTIFICATION REQUIREMENTS

TABLE A

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| Two modules of TRE theory and practice information Three days each - usually three or four months apart |
| Enrollment in the Certification Enrollment Website (\$35 enrollment fee) |
| Completion of the Certification Training Learning Plan |
| Four (4) personal sessions (doing TRE yourself) being accompanied by your Certification Trainer (CT), in person, recorded and/or Skype |
| Journaling of personal TRE experiences |
| Required reading, DVD viewing and submitting of a short written report on each |
| Four (4) sessions teaching an individual TRE with the CT observing and giving feedback, in person, recorded and/or Skype |
| One (1) competency evaluation session to determine readiness to continue |
| Four (4) peer swap sessions (See details below) |
| Tremor with a group four (4) times (See details below) |
| Three (3) sessions teaching TRE to a group with the CT observing and giving feedback, in person, recorded and/or Skype |
| One (1) evaluation session teaching TRE to a group to determine full competency for certification |
| One (1) “floating session” is built in for use to provide time for any other program content and/or needed practice under supervision |

1. TRE CERTIFICATION TRAINING MODULES 1 & 2

PROGRAM ORDER

*Below, is the **general order** in which the program will be presented. However, the CT might make changes to the specific requirements and schedule depending on a variety of factors. It is the CTs responsibility to provide information about changes to their trainees.*

Where supervision sessions are indicated, it is important that learning from that one teaching experience be processed with the CT prior to the trainee proceeding to the next supervised session.

Module One (1) is a face-to-face, 3-day training, done in a group setting, which will include:

- ❖ Anatomy, neurology and physiology of stress and trauma as it relates to TRE
- ❖ Understanding the tremor response
- ❖ Introduction to the Polyvagal Theory (Stephen Porges)
- ❖ Defense reactions as they relate to TRE
- ❖ Containment and grounding strategies
- ❖ Introduction to basic skills of working with individuals and groups
- ❖ Introduction to TRE and personal tremoring experience

Between modules 1 and 2 all trainees will focus on:

- ❖ Enrollment in the Certification Enrollment Website
- ❖ Completion of the Learning Plan
- ❖ Personal TRE® process which will include:
 - Four (4) personal TRE sessions being accompanied by the Certification Trainer to support consistent TRE practice, self-regulation skills and awareness
 - (This will be completed before the end of the certification training process.)
 - Journaling and/or logging of at least forty (40) personal TRE experiences
 - (This will be completed before the end of the certification training process.)
- ❖ Learning the TRE Template and practice -teaching of TRE:
 - The Certification Trainer will determine if adequate TRE personal practice has been accomplished to move forward with practice-teaching.
 - Begin practice-teaching sessions with close friends and family. The Certification Trainer will determine how many practice-teaching session and who will be taught in those sessions
 - Document and record your self- reflections of the practice-teaching experience utilizing a reflection guideline that will be provided
- ❖ Deepen knowledge and theory of TRE:
 - Read required books, view required DVDs, and prepare a short report:
 - Both of Dr. Berceli's books and both DVD's
 - Full Body Presence
 - Three (3) books from the recommended reading list
 - Modification DVDs (There are 2)

Module Two (2) is a face-to-face, 3-day training, done in a group setting, which will include:

- ❖ Deepening of module 1 content
- ❖ Debrief of practice-teaching experiences
- ❖ Review of the Areas of Awareness in the Practice of TRE paper
- ❖ Role of fascia in TRE
- ❖ TRE basic interventions (touch and non-touch energy expanding interventions)
- ❖ TRE modifications
- ❖ Understanding “use of self” when teaching the TRE process
- ❖ Working within your scope of practice, knowledge, and competency
- ❖ Ethical awareness

Following module 2 and prior to final certification the trainee will:

- ❖ Teach TRE four (4) to individuals and receive feedback from a Certification Trainer
- ❖ One (1) competency evaluation session to assess:
 - Ability to teach the *TRE Template* to an individual
 - Knowledge of the *Areas of Awareness* in the Practice of TRE paper
- ❖ Four (4) peer swap sessions
 - You will be taught TRE *by* a peer PLUS you will teach TRE *to* a peer.
 - Submit short review of these sessions

- ❖ Tremor with a group four (4) times and journal the experience. This can be accomplished in either of two ways:
 - Join an already established TRE group in your area, OR
 - Teach three (3) or four (4) of your friends TRE. (Only do this with those without a trauma history.) You can go through the process with them AND then tremor with them. Journal this experience paying attention to how doing TRE alone differs from doing it within a group
- ❖ Teach TRE to four (4) groups of people and receive feedback from a Certification Trainer
 - The size and the make-up of the group will be determined by you and the Certification Trainer
 - The 4th group session will be a competency evaluation session to assess group work skills
- ❖ One (1) “floating session” is built in for use to provide time for any other program content and/or needed practice under supervision.

2. SUPERVISION

Supervision Sessions

There are four (4) “types” of Supervision Sessions:

- 1) “Personal Sessions”
 - a. Four (4) of these are required
 - b. Usually one (1) hour
 - c. Price can range between \$125 and \$175 per session
- 2) Supervised “Working with Individuals/1:1” Sessions
 - a. Four (4) of these are required
 - b. Usually 1.5 hours
 - c. Price can range between \$150 and \$225 per session
- 3) One (1) “Competency Assessment” Session
 - a. 1.5 hour supervised session
 - b. Cost \$150
- 4) Supervised “Working with Groups” Sessions
 - a. Four (4) of these are required
 - b. Usually two (2) hours
 - c. Price can range between \$150 and \$225 per session

Supervisor Rates:

Each supervisor will inform you of their personal rates.

- ❖ Individual supervisors may offer a discount if you enroll in a pay-up-front multi-session supervision training packages.
- ❖ If you are in a geographical area with other TRE Provider Trainees, the supervisor may offer some group training at a somewhat reduced cost.
- ❖ Individual supervisors may offer a lower fee to trainees in special and unique circumstances. (Example: A refugee who will be only working with other refugees.)

Choosing a Supervisor - In most all circumstances the trainee will receive their supervision from the CT who is offering the module 1 they are attending. (This will be your “Primary Trainer” also referred to here as *supervisor*.)

Exceptions include:

- ❖ The CT offering the module 1 is utilizing other CTs, CT Trainee and/ TRE Mentors to provide supervision to the trainees.
- ❖ Dr. Berceli is presenting the module 1 certification training. In this situation you will be offered a list of supervisors to choose from.
- ❖ The trainee has approval to utilize another supervisor prior to attending the module 1.
- ❖ Contact the CT offering module 1 concerning this change.

Certain other situations will be considered upon request.

3. REQUIRED READING (Ask your CT for the Required Reading list)

- ❖ Read required books, view required DVDs, and prepare a short report:
- ❖ Both of Dr. Berceli’s books and both DVD’s
- ❖ Full Body Presence
- ❖ Three (3) books from the recommended reading list
- ❖ Modifications DVD

4. JOURNALING (Ask your CT for the Journaling Guidelines document)

Journaling and/or logging of at least forty (40) personal TRE experiences.
(This will be completed before the end of the certification training process.)

Additional Notes...

Primary Certification Trainer:

This person will usually be the one teaching the module 1 training where you will begin your certification process. This person will be responsible for providing all your training and supervision and/or overseeing and monitoring this process for you. A TRE Certification Trainer Trainee or a TRE Mentor may be used in your certification training process.

The Primary Certification Trainer has the responsibility to:

- ❖ Ensure the trainee is competent at the point of certification; to this end, the trainee may be required to have additional sessions and/or fulfill additional requirements to meet certification competency
- ❖ Set fees and payment process
- ❖ Inform all persons interested in certification about additional information related to their particular certification training program
- ❖ Ensure that all trainees are enrolled in the TRE, LLC Certification Enrollment website before beginning their personal TRE sessions

Once proof of enrollment has been provided the trainee will receive the following:

- *Areas of Awareness* in the Practice of TRE document
- *TRE Template*
- *Required Learning Plan document*

The Certification Trainer will notify the TRE office upon your successful completion. TRE, LLC will issue the Certified TRE Provider certificate.

COMPETENCY REQUIREMENTS - Becoming a Certified TRE Provider is a competency based certification process. Competency must be reached. The supervisor has the right and the responsibility to ask the trainee to do additional sessions if needed to meet competency requirements prior to certification. Requiring extra sessions is a rare occurrence however; we do reserve the right to make additional requirements.

USING A TRAINER FROM ANOTHER COUNTRY - If the trainee lives in North America and will be working primarily in North America they are required to use a supervisor(s) within North America for the supervision requirements.

- ❖ Any exemptions to this must be approved by The Director of TRE Certification Programs, Sherry Mills (Sherry.Mills@traumaprevention.com)

FINANCIAL AID - We do not offer financial aid at this time. Potential trainees may fund-raise to cover some or all of their certification training cost through TRE FOR ALL, Inc (IRS approved Tax-exempt organization).

TAX-EXEMPT DONATIONS - Tax-exempt donations may be made to TRE FOR ALL and redirected to pay for certification training cost in the name of the trainee who raised the funds.

- ❖ If you are interested in knowing more about this option, please email treforall@gmail.com