



GLOBAL CERTIFICATION TRAINING PROGRAM (GCTP)
MINIMUM CORE REQUIREMENTS FOR
CERTIFIED TRE® PROVIDERS
July 2014

Outlined below are the **minimum core** certification requirements to become a Certified TRE® Provider. These requirements were developed by TRE®, LLC.

Each country or region may have a few additional requirements. Contact a TRE® Certification Trainer (Level III) in your country for specific information.

TRE®, LLC CORE REQUIREMENTS:

Module One - 3-day training (Face to face - in a group setting)

Module 1 will include:

- ❖ Anatomy, neurology and physiology of stress and trauma as it relates to TRE®
- ❖ Understanding the tremor response
- ❖ Introduction to the Poly-vagal theory
- ❖ 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:

- ❖ 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 40 personal TRE® experiences (This will be completed before the end of the certification training process)
- ❖ Learning the TRE® Template and teaching TRE®:
 - 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 reflections of the practice-teaching experience utilizing a reflection guideline that will be provided



- ❖ Deepen knowledge and theory of TRE®:
 - Read required books and prepare a short report
 - View the required DVD's and prepare a short report

The specific requirements and schedule for completion related to the above will be provided by the Certification Trainer.

Module Two - 3 day training (Face to face - in a group setting)

Module 2 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
- ❖ Working within your scope of practice, knowledge, and competency
- ❖ Ethical awareness

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

- ❖ Teach 4 individuals TRE® and receive feedback from a Certification Trainer
- ❖ Teach 4 groups of people TRE® and receive feedback from a Certification Trainer
 - The size and the make-up of the group will be determined by the trainee and the Certification Trainer
- ❖ Integrate the learning from one teaching experience prior to proceeding to the next teaching experience
- ❖ Demonstrate competency in all the identified areas

TRE®, LLC recommends that as much as possible the above supervision requirements take place in a group-supervision setting. The Certification Trainer will determine how much will take place in group-settings and/or individual sessions. Also; the above, can be completed via Skype when the Certification Trainer determines this is necessary and adequate.



Assessment for Certification:

The Certification Trainer will determine the process used for assessing trainee competency. Trainees will be informed of this assessment process in the information package that will be provided prior to certification training registration.

PLEASE NOTE:

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Primary Certification Trainer:

This person will usually be the one teaching the module 1 training where the certification process begins. Your Primary Certification Trainer will be responsible for providing all the training and supervision and/or overseeing and monitoring this process.

The Primary Certification Trainer (Level III) has the responsibility to:

- ❖ Ensure the trainee is competent at the point of certification; to this end, the trainee may need 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® paper
 - TRE® Template
- ❖ Trainer will issue the Certified TRE® Provider certificate upon successful completion