



Global Certification Training Program (GCTP) Minimum Core Requirements (November 2022)

TRE For All offers a Global Certification to become a TRE™ Provider. This document is to set the foundation for the global standards, while recognizing the cultural, national & legal differences around the world. We all start with the same foundation, and then build the individuality of our training programs. It is expected that all TRE™ Certification Trainers, Trainer Trainees and Mentors adhere to this guideline.

Outlined below are the **minimum core** certification requirements to become a Certified TRE™ Provider. These requirements were developed by TRE For All.

Each country or region may have additional requirements. Contact a TRE™ Certification Trainer in your country for specific information.

TRE FOR ALL MINIMUM CORE REQUIREMENTS

GENERAL GUIDELINES (containment)

- TRE™ provider trainees are expected to complete all aspects of the TRE™ GCTP under the responsibility of the same Primary Certification Trainer. Secondary Trainers are used to ensure consistency within the GCTP.
 - If an individual need for transfer develops, follow the current TFA transfer policy.
 - The Primary Certification Trainer will arrange for the TRE™ Trainee to do a minimum of two (2) supervised teaching sessions with a Secondary Certification Trainer.
 - If the Trainee has initiated a training in a different country other than where they are going to teach TRE™: the Secondary Trainer should be from the country that the Trainee is/will be based (when this is available and possible) with the efforts to bridge cultural collaboration.
- Time Frame Certification Process;
 - The certification process is recommended between 12-15 months from the start of Module 1.
 - To allow sufficient time for personal process to develop, a trainee may **NOT** certify in less than 10 months from program start.
 - All program requirements must be started post attendance of the Module 1 Workshop. Any program requirements completed prior to the start of the Module 1 Workshop, will not be valid or accepted as part of the training program.

- Should a TRE™ Trainee not have completed the entire certification program within 18 months, they will need to complete additional requirements up to or including retaking Module workshops.
- If a trainee has not completed the certification program within 24 months after starting the TRE™ Provider Training, they will need to retake the entire program.

TRE™ PROVIDER TRAINING PROCESS IS DIVIDED INTO THE FOLLOWING PARTS;

- **Attend an in-person or live online training workshop** (See flowchart for required topics)
 - Minimum 6* mandatory education days in either of these formats:
 - **Each education day (6 hours), must include teaching of module-topics and two (2) TRE™ practice sessions.*
 - ***In-person or online****
 - * For teaching online, please see the current TFA Online Guidelines*
 - Module 1** – 2 days followed by
 - Module 2** – 2 days (2 - 4 months post M1)
 - Module 3** – 2 days (3 - 5 months post M2)
 - ***In-person only***
 - Module 1** – 3 days followed by
 - Module 2** – 3 days
 - (minimum 3 months – maximum 8 months post M1)*
- **Personal TRE™ process**
 - Minimum four(4) personal sessions supervised by a TRE™ CT minimum two (2) sessions completed before attending Module 2)
 - Journaling of a minimum 40 personal TRE™ experiences throughout the program (minimum 15 completed before attending Module 2)
 - It is expected that the TRE™ Trainee continues their personal TRE™ process development throughout the complete GCTP.
 - Due to the nature of what might arise/come up as a result of the deeper TRE™ process, it is highly recommended that the TRE™ Trainee has access to additional support through i.e. counseling/therapist as the TRE™ Certification Trainers in their role as TRE™ Supervisors are not mental health experts.
- **Learning TRE™ template and teaching TRE™**
 - Peer-swap sessions
 - Practice leading classmates/peers through the TRE™ process to gain experience prior to teaching family/friends/volunteers.
 - Structured practice-teaching sessions with appropriate, adult family/friends/volunteers as determined by the intake process and the trainee's scope of practice:
 - Throughout the Certification Process all practice-teaching sessions are at no cost /free of charge for volunteers.
 - Document and record your reflections of the practice-teaching experience

- utilizing a reflection guideline that will be provided.
 - Due to the aspect of Dual Relationship, the TRE™ Trainee is not to use their existing/paying clients as volunteers, even if the TRE™ session is free of charge.
 - No (public) advertising for volunteers.
 - Keep TRE™ pure during the Training Program (no mixing/blending with other modalities).
- Following Module 2 & Module 3 and prior to final certification the trainee will:
 - Teach a minimum of four(4) individuals TRE™ and be supervised by their TRE™ Certification Trainer/TRE™ Mentor.
 - Integrate the learning from one teaching experience prior to proceeding to the next teaching experience.
 - Teach a minimum of four(4) small groups TRE™ and be supervised by their TRE™ Certification Trainer/TRE™ Mentor.
 - Integrate the learning from one teaching experience prior to proceeding to the next teaching experience .
 - The size and the make-up of the group will be determined by the primary Certification Trainer.
 - A practice-group is any session leading two (2) or more participants. It is expected that as experience is gained, the TRE™ Trainee will increase the number of participants in the group.
 - Additional structured practice-teaching as directed by your CT/Mentor, ie. case-studies, unsupervised practice-groups.
- Final competency evaluation of a group TRE™ instruction (Final assessment).
 - Typically a TRE™ Provider Trainee is qualified to work with small groups of up to 8 persons in the final assessment.
- **Deepen knowledge and theory of TRE™**
 - Read/watch required books/media and prepare short reflection(s).
- **Additional hours of training above the GCTP minimum requirements may include;**
 - Touch interventions
 - Working with children/adolescents
 - Coordinating / Co-teach large groups (working with assistants)
 - Special populations (i.e. back injuries, first responders, military, autoimmune diseases, athletes, sexually abused people, refugees etc.)

TRE For All recommends that some of the above supervision requirements take place in a group supervision setting, either in-person or live online. The Primary Certification Trainer will determine how many will take place in group-settings and/or individual sessions (in-person, live online or reviewing pre recorded sessions).

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 has the responsibility to:

- Inform all persons interested in certification about additional information related to their particular certification training program.
- Be transparent about GCTP requirements and additional program requirements above the TFA required minimum.
- Set fees and payment process. Notify potential TRE™ trainees about all program costs prior to the start of the GCTP.
- Ensure that all trainees are enrolled in the TRE For All Certification Enrollment website before beginning their personal TRE™ sessions.
- Develop/Create a learning plan with the TRE™ Trainee. The specific requirements and schedule for completion of the learning plan will be provided by the Primary Certification Trainer.
- Once proof of enrollment has been provided & the learning plan is signed the trainee will receive the following:
 - Areas of Awareness in the Practice of TRE™ paper / Key reminders for TRE™ Providers
 - TRE™ Template Manual
- The Primary Certification Trainer is responsible for ensuring trainee competency in the required skills necessary for becoming a Certified TRE™ Provider. To this end, the trainee may need to have additional sessions and/or fulfill additional requirements to meet certification skills & competency.
- Upon successful completion of the GCTP, the Certifying Trainer will send the required documentation to TRE For All who will issue the Certified TRE™ Provider certificate.

Date/Initials:

Date Submitted:

Date Approved: November 2022 (by 2022 TFA BOD)

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Date Approved:

Date Published:

3 x 2 DAY OUTLINE: *IN PERSON OR ONLINE*

Module 1 will include:

- Introduction to TRE™ and personal tremoring experience
- Anatomy, neurology, and physiology of stress and trauma as it related to TRE™
- Understanding the tremor response
- Defense reactions as they relate to TRE™
- Containment and grounding strategies
- Self regulation strategies
- Introduction to basic skills of working with individuals

Module 1

Time frame:
3-8 months

Module 2 will include:

- Deepening of Module 1 content
- Follow the Body Principle
- Deepening of understanding of F, F, D (Connect to Key Reminders and Areas of Awareness)
- Countertransference and Transference
- Role of fascia in TRE™
- TRE™ basic intervention non-touch tremor, energy expanding interventions, self-touch interventions, containment interventions
- TRE™ modifications
- Working within your scope of practice, knowledge, and competence
- Ethical awareness
- Introduction to basic skills of working with groups

Module 2

FINAL ASSESSMENT & CERTIFICATION

Program length:
Minimum 10 months

Tasks/course-work to be
completed post Module 1

Personal TRE™ process, which will include:

- Complete at least two (2) of the minimum four (4) personal TRE™ sessions being accompanied by the Certification Trainer to support consistent TRE™ practice, self-regulation skills and awareness
- Journaling and or logging a minimum of 20 personal TRE™ experiences

Learning the TRE™ Template and teaching TRE™:

- Begin explorations through peer-swaps/peer-shakes & practice teaching sessions with co-trainees (using teaching reflections)

Course Work:

- Read and watch required books / media and prepare short reflection(s)

Tasks/course-work to be
completed post Module 2

Continue Personal TRE™ Process to include:

- Journaling or logging of at least 20 personal TRE™ experiences

Teaching practice:

- Teach a minimum of four (4) individuals TRE™ and be supervised by the TRE™ Certification Trainer/TRE™ Mentor
- Teach a minimum of four (4) small groups TRE™ and be supervised by the TRE™ Certification Trainer/TRE™ Mentor
- Additional structured practice teaching as directed by your CT/Mentor, extra case-studies, unsupervised practice sessions

Course Work:

- Read/watch required books/media and prepare short reflection(s)

Final Competency (Final Assessment)

- Evaluation of a group TRE™ Instruction

2 x 3 DAY OUTLINE: *IN PERSON ONLY*

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completed post Module 2

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