

Online Guidelines for GCTP Modules 1 (Personal Practice), 2 (Teaching One-on-Ones) & 3 (Teaching Groups) (December 2022)

or GCTP Training (Online Guidelines)

The Online-Live GCTP format can give TRETM Trainers options for bringing the GCTP fully or partially online. It also gives great possibilities for connection, learning, cooperation, working and supporting each other. There are also more opportunities for:

- Trainees to work with different trainers from around the world
- For trainer trainees to gain experience working alongside different trainers and
- For trainers to collaborate together globally

FORMAT FOR TEACHING ONLINE MODULES:

As part of the Live-Online GCTP, TFA is *requiring* that Trainers follow the 3 x 2 day Module Certification Training format (**see *current GLOBAL CERTIFICATION TRAINING PROGRAM (GCTP)***)

MINIMUM CORE REQUIREMENTS: This process of teaching online will be a minimum guideline from TFA.

- Note: If a country, continent, province or individual trainer requires additional guidelines, standards and/or competencies than are listed from TFA, the primary CT must:
 - Inform all persons interested in certification about additional information related to their particular certification training program.
 - Provide Trainees with documentation of GCTP requirements and any additional program requirements above the TFA required minimum.

3 x 2 day Certification Training Format

- 2-day Module 1 content - *Personal TRETM process*
- 2-day Module 2 content - *Teaching one-on-one*
- 2-day Module 3 content - *Teaching groups*

ONLINE MODULE 1, MODULE 2 & MODULE 3 ARE TO BE FACILITATED LIVE-ONLINE

PREREQUISITES FOR ATTENDING ONLINE MODULE 1

- Previous experience is **REQUIRED FOR ALL ATTENDEES**
- Previous experience may be:
 - One-One sessions with Certified Provider or Trainer
 - Intro workshop with Certified Provider or Trainer
 - Attends TRETM classes regularly

ONLINE MODULE 1, 2 & 3

- Teaching theory content live is required (No pre-recorded videos or webinars).
- Provider Trainees must be present and participate during the live sessions (camera on).
- All guidelines for the GCTP must be followed.

NUMBERS OF PARTICIPANTS

Trainer / Assistant : Trainee ratio

MAXIMUM GCTP ONLINE RATIOS

- Up to 20 participants maximum per online Module group.
- Recommended ratio 1 assistant per 5 participants.
 - 1:2:10 TRAINER : ASSISTANT : PARTICIPANT
 - 1:3:15 TRAINER : ASSISTANT : PARTICIPANT
 - 1:4:20 TRAINER : ASSISTANT : PARTICIPANT
- Breakout rooms require supervision by a Trainer or Assistant.

CONSIDER:

- How many participants does the Trainer usually have in their Modules?
- How experienced are they working online?

Each trainer will need to develop and manage these required skills for online training. It is highly recommended for those not experienced in the workings of an online training to have a technical assistant to help in organizing these aspects of the event in addition to assisting with the breakout rooms. We also encourage trainers to learn from people who have already had experience using such platforms and breakout rooms.

IDEAS FOR PRACTICE TEACHING SESSIONS

- In Module 2 and 3 trainees will be teaching each other TRE™ in pairs and in small groups.
- The use of breakout rooms is a good way for trainees to do their practice teaching sessions. Assistants will supervise breakout rooms to observe and offer support and feedback.
- Online training will only focus on Containment, Self- and Non-Touch interventions.
- Hands-on interventions will be taught only in face-to-face live training. This allows for a safer, more contained environment.

USE OF ASSISTANTS IN PRACTICE TEACHING AND BREAKOUT ROOMS

- We recommend trainers practice using breakout rooms with their assistants prior to the online Modules.
- **Some ideas for breakout rooms:**
 - One assistant assigned to a breakout room with one pair of trainees
 - Trainees working in threes, one trainee is observing, holding space, and is available for seeking assistance from assistant or trainer if required.

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2 x 3 DAY OUTLINE: **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

Module 1

Time frame:
2 - 4 months

Module 2 will include:

- Deepening of Module 1 content
- Polyvagal theory
- Follow the Body Principle
- Deepening of understanding of F, F, D (Connect to Key Reminders and Areas of Awareness)
- Countertransference and Transference
- Introduction to basic skills of working with individuals

Module 2

Time frame:
3 - 5 months

Module 3 will include:

- Role of fascia in TRE™
- TRE™ basic interventions (Non-touch, tremor energy expanding, self touch, containment interventions)
- Working within your scope of practice, knowledge, and competency
- Ethical awareness
- Deepening understanding the tremor response
- TRE™ modifications
- Introduction to basic skills of working with groups

Module 3

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 15 personal TRE™ experiences

Learning the TRE™ Template and teaching TRE™:

- Begin explorations through peer-swaps/peer-shakes

Course Work:

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

Tasks/course-work to be
completed post Module 2

Continue Personal TRE™ Process to include:

- Journaling and/or logging a minimum of 20 personal TRE™ experiences

Teaching practice:

- Teach a minimum of four (4) individuals 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)

Tasks/course work to be
completed Post Module 3

Continue Personal TRE™ Process to include:

- Completion of personal journals (40 minimum throughout the program)

Teaching practice:

- Teach a minimum of four (4) individuals 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