



Online TRE Certification Timeline

Personal TRE® Process Online, 2 Days

Module 1

Learn how to safely start and stop natural tremors. Core principles of grounding, self regulation and avoiding freezing, flooding and dissociation will be taught.

Between Module 1 and Module 2:

- Minimum 20 hours of journaling of own TRE Process
- Minimum 2 personal TRE tremoring sessions facilitated by your Mentor
- Read required literature and write short report - What is the physiology of trauma? 250-500 words
- Complete Pre M2 Agreement with your Mentor and agree whether now is right time to attend Module 2
- Recommended gap between modules is 6 weeks to 6 months

Module 2

Learn how to safely teach the TRE to individuals. Deepen your understanding and application of polyvagal theory. Learn how to create safety for people to meet their bodies.

Between Module 2 and Module 3:

- Complete second 20 hours of journaling of personal TRE process (40 hours in total) and all complete personal process supervision
- Start teaching TRE to individuals in single sessions and then multiple session case studies. Record sessions and receive supervision on your teaching (min 2 supervisions on teaching by Module 3)
- Pre M3 Tremors? write up: Why are tremors useful? 250-500 words
- Pre M3 Reading write up: Summarise insights from essential reading. 250-500 words
- Complete Pre M3 Agreement with your Mentor and agree whether now is the right time to attend Module 3
- Recommended gap between modules is 6 weeks to 6 months

Teaching TRE® to Individuals Online, 2 Days

Teaching TRE® to Groups Online, 2 Days

Module 3

Learn how to facilitate the tremor process in small groups. Develop skills to explain TRE and ground and regulate diverse groups. Learn how to make group interventions to contain and support safety.

Between Module 3 and Final Certification session:

- Complete required teaching, write ups and supervision of individual case studies
- Complete required teaching, write ups and supervision of groups
- Summarise TRE theory as covered in the required reading and videos. 250-500 words.

Supervision

Supervision is an essential component of the training. Minimum requirements are 4 sessions on your personal process, 4 on teaching individuals and 4 on teaching groups. More supervision may be required by your Mentor, depending on your skills and background.

Useful, voluntary, tools for support in addition to mandatory supervision:

- Peer support sessions; practice teaching TRE with co-trainees
- Online supervision groups facilitated by TRE Mentors
- Online TRE College Courses to deepen your theoretical knowledge
- Assisting TRE Mentors with groups and workshops

Supervision with your TRE Mentor Online or Face to Face, Min 12 Sessions

Ongoing and Final Certification Online or Face to Face, Min 1 Session

Assessment

There are ongoing assessments of your skills with your Mentor. Assessments are write ups you submit to your Mentor inc journal summaries, short essays, session write ups and case histories. Pre M2 and Pre M3 you agree whether now is the right time to continue training or to focus more on your personal process. Graduation depends on a successful Final Certification session.

Final Certification

- When all written and practical elements are complete and agreed with your Mentor there is a Final Certification session with your Primary Certification Trainer
- Minimum time to complete is 10 months
- Maximum time to complete is 24 months