

THE CERTIFICATION PROGRAM: TEACHING TRE

LEVEL ONE CERTIFICATION

The first level prepares the practitioner to lead individuals safely through the exercises. Those completing this level can refer to themselves as Certified TRE Practitioners

1. Perform TRE several times on your own prior to enrolling in the certification training to determine if this method is appropriate for you.
2. Complete a \$25 non-refundable application fee.
3. Attend a three (3) day Level One Training Workshop. (**Local fees apply**).
4. Maintain a personal journal of your TRE experiences and process for 1 month. Share this journal with your trainer prior to beginning your training process of guiding others through the exercises.
5. Receive five (5) mentoring sessions on your individual TRE process. Three (3) sessions can be done in group. Two (2) sessions must be done within an individual session. These can be via video, Skype or in person. (**Local trainer fees apply**.)
6. Receive four (4) mentoring sessions of teaching TRE to another individual. Three (3) sessions can be done in group. One (1) session must be done within an individual session. (**Local trainer fees apply**.)
7. Complete reading assignments as required.
8. The final session will be scheduled with Dr. David Berceci. In this session he will determine your competency for teaching TRE safely to others. Although all the requirements must be satisfied for certification their completion does not guarantee certification. (**Local trainer fees apply**.)

Upon completion of all these requirements, **and approval of your trainer/mentor**, you will be certified as a TRE Practitioner.

There is a \$75.00 annual fee to be listed on the TRE Practitioners Website. (optional)

Check List	DONE
1. Perform TRE several times on your own	
2. Complete a \$25 non-refundable application fee.	
3. Attend a three (3) day Level One Training Workshop.	
4. Maintain a personal journal for three (3) months	
5. Receive five (5) personal mentoring sessions	
6. Receive four (4) mentoring sessions while working with an individual	
7. Complete reading assignments.	
8. Have final session for assessment of competency with Dr. Berceci.	