



TRE_{,LLC}

LEVEL I TRE FACILITATOR CERTIFICATION PROGRAM

The Level I TRE Facilitator Certification training program prepares the facilitator to lead individuals safely through the TRE process. You will learn to teach TRE as a stress and tension reduction technique. This track will stress the concept of containment as it relates to TRE and the use of containment and grounding techniques.

PREREQUISITES:

There are no prerequisites for entering the TRE Facilitator Certification program.

ADMISSION INTO THE TRE FACILITATOR CERTIFICATION TRAINING REQUIRES THAT THE TRAINEE MUST:

Complete an application to TRE, LLC and submit a \$35 certification program enrollment fee. Your primary TRE Trainer will provide this application.

TO CERTIFY AS A TRE FACILITATOR YOU MUST:

1. Attend three days of TRE Level One Certification Training.
 - Each training day has specific content so we have a Day 1, Day 2 and Day 3.
 - Day 1 and Day 2 are the same for both TRE Certification tracks.
 - If Day 3 is not provided along with your Day 1 & Day 2 Level I training, this requirement may be made up of specific training requirements as determined by your TRE Trainee Learning Plan - this could include webinars or sessions with TRE Trainers who have particular expertise. (If your mentor or trainer is in another location this can be done over Skype.)

2. It is required that you be in the Level I Certification Training for a MINIMUM of three months prior to completing your certification. During this time you will:
 - Journal all your TRE experiences and process this with your TRE Trainer or TRE Mentor. ** (Journaling a minimum of 3 TRE's per week.)
 - Meet with your TRE Trainer or TRE Mentor to work with your personal, emotional, psychological and/or physiological response to TRE if needed. (In person or via Skype.)
 - Meet all the other requirements as outlined here and in your TRE Trainee Learning Plan.
3. Meet with your TRE Mentor or TRE Trainer to review your journal to determine if you are ready to begin the process of learning to teach TRE to individuals. Journaling is to continue for a minimum of three months.
4. Develop your TRE Trainee Learning Plan in conjunction with your primary TRE Mentor or TRE Trainer. Following this plan will prepare you to successfully teach TRE as a tension and stress reduction technique. When appropriate, attention will be paid to integrating TRE with other health optimizing modalities (i.e., yoga). ***The Mentor or Trainer will be responsible for adding additional requirements as needed.***
5. Experience five individual sessions while being observed by your TRE Mentor or TRE Trainer. These sessions are to insure you have a personal understanding and experience of TRE and you are utilizing TRE in your own life. Utilizing some of these sessions as “teaching role-play” opportunities will prepare you for the next requirement of leading individuals through TRE and will inform your mentor/trainer as to your readiness for this next step.
6. Lead four different individuals through the TRE process under the observation of your TRE Mentor or TRE Trainer. These sessions include discussing your journaling material, personal experience and homework. These sessions are to improve your skills as a TRE Facilitator.

At least two of these nine required observed sessions needs to be with another TRE Trainer or TRE Mentor. We want you to have exposure to at least two TRE teachers.

7. Complete all homework assignments and submit them to your TRE Mentor or TRE Trainer. Be able to discuss the required concepts of Level I Facilitators. Be able to discuss those sections in the TRE “Areas of Understanding and Awareness” paper that are marked as important for the TRE Facilitator.
8. Upon completion of all the requirements and with the recommendation of your TRE Mentor or TRE Trainer you will have one additional session to assess your competency for teaching TRE to an individual. In this testing session you will be guiding another person safely through the exercises, observed by a TRE Trainer. It is recommended that

your final testing be with someone other than your primary TRE Trainer. TRE Mentors will not provide this final assessment.

9. Certification requires that the TRE Facilitator has an understanding of groundedness and that the TRE Facilitator be able to maintain groundedness while teaching TRE.

After meeting these requirements and with the approval of the TRE Trainer and your payment of \$75 to TRE, LLC, you will receive your certificate showing you are now a Certified TRE Level I Facilitator and you will be listed on the TRE website for one year. (annual renewal)

Your three day Level I Certification Training is in effect for one year. If Level I certification is not complete within one year you will need to retake the three day training. With the written permission of your TRE Trainers or TRE Mentors you can extend this time frame. This will need to be noted on your Learning Plan.

** You will choose a primary TRE Mentor or a TRE Trainer to meet these requirements. TRE Trainers also function as TRE Mentors. This primary mentor/trainer must be chosen at the very beginning of your certification process. See the website for a list of these TRE Mentors and Level III TRE Trainers: www.traumaprevention.com.

REQUIRED READING

Berceli, D. (2008) (Book) The Revolutionary Trauma Release Process: Transcend Your Toughest Times. Namaste Publishers, Vancouver, British Columbia. (order from Amazon.com)

Berceli, D. (2008) (DVD) The Revolutionary Trauma Release Process: Transcend Your Toughest Times, Namaste Publishers, Vancouver, British Columbia. (order from Amazon.com)

Berceli, D. (2005) (Book) Trauma Releasing Exercises: A Revolutionary New Method for Stress/Trauma Recovery. Book Surge Pub. (order from Traumaprevention.com)

Berceli, D. (2005) (DVD) Trauma Releasing Exercises: A Revolutionary New Method for Stress/Trauma Recovery. (order from Traumaprevention.com)

Other books that may interest you; however, these are not required:

Keleman, Stanley (1975) Your Body Speaks Its Mind, Center Press, CA.

Jamey, Chris (2003) Concise Book of Muscles. Lotus Publishing, Berkeley, CA.

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