



TRE,LLC

LEVEL II TRE PRACTITIONER CERTIFICATION PROGRAM

The Level II TRE Practitioner Certification training program prepares the practitioner to safely lead groups of people through the TRE process. ***

The primary focus of Level II Practitioner training will be to:

- Strengthen skills associated with teaching TRE self-regulation.
- Be competent and confident leading TRE in a group setting.
- Be competent working with individuals as well as attending to the larger group.

PREREQUISITES:

1. Certified in a body or psychotherapeutic discipline that has a professional regulating body in which you hold an active membership. It is expected that this professional association will have a governing body that requires training in ethical and professional behavior.
2. Prior training and experience which includes working with emotional reactions, defenses, and emotional processes with a client.
3. Successful completion of your Level I TRE Practitioner Certification.
4. Recommendation of your Level I TRE Mentor or TRE Trainer to continue in the Level II TRE training program.
5. Have a minimum of 10 TRE experiences with a TRE peer.*****
 - Lead five TRE sessions for another Level One TRE Practitioner or TRE Facilitator.
 - Receive feedback from your “peer client.”
 - Journal this experience for review with your TRE Trainer.
 - Receive five TRE sessions from another Level One TRE Practitioner or TRE Facilitator.
 - Give them feedback after these sessions. (This can be done in person or over Skype)

ADMISSION INTO THE LEVEL II TRE PRACTITIONER
CERTIFICATION TRAINING REQUIRES THAT THE TRAINEE
MUST:

Document completion of the prerequisites. Identify and connect with a Level III TRE Trainer.

TO CERTIFY AS A LEVEL II TRE PRACTITIONER FOR GROUPS
YOU MUST:

1. Attend three days of TRE Level Two Certification Training.
2. It is required that you be in the Level II 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.***** (Minimum of three TREs per week.)
 - Meet with your TRE Trainer 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 Trainer to review your journal to determine if you are ready to begin to facilitate a TRE group. Develop a Level II Learning Plan to meet personal and professional TRE training needs. TRE Practitioners needs to be proficient in teaching TRE self-regulation. ***The TRE Trainer is responsible for adding additional requirements as needed.***
4. Complete the additional required journaling, personal TRE experience, professional training, and the reading and homework assignments.
5. Join a TRE group or class for five group sessions. Journal the experience of being a TRE group member and process this with your Trainer. Your TRE Trainer will direct you in how to best fulfill this requirement given your geographical location and your individual situation.
6. Conduct four TRE groups while under the observation of your TRE Trainer. These sessions are to improve your skills and confidence. The number of persons in your group will be determined by you and your TRE Trainer. (this can be done in person, via Skype or by videoing the group and sending it to the TRE Trainer)
7. Be able to discuss the required concepts for Level II Practitioners.
8. Upon completion of these requirements and approval of your TRE Trainer you will have one additional session with your TRE Trainer to assess your competency for leading groups.

Upon successful completion of this final assessment session you will be certified as a Level II TRE Practitioner for Groups.

You may update your website listing to Level II. Your annual renewal date for this listing will be in the month you first listed as Level I Certified.

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

*** This Level II Certification does not prepare you or qualify you to lead TRE Certification Trainings. The focus of a TRE class or TRE group is to teach TRE and to allow the group members to process that experience. It is not for the purpose of providing educational and/or didactic classes for TRE Certification or for the general public. The focus on your TRE groups or classes will be on the TRE experience itself.

***** Your Level II Primary TRE Trainer will assist you in figuring out the best way for you to meet this requirement based on your individual situation and the availability of other TRE trainees in your area.

***** You will choose a primary TRE Trainer for Level II. This person must be a designated Level III TRE Trainer. TRE Mentors will only provide certification requirements for Level I training.

REQUIRED READING FOR LEVEL II:

Brown, Michael (2010) *The Presence Process: A Journey into Present Moment Awareness*.

Levin, Peter (1997) *Waking the Tiger, Healing Trauma*.

Kelleman, Stanley (1989) *Emotional Anatomy*.

SUGGESTED READING:

Peirce, Penney (2011) *Frequency: The Power of Personal Vibration*.

Porges, Stephen (2011) *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication and Self-regulation*. (Norton Series on Interpersonal Neurobiology).

Myers, Thomas (2008) *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapist*.

Leonard, George (2006) *The Silent Pulse: A Search For The Perfect Rhythm That Exists In Each Of US*.

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