



TRE[®]
Centre

Tension & Trauma Release Exercises

TRE[®]Centre 2022

MODULE 2

TRAINING

24th & 25th September
2022

www.trecentre.com

About:

To make this Module accessible to all it is now being run as a blended course owing to Covid-19 quarantine measures in the UK.

This means it will be possible to attend online or join us in person for an immersive residential held at:

Bidston Observatory Artistic Research Centre

Details about both options are outlined from page 4 of this pack.

The teaching time for both days is: 10-6pm

Who is it for:

Module 2 is open to anyone who has completed the Module 1 training though you don't necessarily need to be planning to do the full practitioner certification. Its also expected that trainees will already be engaged in the supervision process (not necessarily with TRE Centre) and regular working with self-practice.

This Module is a mandator requirement for anyone wishing to become a TRE® Provider and starts the process of learning to teach and share TRE® to other individuals.

If you are transferring from somewhere else or did Module 1 some time ago and would like to chat to us personally before signing up please get in contact.

contact@trecentre.com

For full info on the certification process please visit:

<https://www.trecentre.com/tre-provider>

TRE® is a body based practice, that uses specific exercises to put slight strain on the muscle which activates the bodies natural tremor mechanisms. Where possible we try to make this accessible to all types of bodies but like any modality there are some limitation to the practice which means it may not suit everyone.

If you have mobility issue or particular concerns whether TRE® will be right for you please get in touch to arrange a time to talk with one

www.trecentre.com



What is TRE:

TRE® is a specific set of simple exercises designed to trigger involuntary movements and tremors within the body.

These involuntary movements and tremors help to reset the balance in our nervous system, freeing us from those old patterns and defence strategies that our body and brain used in stressful and traumatic situations.

TRE® is a safe and easy way of realising tension and stress accumulated in the body and it restores the vitality and resilience.

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When applied skilfully TRE® can result in a profound inner change that will ripple through your personal, professional and social life. Developed by Dr David Berceli, TRE® has helped bring relief from stress, tension and trauma to people all over the world - to those dealing with everyday stresses and strains, those in the helping professions, and those affected by wars and natural disasters. TRE® process helps to calm the nervous system, to bring us out of states of activation and dissociation, becoming less reactive, and increasing our capacity to be present to our experience.

Course content:

The course will cover personal skills and work with individuals. Deepening into the theory and practice of TRE®, as well as demonstrations of interventions to assist the tremors and involuntary movements. The course will be very practical. Each morning and afternoon session you will be supported through the exercises and tremors. There will be lots of time for discussion and sharing of experiences. The 2 day workshop is part of the process to be accredited as a TRE® Certified Provider, for the TRE® Certified Provider requirements in the UK.

Module 2 will include:

- Deepening of Module 1 content
- Debrief of practice teaching experiences
- Review of the Areas of Awareness in the Practice of TRE® paper
- Review and Deepening of Polyvagal theory
- Role of Fascia in TRE®
- TRE® basic interventions (verbal and tactile interventions)
- Introduction to basic skills of working with individuals
- TRE® modifications and adaptations to suit individual needs
- Working within your scope of practice, knowledge, and competency
- Ethical awareness

Cost:

£230 - Early Bird paid in full by August 27th 2022

£260 - Paid after August 27th 2022

Cost is the same whether joining online or in person.

For those wishing to stay on site the cost is:

**£50-70 - for two nights self-catering accommodation
at Bidston Observatory (see bellow)**

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Joining Online:

We will also be streaming the sessions live via Zoom to include participants that are unable to attend in person.

To retain the intimacy of the group the number of online participants will be limited.

For the practical sessions where we are working with the tremor practice, one of us will focus on the online distanced environment while the other will hold the space for those in physical attendance.

NB: While the Immersive Residential is design to allow for deeper engagement with materials and more inter-personal time between participants and trainers, we will look to ensure that none of the basic content to this module is shared out side of the official teaching hours.

Joining in person:

Our Immersive Residentials are held at:



Bidston Observatory Artistic Research Centre.
Wilding Way, Prenton, Merseyside, CH437RA

This relaxed communal setting allows for more depth to the training and offers participants the opportunity to build long-term relationship with their cohort and trainers outside of teaching hours.



This unique heritage site on Wirral surrounded by nature, is just 20 mins train ride from Liverpool City Centre, and within 50 mins of both Manchester and Liverpool John Lennon international airports.

Booking & Payment:

Payment is necessary to secure a place on this course which is offered on a 1st come 1st served basis. We will be capping numbers to ensure a greater intimacy and the quality of the training :

When making payment for this module please state your initials and MOD 2 in the reference.

We can take payment via bank transfer:

**Bank: Lloyds bank
Name: Cedo Mikic
Acc. 00531575
Sort code: 30-94-66
IBAN: GB51 LOYD 3094 6600 531575
BIC: LOYDGB21484**

Address: 273-275 Kentish Town Road · London · NW5 2LP

It is also possible to pay via **PayPal** to the address please note any **administrative/transfer fee's need to be born by participants:**

contact@trecentre.com

Please let us know when you have paid and the name of the account its coming from, and whether you are paying for on site accommodation as well.

Accommodation at Bidston Observatory

If you would like to stay on site the cost of two nights accommodation is set at a sliding scale of £50 - £70 (max 2 people sharing a room).

This is self declared means tested. We ask that those that can afford it pay the high rate as this supports the not-for-profits work and ethos which tries to also make things possible for those who are at a financial disadvantage.

To secure a room please make payment at the time of booking. Space is limited and 1st come 1st served.

Please let us know if you intend to stay Friday and Saturday or Saturday and Sunday night. To arrange this or with any other questions you might have about the observatory contact:

enquiries@bidstonobservatory.org

AGREEMENTS

CANCELLATION POLICY :

Modules, Workshops and Courses

We limit the numbers of workshop participants to ensure the quality of the training.

If you can't attend the module / workshop:

A DEPOSIT OF £50 IS NON-REFUNDABLE You can transfer the deposit to another course within one year of the original course.

If you want a refund:

Please let us know through email: contact@trecentre.com

The amount of your refund depends on how much notice you give AND DOES NOT INCLUDE THE VALUE OF THE DEPOSIT (£50)

- At least 30 days before the start of the event: 100% refund (less £50 deposit)
- Less than 30 but at least 7 days: 50% refund (less £50 deposit)
- Less than 7 days, on or after the start date: Sorry, no refund

If you would like to attend the same workshop on a different date:

If you give us 12 days notice and there's still space available in the workshop you want to transfer to, this is no problem we'll just move your booking.

If no space is available, we'll book you on the next one or refund your registration as described above (LESS THE DEPOSIT).

If you decided not to go to the workshop:

Apologies, no refunds are available if you didn't cancel in advance

Other cancellations and schedule changes:

We reserve the right to cancel or reschedule an event due to low enrolment, presenter illness, or other circumstances.

If the event is cancelled, participants will receive a full refund of their registration fee.

If the event is rescheduled, participants will have the option of attending the rescheduled event or receiving a full refund.

If we cancel or reschedule a workshop or other event, we won't refund your travel, lodging (unless you booked to stay at Bidston Observatory), or meal expenses.

We suggest you make refundable travel arrangements.

In the event of further Covid-19 Government lock downs

We aim to provide you with an alternative training options, online or at a later date and will issue a full refund if this is not possible.

We can not account for or keep up with the policy shifts in other countries and ask that you consider what travel is possible from the region you reside in and if quarantine is necessary.

In the event of a sudden shift if you've signed up for full practitioner training and this isn't the case in your region we will look to get you on the next alternative training transferring your deposit or refund you.

In short, we want to see you through the qualification process in the most effective and affordable way possible and will be doing what we can within reason to make that happen.

What happens next?

On receipt of payment your place on the course will be secured.
Prior to the course starting you will be sent our standard health questionnaire which we require back a week before we start and information relevant to whether you'll be joining us on line or in person.

If you intend to do Module 2 as part of the full practitioner training please get in touch and we'll arrange a time before the training to talk to you about continuing your training with us and how we work.

We then look forward to seeing you either online or in person on the 24th and 25th September and are available if you have any further questions.

With warm wishes

TRE®Centre