TRE Certification Program Requirements

Module 1

- 4 Personal Supervision Sessions
- 2 Peer to Peer Sessions with 2 Peer Journals documenting sessions
- 10 Personal Journals
- Required Reading:
    1. Revolutionary Trauma Release Process by David Berceli with 1–2-page written reflection
- Videos with written quiz:
    1. TRE Modifications: Part 1 Using the Chair
    2. TRE Modifications: Part 2 Standing Exercises

Module 2

- 2 Peer Teaching Sessions with Teaching Reflections
- 4 Teaching Supervision Sessions: Teaching 1 person with 4 Teaching Reflections
- 1 Personal Supervision Session
- 10 Personal Journals
- Videos with written quiz:
    1. Interventions: Touch and Non-Touch
    2. TRE Modifications: Part 3: Challenging Exercises

Module 3

- 4 Teaching Supervision Sessions: Teaching Group with 4 Teaching Reflections
- 1 Personal Supervision Session
- 10 Personal Journals
- 2 Peer to Peer Sessions
- Required Reading:
    1. Shake It Off Naturally by David Berceli with 1–2-page written reflection

**Supervision sessions in each module are the minimum required. You may be required to do more. See TRE Provider Training Modules Program Cost for more information.*