Module 1 Requirements (Personal Practice)

**A pre-session group shake or private session will be held before class. This is a requirement from TFA to ensure the safety of all participants.*

Any videos to review sent ahead of classes

2 classes: Saturday September 19th: 10am – 4pm EDT (includes lunch break)
Saturday September 26th: 10am – 4pm EDT (includes lunch break)

Or

Saturday October 9th: 10am – 4pm EDT (includes lunch break)
Saturday October 10th: 10am – 4pm EDT (includes lunch break)

**Any participant (after Module 1 classes) can decide to join the certification track even if they had not previously signed up.*

Module 1 Requirements (Certification Track)

See above.

Plus-

Post Module 1 Homework

2 personal supervision sessions with trainer
(purchased package will be for 4 sessions that are spread out over all 3 modules)
2 peer sessions

Groups Shake Sessions

(Please add these dates to your calendar; these are required. Make up sessions are an additional cost.)

Saturday October 30th 2pm – 4pm EST: Chair Modifications

Video: #1 Chair modifications (purchase, view and take written quiz)

Read: TRE: Revolutionary Trauma Release Process by David Berceli and write 1-2 page review

Journals: 10 journals from your own personal tremor sessions

**Your trainer will go over all of the assignments during classes and in personal sessions*

Module 2 Requirements

Any videos to review that are sent ahead of classes

3 classes: November 14th, 20th & 21st 10am – 5pm EDT (includes lunch break)

Post Module 2 Homework

2 peer sessions practice teaching
4 supervision sessions teaching 1 volunteer (package purchased prior)
2 unsupervised sessions teaching 1 volunteer (recorded and sent to trainer)
1 personal session w/ trainer (from packaged purchased in Mod 1)

Group Shake Sessions
(Please add these dates to your calendar; these are required. Make up sessions are an additional cost)

December 5th 2pm – 4pm EST: Standing Modifications
January 9th 2pm – 4pm EST: Group Shake

Videos: (purchase, view and take written quiz)
Interventions
#2 Standing Modifications

Journals: 10 journals from your own personal tremor sessions

**Your trainer will go over all of the assignments during classes and in personal sessions*

Module 3 Requirements

Any videos to review that are sent ahead of classes

3 classes: January 23rd, 29th & 30th: 10am – 5pm EST (includes lunch break)

Post Module 3 Homework

2 peer sessions
4 supervision sessions teaching a group (2 or more volunteers) (package purchased prior)
2 unsupervised group sessions (recorded and sent to trainer)
1 personal session w/ trainer (from packaged purchased in Mod 1)

Group Shake Session
(Please add these dates to your calendar; these are required. Make up sessions are an additional cost.)

February 20th: 2pm – 4pm EST: Modifications: More Challenging Exercises/Putting it all Together
March 6th: 2pm – 4pm EDT: Group Shake

Videos: (purchase, view and take written quiz)
Modifications #3

Book: Shake It Off by David Berceli with 1-2 page review

Journals: 10 journals from your own personal tremor sessions

Final Competency: Will be completed with Certified Trainer Donna Phillips

**Your trainer will go over all of the assignments during classes and in personal sessions*

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