



**GLOBAL CERTIFICATION TRAINING PROGRAM (GCTP)  
MINIMUM CORE REQUIREMENTS  
NOVEMBER 2022**

**TRE® FOR ALL, INC. offers a Global Certification to become a TRE® Provider. This document is to set the foundation for the global standards, while recognizing the cultural, national & legal differences around the world. We all start with the same foundation, and then build the individuality of our training programs. It is expected that all TRE® Certification Trainers, Trainer Trainees and Mentors adhere to this guideline.**

Outlined below are the **minimum core** certification requirements to become a Certified TRE® Provider. These requirements were developed by TRE® FOR ALL, INC.

Each country or region may have additional requirements. Contact a TRE® Certification Trainer in your country for specific information.

**TRE® FOR ALL, INC. MINIMUM CORE REQUIREMENTS**

**GENERAL GUIDELINES (containment)**

- TRE® provider trainees are expected to complete all aspects of the TRE® GCTP under the responsibility of the same Primary Certification Trainer. Secondary Trainers are used to ensure consistency within the GCTP.
  - If an individual need for transfer develops, follow the current TFA transfer policy.
  - The Primary Certification Trainer will arrange for the TRE® Trainee to do a minimum of two(2) supervised teaching sessions with a Secondary Certification Trainer.
  - If the Trainee has initiated a training in a different country other than where they are going to teach TRE®: the Secondary Trainer should be from the country that the Trainee is/will be based with the efforts to bridge cultural collaboration.
  
- Time Frame Certification Process;
  - The certification process is recommended between 12-15 months from the start of Module 1.
  - To allow sufficient time for personal process to develop, a trainee may **NOT** certify in less than 10 months from program start.
  - All program requirements must be started post attendance of the Module 1 Workshop. Any program requirements completed prior to the start of the Module 1 Workshop, will not be valid or accepted as part of the training program.
  - Should a TRE® Trainee not have completed the entire certification program within 18 months, they will need to complete additional requirements up to or including retaking Module workshops.
  - If a trainee has not completed the certification program within 24 months after starting the TRE® Provider Training , they will need to retake the entire program.

**TRE<sup>®</sup> PROVIDER TRAINING PROCESS IS DIVIDED INTO THE FOLLOWING PARTS;**

- **Attend an in-person or live online training workshop**  
(See flowchart for required topics)
  - Minimum 6\* mandatory education days in either of these formats:  
*\*Each education day (6 hours), must include teaching of module-topics and two (2) TRE<sup>®</sup> practice sessions.*
    - ***In-person or online\****  
*\* For teaching online, please see the current TFA Online Guidelines*  
**Module 1** – 2 days followed by  
**Module 2** – 2 days (2 - 4 months post M1)  
**Module 3** – 2 days (3 - 5 months post M2)
    - ***In-person only***  
**Module 1** – 3 days followed by  
**Module 2** – 3 days  
(minimum 3 months – maximum 8 months post M1)
- **Personal TRE<sup>®</sup> process**
  - Minimum four(4) personal sessions supervised by a TRE<sup>®</sup> CT minimum two(2) sessions completed before attending Module 2)
  - Journaling of a minimum 40 personal TRE<sup>®</sup> experiences throughout the program (minimum 15 completed before attending Module 2)
    - It is expected that the TRE<sup>®</sup> Trainee continues their personal TRE<sup>®</sup> process development throughout the complete GCTP.
    - Due to the nature of what might arise/come up as a result of the deeper TRE<sup>®</sup> process, it is highly recommended that the TRE<sup>®</sup> Trainee has access to additional support through i.e. counseling/therapist as the TRE<sup>®</sup> Certification Trainers in their role as TRE<sup>®</sup> Supervisors are not mental health expert.
- **Learning TRE<sup>®</sup> template and teaching TRE<sup>®</sup>**
  - Peer-swap sessions
    - Practice leading classmates/peers through the TRE<sup>®</sup> process to gain experience prior to teaching family/friends/volunteers.
  - Structured practice-teaching sessions with appropriate, adult family/friends/volunteers as determined by the intake process and the trainee's scope of practice:
    - Throughout the Certification Process all practice-teaching sessions are at no cost /free of charge for volunteers.
    - Document and record your reflections of the practice-teaching experience utilizing a reflection guideline that will be provided.
    - Due to the aspect of Dual Relationship, the TRE<sup>®</sup> Trainee is not to use their existing/paying clients as volunteers, even if the TRE<sup>®</sup> session is free of charge.

- No (public) advertising for volunteers.
  - Keep TRE<sup>®</sup> pure during the Training Program (no mixing/blending with other modalities).
  - Following Module 2 & Module 3 and prior to final certification the trainee will:
    - Teach a minimum of four(4) individuals TRE<sup>®</sup> and be supervised by their TRE<sup>®</sup> Certification Trainer/TRE<sup>®</sup> Mentor.
      - Integrate the learning from one teaching experience prior to proceeding to the next teaching experience.
    - Teach a minimum of four(4) small groups TRE<sup>®</sup> and be supervised by their TRE<sup>®</sup> Certification Trainer/TRE<sup>®</sup> Mentor.
      - Integrate the learning from one teaching experience prior to proceeding to the next teaching experience .
      - The size and the make-up of the group will be determined by the primary Certification Trainer.
      - A practice-group is any session leading two(2) or more participants. It is expected that as experience is gained, the TRE<sup>®</sup> Trainee will increase the number of participants in the group.
    - Additional structured practice-teaching as directed by your CT/Mentor, ie. case-studies, unsupervised practice-groups.
  - Final competency evaluation of a group TRE<sup>®</sup> instruction (Final assessment).
    - Typically a TRE<sup>®</sup> Provider Trainee is qualified to work with small groups of up to 8 persons in the final assessment.
- **Deepen knowledge and theory of TRE<sup>®</sup>**
    - Read/watch required books/media and prepare short reflection(s).
  - **Additional hours of training above the GCTP minimum requirements may include;**
    - Touch interventions
    - Working with children/adolescents
    - Coordinating / Co-teach large groups (working with assistants)
    - Special populations (i.e. back injuries, first responders, military, autoimmune diseases, athletes, sexually abused people, refugees etc.)

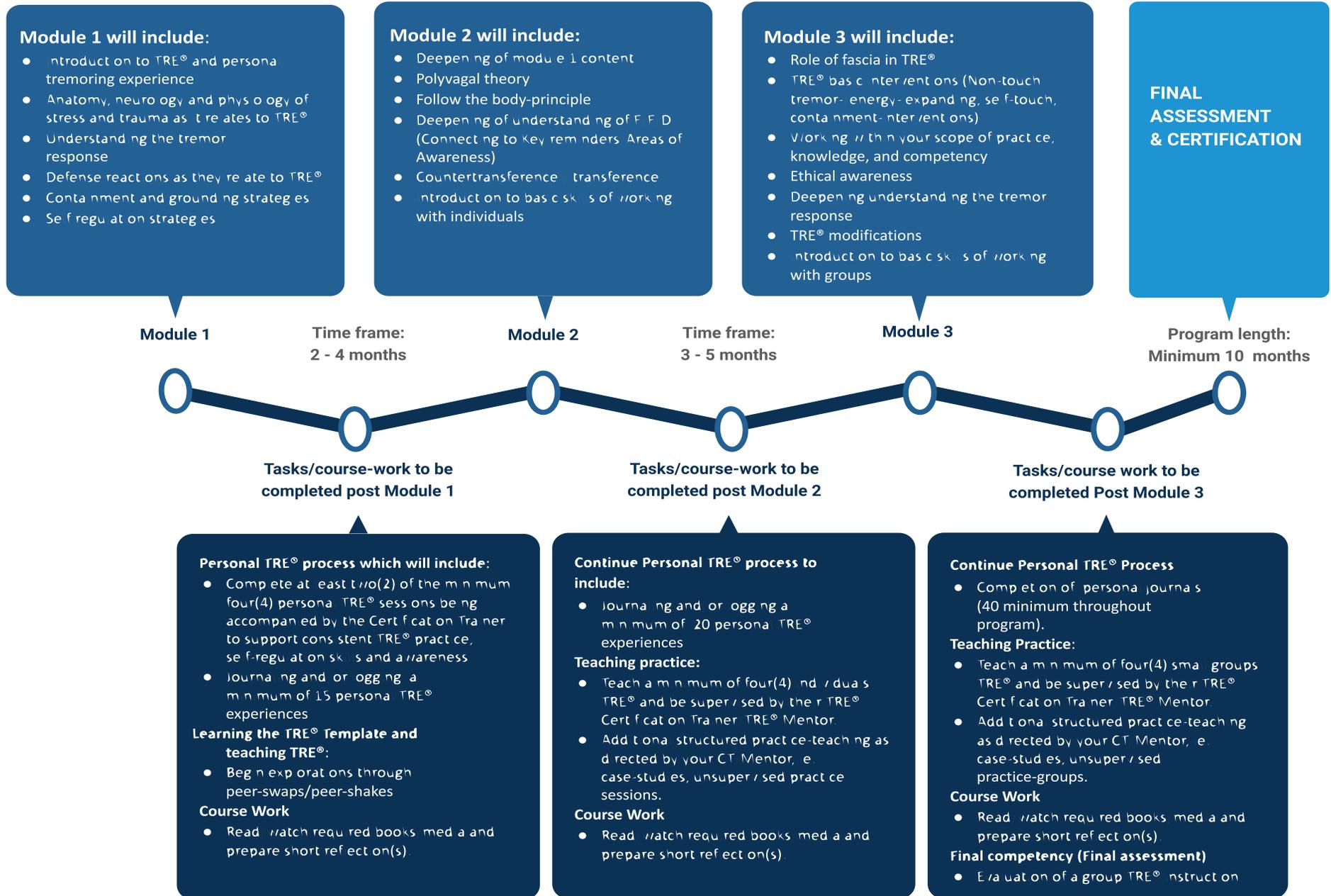
**TRE<sup>®</sup> FOR ALL, INC. recommends that some of the above supervision requirements take place in a group-supervision setting, either in-person or live online. The Primary Certification Trainer will determine how many will take place in group-settings and/or individual sessions (in-person, live online or reviewing pre-recorded sessions).**

**Primary Certification Trainer:**

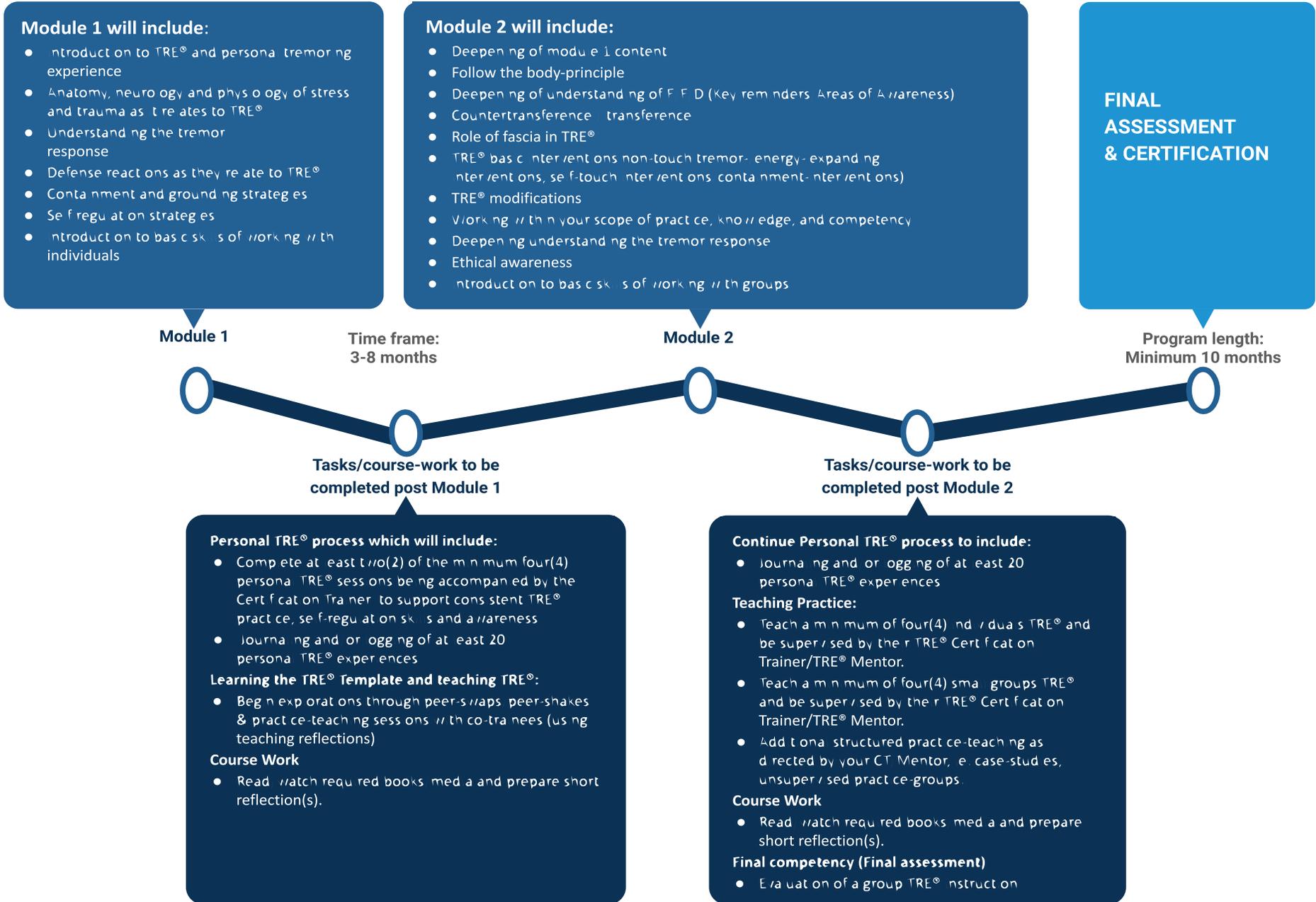
This person will usually be the one teaching the Module 1 training where the certification process begins. Your Primary Certification Trainer will be responsible for providing all the training and supervision and/or overseeing and monitoring this process.

**The Primary Certification Trainer has the responsibility to:**

- Inform all persons interested in certification about additional information related to their particular certification training program.
- Be transparent about GCTP requirements and additional program requirements above the TFA required minimum.
- Set fees and payment process. Notify potential TRE<sup>®</sup> trainees about all program costs prior to the start of the GCTP.
- Ensure that all trainees are enrolled in the TRE<sup>®</sup> FOR ALL, Inc. Certification Enrollment website before beginning their personal TRE<sup>®</sup> sessions.
- Develop/Create a learning plan with the TRE<sup>®</sup> Trainee. The specific requirements and schedule for completion of the learning plan will be provided by the Primary Certification Trainer.
- Once proof of enrollment has been provided & the learning plan is signed the trainee will receive the following:
  - Areas of Awareness in the Practice of TRE<sup>®</sup> paper / Key reminders for TRE<sup>®</sup> Providers
  - TRE<sup>®</sup> Template Manual
- The Primary Certification Trainer is responsible for ensuring trainee competency in the required skills necessary for becoming a Certified TRE<sup>®</sup> Provider. To this end, the trainee may need to have additional sessions and/or fulfill additional requirements to meet certification skills & competency.
- Upon successful completion of the GCTP, the Certifying Trainer will send the required documentation to TRE<sup>®</sup> FOR ALL, Inc. who will issue the Certified TRE<sup>®</sup> Provider certificate.



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