

TRE TRAINING INFORMATION



TRE | GAUTENG

Release. Rebalance. Renew.

TRE® is a body-based modality that effectively releases contraction patterns from the body that develop during times of long-term stress and trauma. Dr Berceles' work is based on the fight/flight response and Brain Stem activation of muscle release for long term recovery.

The recovery of trauma must take place through the body as this is where the activation of our fight flight response initiates. It then presents itself mentally and emotionally, so we cannot simply rely on Psychological methods to resolve trauma, we must work with the physiological aspect also.

Our training consists of two modules. The first Module (over 4 months) is designed to take the trainees through a personal process of TRE® where they have the opportunity to work on their own Nervous System to initiate a natural state of safety and social engagement. In doing so they become more effective in their ability to provide safety and regulation as clients move through their release. Trainees are taught how to work with individual clients, regulation methods and what Integration of the process entails.

Module two (over 4 months) teaches how to work with Groups and the skillful application of intervention work to assist the process of tremor through the body when needed.

TRE® for Africa Foundation

8 Montgomery Drive, Winston Park 3610, KZN, South Africa

NPO NUMBER 154-971

Cell: 083 627 7743 e: haley@treforafrica.com/info@treforafrica.com

The training consists of 2 modules and both must be completed for Certification.

TRAINING AND SUPERVISION DATES

Kindly note If there is a supervision date you cannot attend due to prior commitments, a catch-up session will be arranged

Supervisions are run at the Training venue on a Saturday morning from 9am to 1pm.

During this time, we share and ask questions related to the TRE process and the following topics are covered. We also tremor together so we can observe and help you.

TRAINING AND COMPULSORY SUPERVISION DATES	
MODULE 1 - 26th, 27th, 28th March 2021 (ON-LINE/VENUE)	
Supervision 1	24 th April 2021
Supervision 2	22 nd May 2021
Supervision 3	12 th June 2021
Supervision 4	10 th July 2021
MODULE 2 -6th, 7th, 8th August 2021 (ON-LINE/VENUE)	
Supervision 1	4 th Sept 2021
Supervision 2	2 nd Oct 2021
Supervision 3	30 th Oct 2021
Supervision 4	27 th Nov 2021

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TRAINING AND COMPULSORY SUPERVISION DATES	
MODULE 1 - 27th, 28th, 29th August 2021 (ON-LINE/VENUE)	
Supervision 1	25 th Sept 2021
Supervision 2	23 rd Oct 2021
Supervision 3	20 th Nov 2021
Supervision 4	8 th Jan 2022
MODULE 2 -4th, 5th, 6th Feb 2022 (ON-LINE/VENUE)	
Supervision 1	5 th March 2022
Supervision 2	2 nd March 2022
Supervision 3	30 th April 2022
Supervision 4	28 th May 2022

GENERAL INFORMATION

VENUE:

Module 1 On-Line

Please make sure you have a good band width to accommodate video as we will be tremoring in breakout rooms using Zoom. You will be allocated a Mentor during the on-line training. More detailed information will be sent out closer to the start of the training on camera placement.

Module 2 Face to Face

Wellness on Alon, Morningside, JHB

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CPD POINTS (Please note not all TRE trainers are registered to provide CPD points)

We are a registered Training provider with

The Health Council SA (36 total CPD points for module 1 and 2)

The Allied Health Council SA (16 CPD points for both module 1 and 2 and 4 points allocated to supervision= Total of 20 in a 2-year cycle)

If you belong to another professional body, kindly check with them if they will accept CPD points as allocated through The Health Council SA. Social workers can usually claim these points due to the affiliation with the Health Council.

REGISTRATION AND TRAINING FEES

Please contact Haley at trejhb@gmail.com for payment options and to register.

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