



TRE® Global Certification Training Program India



What is TRE[®]?

TRE[®] is Your Body's Natural Reset Button!!

Tension & Trauma Releasing Exercises is a revolutionary approach to healing that activates your body's innate ability to release deep tension and stress.

TRE[®] (Tension & Trauma Releasing Exercises) activates your body's natural tremoring response through gentle movements, unlocking deep-seated tension where you need it most.

Developed by Dr. David Berceli, TRE harnesses neurogenic tremors natural vibrations that occur when specific muscles reach fatigue. These gentle, involuntary tremors help discharge stress patterns stored in your body, particularly in the psoas muscle, often called our "fight-or-flight" center.



TRE® Certification Program



Our Certification Program prepare you to teach TRE® safely, responsibly, and professionally. The TRE® Global Certified Provider Training Program allows those holding this certificate to offer TRE® to general public in individual and/or group setting.

🎓 **Certification Scope:**

- Teach TRE® responsibly as a standalone practice
- Support clients/students in experiencing and processing TRE® safely.
- Competently guide individuals and groups through the TRE® process.
- Recognition as a Certified TRE® Provider.

🤝 **Professional Scope:**

- Stay aligned within your scope of practice and professional ethics.
- Integrate TRE® into your existing professional practice and scope.
- Clearly distinguish TRE® from “other methods”

⚠️ **Important to Note:**

- Certified Providers cannot certify others or train others to teach TRE®.
- Certified Providers cannot teach in-depth theory of TRE® to others
- Certification is awarded only after meeting all certification requirements and demonstrating full competency

Certification Pathway

Module 1 → Module 2 → Module 3 → Supervised Practice → Certification





Module 1 – Personal TRE® Practice

This 2-day experiential workshop is ideal for anyone interested in TRE® for self-care and personal growth. This workshop immerses you in your own tremoring experience, introducing TRE® as a practical tool for stress release, centering, and building healthier patterns of behaviour. It can be taken as a stand-alone program or as the first step toward certification.

Key Topics:

- Exploration of the stress response (anatomy, neurology, physiology)
- Polyvagal Theory
- Understanding the therapeutic tremor response
- Experiential introduction to TRE® as self-practice
- Exploration and application of self-regulation

Completion Requirements:

- Attend 2-day workshop
- Complete 4 personal observation sessions with a trainer

⚠ Attending Module 1 alone does not qualify you to teach TRE®. It is the entry point of the certification pathway.



Module 2 – Professional Training (Individual)

This 3-days TRE® experiential workshop is open only to trainees pursuing TRE® provider certification you must have completed module 1 as well as your learning requirements and personal 1 on 1 sessions. This module builds your skills to guide others in TRE®, with a focus on working one-on-one. You will learn to follow the body, apply safe interventions, and develop confidence in supporting clients through their TRE® experience and further step in the certification pathway.

Key Topics:

- Deepening Module 1 content
- Beginning skills for teaching individual
- Role of fascia in TRE®
- Advanced Polyvagal Theory
- Basic interventions (touch & non-touch)
- TRE® modifications
- Scope of practice, ethics, and competency

Completion Requirements:

- Attend 3-days workshop
- Teach TRE® to 5 individuals (family & friends) (In-person 3) (Online 2)
- Complete 4 supervisions with trainer
- Do 2 peer sessions with a fellow trainee

⚠ After Module 2, only non-touch interventions may be used. Trainees cannot charge for sessions until fully certified.



Module 3 – Professional Training (Groups)

This 3-day workshop is the final step in the certification pathway and is open only to trainees who have completed Module 2 along with all learning and supervision requirements. The focus is on developing the skills to lead and facilitate TRE® in group settings with confidence and professionalism

Key Topics:

- Deepening Module 2 content
- Beginning skills for teaching groups
- Group facilitation in TRE®
- Transference & counter transference
- Scope of practice & ethics
- Fascia & myofascial release
- Integrating TRE® into professional practice
- Ethical considerations

Completion Requirements:

- Attend 3-day workshop
- Teach TRE® to a minimum of 4 groups (in-person) (Family & friends)
- Teach TRE® to at least 1 online group
- Complete 4 supervisions of group teaching

⚠ Supervisions are mandatory for certification. Trainees cannot charge for TRE® until certified.



General Requirements for TRE® Certification

- Complete Modules 1, 2 & 3 of the Certification Program
- Journal 40 personal TRE® sessions between modules 1, 2 & 3
- Receive 4 observations of your personal process
- Teach TRE® to 5 individual clients (in-person/online)
- Receive 4 supervisions of individual teaching
- Teach TRE® to 5 groups (in-person) and 1 group online
- Receive 4 supervisions of group teaching
- Participate in 4 peer sessions

Ongoing Certification Requirements :

- Read and submit a book summary 2-3 pages
- Deepen knowledge through books, articles, podcasts, videos
- Engage in peer sessions beyond the minimum
- Gain experience in both in-person and online facilitation

Important:

- Continuous personal practice is expected, as TRE® is an evolving method





Shivaprasad Kumarswamy, Global TRE® Certification Trainer

Enroll Now – Begin Your Certification Journey

👉 Book 30-Minute consultation call

👉 (WhatsApp/Phone)

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Participation is confirmed on a first-come, first-served basis.

To receive detailed information on fees, dates, venue, eligibility criteria, and prerequisites, please schedule a mandatory 30-minute consultation call with our team.

Following the consultation, eligible participants will receive the registration form to complete the enrollment process and begin their TRE® journey – gently, safely, and with awareness.

