

131212 TRE level 1 Certification program from website

Level 1 TRE Accreditation (Australia - 2013)

The level 1 accreditation program consists of a minimum of a further 10 hours of supervision and training **in addition** to having attended a **pre-requisite 3 day workshop**. The 3 day workshops however are open to all members of the public who wish to deepen their personal experience and understanding of TRE or to learn to lead family and friends through the exercises. It is only attendees seeking Level 1 Accreditation to lead individuals through TRE on a professional basis who are required to enrol in the additional level 1 certification program with the following additional requirements after the completion of the 3 day workshop:

LEVEL 1 ACCREDITATION REQUIREMENTS: (Australia only)

(please note these level 1 & 2 fees prices and payment methods have been modified on June 1st, 2012)

- **Attend a 3 day workshop** (pre-requisite – can be done by attending a 1 day introduction and day 2 and 3 at a different workshop)
- **US\$35 enrolment fee** - payable directly to David Berceli via trecertificationenrollment.com (see pay level 1 fees for more details)
- **AU\$99 administration fee** - payable to Trauma Release Australia via pay level 1 fees
- **Journalling** personal experience of TRE for a minimum 3 months during the training period
 - see 'resources for trainees' for journal suggestions
- **10 hours of supervision (minimum)**
 - 5 hrs performing TRE yourself under supervision (2 x individual sessions & 3 x small group sessions with other trainees)
 - 5 hrs leading an individual through TRE under supervision (2 x individual sessions & 3 x small group sessions with other trainees)
 - see below for further details of supervision hours including individual and group options and credit for re-attending level 1 or attending level 2 workshops
- **Required reading** – 1 DVD, 3 books, (see below for materials)

- listing on Australian TRE website
- (Please visit www.traumarelease.co.nz for information about the New Zealand accreditation program or www.traumaprevention.com for training programs in other countries)

Download a level 1 certification program application form here – [111111 level 1 application form pdf](#)

Level 1 supervision (Minimum 10 hours)

You can download a flow chart for you to record your supervision hours – [111104 level 1 supervision hours flow chart FORM](#) - of you can simply just keep a list of the hours you have done listing the date, venue, supervisor and what you did in the session – note is **it up to the trainee to track, record and show completion of the supervision hours**. It is not the responsibility of your supervisor to keep track of your supervision hours.

All the following hours must be completed under supervision either in person, by phone, skype or by video/DVD with the approval of your supervisor:

- 1 hr (1 on 1 with supervisor) journal review
- 1 hr (1 on 1 with supervisor) performing TRE yourself
- 6 hrs (in small groups with other trainees) 3 hrs performing TRE and 3 hrs teaching TRE to another trainee or a volunteer
- 1 hr (1 on 1 with supervisor) leading a volunteer through TRE
- 1 hr (1 on 1 with supervisor) final assessment leading a volunteer who hasn't done TRE before
- Additional information:
 - You must not teach TRE to anyone other than family and friends before approval by your supervisor following a 1 on 1 session teaching a volunteer TRE.
 - Your initial attendance at a level 1 workshop does not count towards these supervision hours
 - Supervision groups usually run for 2 and 1/2 hours such that in 1 of the hours you are tremoring yourself, and the other hour in the group you are leading someone else through TRE – giving you 2 hours of credit towards your group hours. The first supervision group involves trainees reciprocally teaching each other. Subsequent groups involve tremoring as a group together for the first hour, then each trainee teaching a volunteer in the 2nd hour -(it is up to you to provide

- a volunteer)
- A maximum of 4 hours can be credited towards the small group hours for re-attending day 2 & 3 of Level 1 workshop days or by attending a level 2 workshop as credit towards you level 1 hours.
- Trainees will no longer be credited towards level 1 supervision hours for re-attending 1 day workshops or day 1 of the 3 day level 1 training (unless assisting at the workshop as approved by the presenter) Trainees are welcome to re-attend these days as a participant at a reduced rate for their own personal learning – updated 24/11/11
- You may be required to do additional hours of supervision or be set additional activities if your supervisor does not assess you as ready to undertake your assessment after the completion of first 9 of the supervision hours
- Volunteers for the assessment are required to have not performed TRE before

Required materials for Level 1 Certification

Dr Berceli's books/DVD's are recommended before attending a Level 1 training but are not a prerequisite and can be read/viewed after the workshop for certification. You

- Berceli, D (2008) (Book) *The Revolutionary Trauma Release Process: Transcend Your Toughest Times*. Namaste Publishers, Vancouver, British Columbia
- Berceli, D (2008) (DVD) *The Revolutionary Trauma Release Process: Transcend Your Toughest Times*, Namaste Publishers, Vancouver, British Columbia OR Berceli, D (2011) (DVD) *Trauma Release Exercises*
- Berceli, D (2005) (Book) *Trauma Releasing Exercises (TRE): A revolutionary new method for stress/trauma recovery*. Booksurge Publishing
- Levine, Peter, (1997) *Waking the Tiger, Healing Trauma*. North Atlantic Books, Berkeley, California.
- 1 additional resource of your own choice relevant to TRE with the approval of your supervisor (must be a new resource and not credit for reading prior to the level 1 training)

Journal Suggestions:

- **Note during TRE**
- body experiences / tremors
- emotional experience

- ego defences or thoughts
- sense of aliveness, presence and emotional state
- **Note changes over time**
- body changes
- ego defences
- energy & wellbeing
- creativity
- interaction / relationship changes

Level 1 Supervisors

As TRE is being rolled out around Australia and New Zealand, a number of Level 1 Supervisors have been appointed to supervise new Level 1 trainees. Please see Certification Supervisors here [under construction] for a list of available supervisors in Australia and New Zealand. You are also welcome to do supervision with other Level 3 instructors around the world & to credit individual sessions with Dr David Berceci

Supervision options & locations

Supervision sessions can be completed individually or in groups in person or via skype or by submitting a video of your sessions if approved by your supervisor. There is provision to adapt the supervision process due to individual or cultural requirements however it will still require a minimum 10 hours and reaching of mandatory competencies

Supervision Hours Record Booklet

- please note is ***it up to the trainee to track, record and show completion of the supervision hours***. It is not the responsibility of your supervisor to keep track of your supervision hours.
- You can keep track of your hours by simply recording a list of the hours you have done listing the date, venue, supervisor and what you did in each hour of supervision (ie tremored yourself in an individual session or a group, journal review, 1 on 1 leading a volunteer etc..)
- Here is a flow chart you can use to track your supervision hours although many people prefer to keep their own simple list [[111104 level 1 supervision hours flow chart FORM](#)]

For more information regarding certification training, please contact Australian Level 3 instructor **Richmond Heath** on **0409 357 964** or by email **treaustralia@hotmail.com**