

TRE[®] Provider Certification Checklist (12/27/22)

To be completed within 12-15 months after your Module 1 training:

Materials

- Read Welcome Letter from David PDF
- Read Competencies for the Certified TRE Provider
- Register for Module 2 & 3 www.yogacalm.org/calendar/
- Read Personal Practice & Journaling Guidelines
- Review Areas of Understanding & Awareness in Practice of TRE
- Create your Learning Plan for your first Supervision

Enroll in Certification with TRE For All, LLC: trecertificationenrollment.com

Establish your Personal Practice and Journal 40 sessions over next year

Supervision Sessions – Developing your Practice (5 required with a min of two completed prior to Module 2)

_____ Personal #1 Date: _____ (this can a TRE Intro workshop with Lynea or pre-Module 1 Orientation Session)

_____ Personal #2 Date: _____ (includes your Learning Plan review)

_____ Personal #3 Date: _____

_____ Personal #4 Date: _____

_____ Personal #5 Date: _____

Module 2 Training: Teaching Individuals Dates you plan on attending: _____

Supervision Sessions – Teaching Individuals (4 required)

_____ Individual #1 Date: _____

_____ Individual #2 Date: _____

_____ Individual #3 Date: _____

_____ Individual #4 Date: _____

Peer Swaps with Journal (Completed after Module 2. Four recommended, two required. Group Practice Shakes are also recommended to provide additional experience with group dynamics.)

_____ Swap #1 Date: _____

_____ Swap #2 Date: _____

_____ Swap #3 Date: _____

_____ Swap #4 Date: _____

Module 3 Training: Teaching Groups (Complete all personal supervisions and at least 2 Teaching Individuals supervisions before attending) Dates you plan on attending: _____

Supervision Sessions – Teaching Groups (4 required)

_____ Group #1 Date: _____

_____ Group #2 Date: _____

_____ Group #3 Date: _____

_____ Group #4/Final Competency Assessment (**live group with Lynea**) Date: _____

Visit www.yogacalm.org/tre-provider-certification-materials/ for more info and downloads.

Additional Certification Requirements & Recommendations

Book Report (write 2-3-page summary report with your reflections on one of the following)

- *Trauma Releasing Exercises* – Original Book, David Berceci, PhD
- *The Revolutionary Trauma Release Process*, David Berceci, PhD

TRE Video/DVD's:

- The Revolutionary Trauma Release Exercises Dr. David Berceci TRE®
- [Touch and Non-touch Interventions, Donna Phillips](#)
- [Trauma Releasing Exercises - Step-By-Step Video Instruction and Demonstration- Donna Phillips](#)
- [Exercise Modifications For TRE® \(Only as download\) Donna Phillips](#)

Additional Reading Recommendations (read 2-3 to support your learning plan):

- *Shake It Off Naturally: Reduce Stress, Anxiety and Tension with TRE®* - David Berceci, PhD
- *Extreme Fear – The Science of Your Mind in Danger* - Jeff Wise
- *The Body Keeps the Score* – Bessel van der Kolk, MD
- *The Polyvagal Theory* - Stephen Porges
- *8 Keys to Brain-Body Balance* - Robert Scaer MD
- *Waking the Tiger* - Peter Levine
- *In An Unspoken Voice* - Peter Levine Ph.D
- *Your Body Speaks Its Mind* - Peter Levine Ph.D
- *Healing from Trauma* - Jasmine Lee Cori & Robert Scaer
- *Why Zebras Don't Get Ulcers* - Robert Sapolsky
- *Anatomy Trains* - Tom Meyers
- *Full Body Presence: Learning to Listen to your Body's Wisdom* - John E. Upledger
- *Concise Book of Muscles* - Chris Jarmey
- *Emotional Anatomy* - Stanley Keleman
- *Frequency: The Power of Personal Vibration* - Penney Pierce
- *The Silent Pulse* - George Leonard
- *The Body Bears the Burden* - Robert Scaer MD
- *Healing Developmental Trauma* - Laurence Heller and Aline Lapierre, PsyD
- *Trauma and the Body* - Pat Ogden Ph.D
- *Trauma Proofing Your Kids* - Peter Levine