

TRE Provider Training in Findhorn 2022 - 2023

TRE - Tension & Trauma Release Exercises - a revolutionary, new body therapeutic method to release stress, trauma, and chronic tension



Stress and trauma can have serious consequences for our physical and mental well-being. Unpleasant symptoms - pain, restlessness, anxiety, depression, fatigue, difficulty sleeping, etc., which many struggle with in everyday life, and which affect the quality of life, can be directly attributed to stress or trauma. Symptom treatment is not enough. We need effective tools that support the organism's own ability to self-regulate. Experience also shows that the best and fastest results are achieved with methods that involve the body.

"The body is the best friend we have to heal trauma" (David Bercei)

A specific set of physical exercises - TRE (Tension & Trauma Release Exercises) - has proven to be a safe and very effective method that is furthermore easy to learn. TRE supports our natural, self-healing potential by "inviting" the body to shake, often with surprisingly rapid effect on bothersome symptoms and the quality of life. For many, it is also an advantage that unpleasant events do not have to be re-experienced for the method to be effective. TRE has been developed by David Bercei (www.traumaprevention.com) based on working with stressed and traumatized people around the world for more than thirty years. In the workshop, we will look at recent theory for understanding our reactions to stress and trauma. In addition, we review the exercises thoroughly so that you can subsequently use them on yourself.

The training is broadly aimed at participants who have a reasonable knowledge of themselves, have a professional interest in working with stress and trauma, or simply want to work deeper with themselves. The training begins with Module 1, a three-day stand-alone course open to everyone, also those with no prior experience of TRE. After that, participants may decide to continue with the Global Certification Program to become Certified TRE Providers, qualified to offer TRE to individuals and groups. The program standards outlined by TRE for All (for details see www.traumaprevention.com). The format is outlined below.

Module 1

Friday 26 August 1.30pm - 8pm, Saturday 27 & Sunday 28 August 9.30am - 5.30pm

3 days theoretical and practical introduction, a stand-alone module open for all.

Content includes:

- Anatomy, neurology and physiology of stress and trauma as it relates to TRE
- Understanding the tremor response

- Introduction to the polyvagal theory
- Defensive and adaptive reactions of importance to TRE
- Strategies to contain strong emotions and maintain good grounding
- Introduction to basic skills for working with individuals and groups
- Personal trembling experience

Between module 1 and 2 all trainees will focus on:

- 1:1 TRE sessions for personal process with an Advanced Certified TRE Provider or a TRE Certification Trainer to support consistent TRE practice, self-regulation and awareness (total of 4 sessions in the entire training course)
- Diary entry of at least 40 TRE experiences on your own during the training
- Offering TRE sessions to friends, acquaintances, and family, recording their experiences for supervision
- Meeting in peer groups in person or on-line, format to be discussed.
- Beginning of supervision, either in groups or 1:1, depending on participants' choice and geography. All trainees will have two 1:1 supervision sessions during the training. Those in the group track will have additional six in-person group supervision days in Findhorn or on Zoom throughout the training, including the certification day. Those in the individual track will arrange their additional supervision with Vicki.
- Deepen knowledge and theory of TRE through hand-outs, recommended books and videos.

Module 2

Friday 2 December 1.30pm - 8pm, Saturday 3 & Sunday 4 December 9.30am - 5.30pm

Theoretical and practical teaching continues.

Contents include:

- Deepening of Module 1 themes
- Debriefing own practice and teaching experiences so far
- Reviewing *Key Reminders* document (to be provided)
- The importance of fascia in TRE
- Basic TRE interventions (touch and non-touch)
- TRE modifications
- Defining your scope of practice, knowledge and competency
- Working with TRE in groups
- Ethical awareness

Module 2 is followed by:

- Diary entries of own process continue
- Work with at least 4 individuals, two for a minimum of three sessions
- Teach TRE to at least 4 groups of at least 3 people per group
- Group and 1:1 supervision continues
- Peer group meetings continue

- Mandatory literature and TRE -DVDs to be studied and reviewed

Prior to certification:

- Mandatory requirements must be fulfilled.
- Submission of diary summary (approximately one page A4)
- Since requirements are minimum, there may be additional training activity required before final certification.

Dates:

Module 1 (3 days) stand alone or beginning of training	Friday 26 August 2022, 1:30pm - 8pm. Saturday & Sunday 27 & 28 August, 9:30am - 5:30pm
Supervision day 1 (for those doing group supervision)	23 October 2022
1:1 supervision	dates to be agreed with trainer
Module 2 (3 days)	Friday 2 December 2022, 1:30pm - 8pm. Saturday & Sunday 3 & 4 December, 9:30am - 5:30pm
Supervision day 2	4 February 2023
Supervision day 3	15 April 2023
Supervision day 4	17 June 2023
Supervision day 5	2 September 2023
Certification day	3 September 2023

Course Fees

Module 1:

Deposit £70 when signing up.

Remaining £255 (early bird before 25 July); £275. NFA: £130 (early bird before 25 July); £150.

Rest of training:

Group track: £1400 (one instalment before 12 September 2022), or £1500 in three instalments of £500 due 12 September 2022, 1 December 2022 and 1 March 2023.

NFA members: £1110 (one instalment before 12 September 2022), or £1200 in three instalments of £400 due 12 September 2022, 1 December 2022 and 1 March 2023.

Payment includes all training elements scheduled above. Please make payment as follows:

Account name: Dr O. Ry. Account number: 10215264. Sort Code: 80-46-77

Please reference your payment 'TRE Findhorn' and email Ole when you have made your transfer.

Individual track: Vicki offers individual Supervision catered to the dates that work for you. You will join the TRE Scotland Trainees group who meet regularly online. It is £1640 and all details of Supervision at <https://trescotland.com/tre-scotland-certification/>. You can make your choice after the first module.

TRAINERS

Ole Ry has been a medical doctor, psychiatrist and psychotherapist for almost 50 years. He is a Certified TRE (Tension and Trauma Releasing Exercises) Trainer. A Certified Facilitator of Holotropic Breathwork, Transpersonal Psychology, and of Grof© Legacy Training, as well as a Certified Gestalt Psychotherapist. As a psychiatrist he is seriously inspired by RD Laing and the concept of the Therapeutic Community. Besides his own clinical practice, Ole has been running various training programs internationally for many years. He now lives and works in Copenhagen, Denmark, as well as Findhorn, an intentional community, eco-village and learning centre in the north of Scotland.

Vicki Cook is a TRE Certified Trainer Trainee, a Health & Wellbeing Coach and Yoga therapist and since 2005 has enjoyed supporting people in their journey to health and happiness. She has been using TRE and shaking regularly since November 2011, it has been an amazing healing therapy for herself and now uses it working with people in recovery, PTSD, developmental trauma. She also teaches and mentors people to be TRE Providers and has a growing community in Scotland.

VENUE

Sunshine Room, East Whins House, The Park, Findhorn, IV36 3TZ. The Sunshine Room is based in the small co-housing community of East Whins, within the larger Park eco-village at Findhorn. It is an area of incredible natural beauty and home to an intentional community of several hundred creative people, about a mile from the historic village of Findhorn.

How to get to Findhorn: Please look at: www.findhorn.org/visit/how-to-get-to-findhorn/

Further Enquiries and signing up:

Feel free to contact Ole ole@holoworld.dk or Vicki vicki@trescotland.com