



INTRO to TRE®

The Workshop

is open to anyone and is required for TRE Certification

Core Curriculum

- The Art, History & Science of TRE®
- How to create a TRE® Personal Practice
- How Stress Works
- Anatomy of Trauma
- Adverse Childhood Experiences
- Polyvagal Theory Application in TRE®
- Strategies for Self-Regulation
- Applications of TRE® in your field
- more

Additional Info

- this is also known as Module 1 for Certification
- 12 NCBTMB CEUs offered
- 2 days, 6 hours each day
- those interested in Certification can apply the cost of M1 to the Training Program
- those interested in Certification have six months to use M1 towards the Training Program, after that it will need to be retaken at a reduced cost
- payment methods taken, PayPal, Venmo, Check

Prerequisite

One TRE session with me or another Certified Provider, proof required

chrisitinevarnavas.com

