



TRE® Global Certification Training Program Module 2

only for those who have completed M1
and are on teaching (provider) track

Core Curriculum

- Deeper Dive into Polyvagal Theory
- Learning to teach TRE® to one person
- Boundaries
- Containment Strategies
- Self-Regulation and Co-Regulation
- Interventions
- Modifications
- more

Additional Info

- 15 hours (3 hours 1 day, then 2 days 6 hours each)
- Time between modules is set aside for Supervision and Independent Study and work on advancing knowledge, skills and abilities
- Supervision includes practice teaching a volunteer with Christine as support
- All independent study requirements and learning competencies must be completed by Module 3
- Additional hours from the standard program may be required for certification for some
- If additional training hours are needed, Christine will develop a learning plan with you

