



TRE[®]
Centre

Tension & Trauma Release Exercises

SPRING 2022

TRE[®]
MODULE 1
TRAINING

About:

To make this Module accessible to all it will be run as a blended course.

This means it will be possible to attend online or join us in person for an immersive residential held at:

Bidston Observatory Artistic Research Centre

Details about both options are outlined from page 4 of this pack.

The teaching time for both days is: 10-6pm

Who is it for:

This module is open to anyone with an interest in: knowing more about their embodied health, becoming trauma aware or looking to understand how TRE® can holistically support the body and its regulatory systems.

You can attend this workshop with no prior experience of TRE® and unlike Module 2 and 3 don't need to intend to complete the full practitioner training. In fact many people use this as a cost effective way of becoming confident in the practice as the two days allows for 4 sessions working with the exercise and bodies tremor mechanism.

This Module is a mandator requirement for anyone wishing to become a TRE® Provider and starts the process of learning to teach and share TRE® to other individuals.

For full info on the certification process please visit:

<https://www.trecentre.com/tre-provider>

TRE® is a body based practice, that uses specific exercises to put slight strain on the muscle which activates the bodies natural tremor mechanisms. Where possible we try to make this accessible to all types of bodies but like any modality there are some limitation to the practice which means it may not suit everyone.

If you have mobility issue or particular concerns whether TRE® will be right for you please get in touch to arrange a time to talk with one of us in person.



What is TRE:

TRE® is a specific set of simple exercises designed to trigger involuntary movements and tremors within the body.

These involuntary movements and tremors help to reset the balance in our nervous system, freeing us from those old patterns and defence strategies that our body and brain used in stressful and traumatic situations.

TRE® is a safe and easy way of realising tension and stress accumulated in the body and it restores the vitality and resilience.

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When applied skilfully TRE® can result in a profound inner change that will ripple through your personal, professional and social life. Developed by Dr David Berceli, TRE® has helped bring relief from stress, tension and trauma to people all over the world - to those dealing with everyday stresses and strains, those in the helping professions, and those affected by wars and natural disasters. TRE® process helps to calm the nervous system, to bring us out of states of activation and dissociation, becoming less reactive, and increasing our capacity to be present to our experience.

Course content:

The course is very practical and experiential. The theory of a TRE® model will be explored through the exercises, tremors and other involuntary and voluntary movements.

There will be time for discussion and sharing of experiences.

Teaching includes:

- TRE® Concepts
- Anatomy, neurology and physiology of stress and trauma as it relates to TRE®
- Understanding the tremor response and involuntary body movements
- Introduction to the Triune brain theory
- Introduction to the Polyvagal theory: How humans are always checking for safety.
- Containment, Orientation and Grounding strategies - OMG concepts
- Introduction to TRE and personal tremouring experience.

Further info on becoming a provider will also be offered to those looking to complete the certification process.

Cost:

£230 - Early Bird paid in full by May 11th 2022

£260 - Paid after May 11th 2022

Cost is the same whether joining online or in person.

For those wishing to stay on site the cost is:

**£50-70 - for two nights self-catering accommodation
at Bidston Observatory (see below)**

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Joining Online:

We will also be streaming the sessions live via Zoom to include participants that are unable to attend in person due to Covid-19 travel restrictions.

To retain the intimacy of the group the number of online participants will be limited.

For the practical sessions where we are working with the tremor practice, one of us will focus on the online distanced environment while the other will hold the space for those in physical attendance.

NB: While the Immersive Residential is design to allow for deeper engagement with materials and more inter-personal time between participants and trainers, we will look to ensure that none of the basic content to this module is shared out side of the official teaching hours.

www.trecentre.com

Joining in person:

Our Immersive Residentials are held at:



Bradston Observatory Artists' Research Centre,
Widling Way, Prenton, Merseyside, CH437RA

This relaxed communal setting allows for more depth to the training and offers participants the opportunity to build long-term relationship with their cohort and trainers outside of teaching hours.



This unique heritage site on Wirral surrounded by nature, is just 20 mins train ride from Liverpool City Centre, and within 50 mins of both Manchester and Liverpool John Lennon international airports.

www.trecentre.com

Booking & Payment:

Payment is necessary to secure a place on this course which is offered on a 1st come 1st served basis. We will be capping numbers to ensure a greater intimacy and the quality of the training :

When making payment for this module please state your initials and MOD 1 in the reference.

We can take payment via bank transfer:

Bank: Lloyds bank
Name: Cedo Mikic
Acc. 00531575
Sort code: 30-94-66
IBAN: GB51 LOYD 3094 6600 531575
BIC: LOYDGB21484

Address: Flat A, 115 Camden Street, London, NW1 0HX, UK

It is also possible to pay via **PayPal** to the address please note any administrative fee's need to be born by participants:

contact@trecentre.com

Please let us know when you have paid and the name of the account its coming from, and whether you are paying for on site accommodation as well.

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Accommodation at Bidston Observatory

If you would like to stay on site the cost of two nights accommodation is set at a sliding scale of £50 - £70 (max 2 people sharing a room).

This is self declared means tested. We ask that those that can afford it pay the high rate as this supports the not-for-profits work and ethos which tries to also make things possible for those who are at a financial disadvantage.

To secure a room please make payment through the above methods at the time of booking. Space is limited and 1st come 1st served.

Please let us know if you intend to stay Friday and Saturday or Saturday and Sunday night. It is also possible to book longer at the observatory, please get in touch with Fi directly to arrange this or with any other questions you might have about the observatory:

info@positiveplasticityproject.com

www.trecentre.com

AGREEMENTS

CANCELLATION POLICY :

Modules, Workshops and Courses

We limit the numbers of workshop participants to ensure the quality of the training.

If you can't attend the module / workshop:

A DEPOSIT OF £50 IS NON-REFUNDABLE You can transfer the deposit to another course within one year of the original course.

If you want a refund:

Please let us know through email: contact@trecentre.com

The amount of your refund depends on how much notice you give AND DOES NOT INCLUDE THE VALUE OF THE DEPOSIT (£50)

- At least 30 days before the start of the event: 100% refund (less £50 deposit)
- Less than 30 but at least 12 days: 75% refund (less £50 deposit)
- Less than 12 days: 50% refund (less £50 deposit)
- Less than 5 days, on or after the start date: Sorry, no refund

If you would like to attend the same workshop on a different date:

If you give us 12 days notice and there's still space available in the workshop you want to transfer to, this is no problem we'll just move your booking.

If no space is available, we'll book you on the next one or refund your registration as described above (LESS THE DEPOSIT).

If you decided not to go to the workshop:

Apologies, no refunds are available if you didn't cancel in advance

Other cancellations and schedule changes:

We reserve the right to cancel or reschedule an event due to low enrolment, presenter illness, or other circumstances.

If the event is cancelled, participants will receive a full refund of their registration fee.

If the event is rescheduled, participants will have the option of attending the rescheduled event or receiving a full refund.

If we cancel or reschedule a workshop or other event, we won't refund your travel, lodging (unless you booked to stay at Bidston Observatory), or meal expenses.

We suggest you make refundable travel arrangements.

In the event of further Covid-19 Government lock downs

We aim to provide you with an alternative training options, online or at a later date and will issue a full refund if this is not possible.

We can not account for or keep up with the policy shifts in other countries and ask that you consider what travel is possible from the region your reside in and if quarentine is necessary.

In the event of a sudden shift if you've signed up for full practitioner training and this isn't the case in your region we will look to get you on the next alternative training transferring your deposit or refund you.

In short, we want to see you through the qualification process in the most effective and affordable way possible and will be doing what we can within reason to make that happen.

What happens next?

On receipt of payment your place on the course will be secured. Prior to the course starting you will be sent our standard health questionnaire which we require back a week before we start and information relevant to whether you'll be joining us on line or in person.

If you intend to do Module 1 as part of the full practitioner training please get in touch and we'll arrange a time before the training to talk to you ab the process.

We then look forward to seeing you either online or in person on the 11th and 12th and are available if you have any further questions.

With warm wishes

TRE®Centre