

TRE[®] Provider Training Program

2024 - 2025



PHASE 1

Module 1 Personal Tremoring Journey

October 12-13th, 2 PM to 9 PM - Online via Zoom

Group PTS 1 (Personal Tremoring Session)

October 26th, 4 PM to 6.30 PM - Online via Zoom

Private PTS 2 (Personal Tremoring Session)

November 11-15th - Online via Zoom

Group PTS 3 (Personal Tremoring Session)

November 30th, 4 PM to 6.30 PM - Online via Zoom

Private PTS 4 (Personal Tremoring Session)

2024 December 16-20th - Online via Zoom

Assignments for Stage 1:

- 15 Personal Tremoring Journal Entries
- 2 Book Reflections max 2 pages each

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PHASE 2

Module 2 Teaching Individual TRE Sessions Pt. 1

2025 January 18 -19th - 3 PM to 9.30 PM - Online via Zoom

Group ILS 1 (Individual Leading Session)

February 8th, 4 PM to 6.30 PM - Online via Zoom

Private ILS 2 (Individual Leading Session)

February 24th - 28th - Online via Zoom

Module 2 Teaching Individual TRE Sessions Pt. 2

March 15-16th, 2 PM to 9 PM - Online via Zoom

Group Session ILS 3 (Individual Leading Session)

April 5th, 4 PM to 6.30 PM - Online via Zoom

Private ILS 4 (Individual Leading Session)

April 21-25th - Online via Zoom

Assignments for Stage 2:

- 15 Personal Tremoring Journal Entries
- 2 Book Reflections max 2 pages each
- 4 Peer Swaps
- 4 Individual Client Case Sessions

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PHASE 3

Module 3 Leading Group TRE Sessions

May 10-11th, 2 PM to 8 PM - Online via Zoom

Group GLS 1 (Group Leading Session)

May 24th, 4 PM to 6.30 PM - Online via Zoom

Private GLS 2 (Group Leading Session)

June 9-13th - Online via Zoom

Private GLS 3 (Group Leading Session)

July 5th, 4 PM to 6:30 PM - Online via Zoom

Private GLS 4 (Group Leading Session)

July 21-25th - Online via Zoom

🌿 Assignments for Stage 3:

- 10 Personal Tremoring Journal Entries
- 2 Book Reflections max 2 pages each
- 4 Peer Swaps
- 2 Group Client Case Session

All of these dates are preliminary, and some dates can be subject to change.