TRE® Provider Training Program

2025-2026

Introduction Personal Tremoring Journey
May 31th to 1st of June, 2 PM to 8 PM - Online via Zoom

Group PTS 1 (Personal Tremoring Session)
June 28th, 3 PM to 5 PM - Online via Zoom

Private PTS 2 (Personal Tremoring Session)
July 14-18 th - Online via Zoom

Group PTS 3 (Personal Tremoring Session)
July 26th, 3 PM to 5 PM - Online via Zoom

Private PTS 4 (Personal Tremoring Session)
August 4-8th - Online via Zoom

🍃 Assignments for Stage 1:
- 15 Personal Tremoring Journal Entries
- 2 Book Reflections max 2 pages each

The local time for the program is GMT 7+ Asia Bangkok Time

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PHASE 2

Deepening **Teaching Individual TRE Sessions**
August 16-17th 2 PM to 8.00 PM - Online via Zoom

Group ILS 1 **(Individual Leading Session)**
August 23nd, 1.30 PM to 3.30 PM - Online via Zoom

Private ILS 2 **(Individual Leading Session)**
September 1-5th - Online via Zoom

Group Session ILS 3 **(Individual Leading Session)**
September 27th, 3 PM to 5 PM - Online via Zoom

Private ILS 4 **(Individual Leading Session)**
October 6-10th - Online via Zoom

Group Session ILS 5 **(Individual Leading Session)**
October 25th, 1 PM to 3.30 PM - 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
November 8-9th, 2 PM to 8 PM - Online via Zoom

Group GLS 1 (Group Leading Session)
November 22th, 3 PM to 5 PM - Online via Zoom

Private GLS 2 (Group Leading Session)
December 1-5 th - Online via Zoom

Private GLS 3 (Group Leading Session)
December 20th, 3 PM to 5 PM - Online via Zoom

Private GLS 4 (Group Leading Session)
2026 January 5-16th - 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 subdue to change.

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