



Agreement of Understanding with TRE®, LLC

This pledge is for all those attending module 1 of the TRE® Global Certification Training program.

YOUR SIGNATURE IS REQUIRED at the end of the document.

(TRE® refers to Tension and Trauma Releasing Exercises)

There are three groups of people attending the TRE® Training (Module 1):

1. **PERSONAL USE:** Those who are attending to learn TRE® for their own personal use and have no intention of teaching others and therefore no interest in continuing on with TRE® Certification.
2. **TEACHING TRE®:** Those who intend to teach others TRE® and therefore will continue on to become a Certified TRE® Provider.
3. **NOT SURE:** Those who will decide about certification after the completion of this module.

No matter which group you fall into your signature is required to participate in this training.

PERSONAL USE: You will learn about your own self-regulation needs and will most likely be able to continue on with a successful personal practice of TRE® that will support your health and healing for the remainder of your life.

NOT SURE: Please read this pledge carefully. At any point you become interested in teaching others TRE® you will need to become a fully Certified TRE® Provider. You will need to enroll in the certification program as you do not have the competency to teach others TRE® following an initial training. You must successfully complete the entire certification program.

FOR TEACHING TRE®: Please know that you are not to practice-teach TRE® beyond the guidelines given to you by your TRE® Certification Trainer. It is **imperative** that you go through all the training steps to develop the skills and knowledge to competently teach TRE® to the general public. This is true even if you have other skills and experience that you see as closely related to TRE®. You are enrolling in this certification program to learn this unique technique. We ask that you give yourself the opportunity to learn what TRE® alone can do to promote health and healing for yourself and others. Through certification you will develop the competency and skills needed to teach TRE®. To teach TRE® professionally to individuals and/or groups without full certification is a violation of copyright and can be considered malpractice.



TRE®, LLC RECOMMENDATIONS:

1. Individuals who are participating in any exercise program consult their physician or appropriate health-care providers prior to beginning any new exercise program including TRE®.
2. Individuals who have the following conditions or concerns consult their health-care or mental health professionals prior to performing these exercises.
 - Physical or psychological conditions that require attention and/or regulation care
 - Fragile psychological defenses
 - Complex history of trauma
 - Restricting physical or medical limitations
3. Individuals with specific conditions and/or concerns seek out a Certified TRE® Provider with expertise in the area of your concern.
4. Individuals under the care of a medical professional consult with that professional prior to making any changes to their treatment plan.

I understand and agree to take personal responsibility for the above recommendations from TRE®, LLC

Initial here _____

I understand and agree to the following:

1. The TRE® process should not be used as a substitute for trauma recovery procedures of a medical or psychological nature.
2. I will take full responsibility for my own well-being.
3. I assume and accept the risk of any adverse outcome from the practice of TRE®.
4. I release my right to hold TRE® LLC, from complete legal, financial and medical liability associated with the practice of TRE®.
5. I accept full responsibility to work within comfortable limits of my body's abilities and educate myself concerning self-regulation.
6. I understand TRE® is a technique based on the body's natural response for releasing tension and stress. TRE® was developed as a self-help technique. However, it has increasingly been seen as a valuable complementary practice that can be integrated with traditional treatment modalities when used by mental health and health-care professionals.



7. I understand:

- TRE® has not been evaluated by the US Food & Drug Administration or the American Medical Association.
- TRE® is not intended to diagnose, treat, cure, or prevent any disease.
- Medical advice must only be obtained from a physician or qualified health practitioner.
- Results may vary between individuals.
- There are no guarantees, expressed, or implied.

If I teach these exercises to others:

1. I accept full liability for any claim, suit or proceeding brought against me by another individual as a result of any TRE® presentations, classes and/or groups I provide; thereby, releasing TRE® LLC from complete legal, financial and medical liability that may be incurred.
2. I will practice-teach (for no fee) within the guidelines and limits set up by my TRE® Certification Trainer to meet my certification requirements.
3. I will only teach TRE® for a fee (or any monetary exchange) once fully certified as a Certified TRE® Provider.
4. I understand that TRE®, LLC advises I continue improving my TRE® practice skills through TRE® consultation and/or ongoing skill development programs offered through the TRE®, LLC (i.e: Advanced Practice.)
5. Once certified, if there is an ethical complaint against me, I agree to:
 - Cooperate with the TRE®, LLC Ethics Board to assist in a truthful and accurate determination of the complaint.
 - Abide by any recommendations and/or determinations issued by the TRE®, LLC Ethics Board.
 - I understand that in some situations a valid ethical complaint could be grounds for forfeiting my Certified TRE® Provider status.
 - I understand that my not cooperating with and/or not following recommendations of the TRE® Ethics Board could be grounds for forfeiting my Certified TRE® Provider status.

The intention of the TRE® Ethics Board is to uphold standards within the TRE® community and to provide guidance and education. Asking a Certified Provider to forfeit their certification would only happen in situations where corrective actions or steps were not possible.



I understand becoming a Certified TRE® Provider certifies me to:

- Teach the TRE® process to individuals and groups.
- Support the participant in understanding their TRE® experience.
- Teach TRE® self-regulation and modification techniques as needed, as long as I work within my professional “scope of practice”, knowledge and skills.
- Assess whether or not TRE® can be used as a self-help technique for any particular person.
- Present TRE® with the focus being on teaching and empowering the individual to be able to use TRE® as a self-help technique to promote lifelong health and healing.
- Teach a brief history and an introduction of the stress response as it relates to TRE®.
- Integrate TRE® as a complementary practice, into other treatment modalities for my professional practice.
- Integrate TRE® into other stress related workshops and trainings I teach or promote.

I understand that I will NOT be certified to:

- Formally or professionally teach the theory of TRE® as presented in the 6 days of certification training.
- Train **OR** certify **OR** give another person permission to teach TRE® to others.

Additionally:

- I am voluntarily participating in a workshop and practicing these exercises on my own volition.
- I will respect and adhere to trademark and copyright restrictions as outlined by TRE®, LLC. I understand that I may not video or print the TRE® process for public distribution. I will purchase all materials that show the TRE® process from TRE®, LLC. (traumaprevention.com)
- I understand that all Certification Trainers within the TRE® organization reserves the right to communicate any and all information they deem necessary about me to any other Certification Trainer or CT Mentor within the TRE® organization for the purpose of maintaining consistency and supporting my certification training as needed.

I claim that:

1. I have not modified this form from its original content.
2. I have read and accept the content of this entire Agreement of Understanding with TRE®, LLC.



In signing this form I am bound by and acknowledge the terms of this agreement:

Date: _____

Signature: _____

Print name: _____

Phone: _____ **Email:** _____

For Internal Use Only

Trainer:

Date of Training:

Notes: