The Trager® Professional Training Program generally lasts two to four years, and leads to professional certification as a *Trager* Practitioner. This program consists of a combination of hands-on training, fieldwork, and supervised tutorials. We have found that this combination allows the time required for the development of the skills and experience of the individual required for certification. Many people also pursue the training program for personal growth and benefit.

To learn all about the Certification Program, you can read the Certification Booklet

Fieldwork is required between each core training module.
PREREQUISITES

There are three ways to fulfill prerequisites for entering the certification program:

1. Receive at least two *Trager* sessions from a certified practitioner plus a written Practitioner recommendation.

2. Receive one *Trager* session from a certified practitioner and attend a *Trager* Introductory Workshop plus a written Practitioner or Workshop Leader recommendation.

3. Receive one *Trager* session from a certified practitioner and attend at least 6 hours of *Mentastics* classes plus a written Practitioner or *Mentastics* Teacher recommendation.

Please contact the USTA Administrative Office if you have questions.

Part 1
Classroom hours

Level 1

2 Tutorial s or more

At least 1 Tutorial

TOTAL

6 days 48 hours $1,020*

(review) 4 hours

(to recommend for next level) 2 hours

54 hours

Module 1 Fieldwork

Give 30 sessions

Receive 10 sessions

TOTAL

45 hours

15 hours

60 hours

Part 2

Classroom hours

Level 2

2 Tutorial s or more

At least 1 Tutorial

TOTAL

6 days 48 hours $900*

(review) 4 hours

(to recommend for next level) 2 hours

54 hours

Module 2 Fieldwork

Give 30 sessions

Receive 10 Sessions

TOTAL

45 hours

15 hours

60 hours

Part 3

Classroom hours

Level 3

At least 1 Tutorial

2 Tutorial s

TOTAL

5 days 40 hours $750*

(review) 2 hours

(to recommend for Practitioner) 4 hours

46 hours

Module 3 Fieldwork

Give 30 sessions

Receive 10 sessions

TOTAL

45 hours

15 hours

60 hours

Mentastics® and Anatomy & Physiology Requirements

Before becoming a Practitioner you will need to complete a 3-day *Mentastics* Class (24hours), and Anatomy and Physiology 1 & 2 (6 days total, 48hours). These can be completed at anytime throughout the Training Program, but must be completed before appying to become a Practitioner.

*Price of **Level I** *includes* 12 months of membership dues in organization.

*Prices subject to change without notice, please contact the Class Organizer of each training you wish to take to get all details of the class.

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Ready to become a practitioner? Click here!

Click for **Continuing Education Requirements**

Click for **Senior Practitioner Certification**
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