



## **DIPLOMA IN REGRESSION THERAPY**

The program consists of 16 days of training over three workshops in a one year period. It's accredited by the International Board of Regression Therapy (IBRT) and meets the content requirements to be a professional member of the European Association of Regression Therapy (EARTH). It includes lectures, demonstrations, experiential exercises, pair work, supervision and reading.

### **ABOUT REGRESSION THERAPY**

Regression Therapy enables the conflicts from the past that have been distorting our mental, emotional and physical well-being to be resolved. It covers past lives and current life memories some of which may be below the level of our conscious awareness. Examples from the current life may be a family death, relationship issue or childhood trauma. The symptoms include panic attacks, emotional outbursts, blocked feelings, self harm, numbness, unexplainable physical pain or recurring relationship problems. The therapy works by going to the root of the problem to transform it in a way that is both safe and structured. Regression therapy reaches further and heals deeper at the physical, emotional, mental and spiritual levels than most other therapeutic approaches.

### **CONTENT**

#### **Exploring a Past Life and Healing in the Spirit Realms**

- Guided imagery into a past life
- Open and directive questions to explore a past life
- Identifying turning and shut down points
- Techniques to avoid a diversion when exploring a past life
- Handling the death experience
- Recognising and overcoming attachment to the body at death
- Working with unfinished business from the past life
- Techniques to find reconciliation and forgiveness in the spirit realms
- Integration of a client's soul-fragments
- Meditation and use of spirit helpers and guides



## Bridges and Clearing Energy Blocks

- Non hypnosis bridges; phrases, emotional and somatic bridges
- Using energy scans to bridge into a past life
- Handling a spontaneous catharsis
- Psychodrama encounters to unfreeze blocked energy from a past life
- Observing body cues and energy movements
- Detecting unfinished business at the end of a session with an energy scan
- Conducting a client interview and the information to collect.
- Client record keeping including the ethical, legal and moral considerations.

## Body Therapy and Current Life Regression

- The client interview to bridge into a current life memory or past life
- Exploring and transforming a current life memory
- Using body therapy to work with deep body patterns from a past life
- When to use shamanic spirit animals for shutdowns and loss of vital soul energy
- Integration of a past life and current life regression into the present
- Between therapy session assignments
- Regression Therapy contra indicators

## Healing Trauma and Spirit Releasement

- Using body therapy to clear trauma, including sexual and physical abuse
- Handling disassociation from a trauma
- Integration including using inner child therapy
- Detecting and releasing intrusive energy and spirit attachments
- Setting up in practice with Regression Therapy

## ENTRY REQUIREMENTS

Ideally students will be qualified in Psychotherapy, Counseling, Hypnotherapy, Psychiatry, Energy Healing, Body work or an approved complementary therapy. Those with life experience of working with people will also be accepted. A qualification and experience using Hypnosis is required. For those without a short intensive hypnosis training (<http://www.regressionacademy.com/hypnosis-training.htm>) workshop is offered which leads to a Foundation Certificate in Hypnosis.



## The Trainers

**Andy Tomlinson** is the director and principal trainer of the Past Life Regression Academy. He is a psychology graduate and trained in hypnotherapy, psychotherapy, regression therapy and is an International Board of Regression Therapy (I.B.R.T.) certified past life therapist and MNI life between lives regression therapist. He has had a private practice dedicated to regression therapy since 1996.

From a background of 10 years as a management trainer Andy is internationally known for his training. He is a founder member of the European Academy of Regression Therapy (EARTH) and has been working to establish common quality training standards with the leading regression therapy training organisations in Europe. He is also a founding member of the European Association of Regression Therapy. And author of the books *Healing the Eternal Soul* which is recognized as an extremely valuable contribution and advancement to the field of Regression Therapy, and *Exploring the Eternal Soul* which takes this further in the new area of life between lives regression.

**Samantha Donbavand** is the co trainer and supervisor on the program. From a background of being a Holistic therapist running her own practice for 7 years she is also a qualified Regression Therapist and Hypnotherapist. She works with a wide range of clients in her practice in Spain, and specialises in working with children and techniques using Regression Therapy that open up a person's soul to bring joy and happiness into their life.

"Samantha's warmth & light made

## MORE INFORMATION

See website **PAST LIFE REGRESSION ACADEMY**  
(<http://www.regressionacademy.com>)