

# UK College of Holistic Training

## **Diploma in Past Life Regression Therapy**

A distance learning course - Course Prospectus

College accreditation: International Association for Distance Learning and Guild for Stress Management and Trauma Specialists

Past life regression therapy is a procedure whereby the therapist facilitates an altered state in the client and guides him/her through a process of inner visualisation and experience that is commonly called an encounter with a "past life", in the sense of a previous incarnation. When done therapeutically the aim is to identify and resolve the origin of a problem that has manifested in the present life, with the intent of producing beneficial change in feelings or behaviour, or a reduction of stress that can assist well-being. In practice, there is a wide range of experiences that can be encountered by the client and there are differing interpretations of these experiences. It is not necessary for the therapist or the client to believe in reincarnation. However, most clients for this kind of work do accept the possibility of previous lives, and the client's belief system is honoured.

This 6-module course will teach you how to conduct a past life regression session in a safe and professional manner. Before you are given the regression techniques, you are taken through a thorough understanding of the theory, philosophy and workings of this form of therapy.

Course fee: £ 185.00

Method of study: PDF lessons will be supplied by email. No textbooks required, but a booklist will be provided for ongoing in-depth study. The student will send written assignments to the tutor and receive feedback by email. There is no final examination – assessment is continuous.

Duration of course: The student will need to complete the course within 12 months.

Entry qualifications: A qualification in hypnotherapy plus experience in therapeutic hypnosis. At the discretion of the tutor, non-hypnotherapists may be admitted, provided they have adequate experience of facilitating altered-state work.

Personal tutor: Your tutor for this course will be Morris Berg Ph.D., who as well as being a qualified and experienced hypnotherapist and having degrees in psychology and hypnotherapy, underwent intensive training in past-life regression in London and Cornwall with the late Kiana Park, qualifying as a Past-Life Healer. He also attended shorter courses with several key workers in the field such as Dr Roger Woolger and Dr Bill Baldwin, and gained additional certifications in regression therapies from two hypnotherapy colleges. For his Ph.D. thesis with American International University, Morris investigated past life therapy and therapeutic metaphor, drawing upon his work with clients.

Graduates of this course will have the opportunity to arrange professional supervision via telephone or email with Morris – who is an accredited hypnotherapy supervisor - for their regression therapy practice, and also to enrol on Morris' advanced textbook-based course in Transpersonal Hypnotherapy, covering many aspects of spiritual hypnotherapy in much greater scope and detail.

## **COURSE OUTLINE AND SYLLABUS**

### **UKCHT Diploma in Past Life Regression Therapy**

#### **Module 1 - Understanding past lives**

1. INTRODUCTION AND CONTENTS OF THE COURSE
2. WHAT IS PAST LIFE REGRESSION?
3. TYPES OF REGRESSION EXPERIENCE
4. THE USE OF HYPNOSIS IN ACCESSING PAST LIVES
5. PAST LIVES – DO THEY EXIST?
6. THE THERAPEUTIC USE OF PAST LIFE REGRESSION
7. BELIEF IN REINCARNATION
8. HOW ARE PAST LIFE MEMORIES TRANSFERRED FROM ONE LIFE TO ANOTHER?
9. PAST LIFE REGRESSION AND NON-THERAPEUTIC SESSIONS
10. CAN THERE BE MORE THAN ONE PAST LIFE?
11. REGRESSING TO A FAMOUS FIGURE FROM THE PAST
12. REMEMBERING TRAUMA

#### **Module 2 - Reincarnation**

1. THE EMERGENCE OF INTEREST IN REINCARNATION IN THE WEST
2. REINCARNATION AND EASTERN RELIGIONS
3. WORLDWIDE SPREAD OF REINCARNATION THEORY
4. WHAT IS REINCARNATION?
5. DIFFERENT THEORIES OF REINCARNATION
6. THE CONTINUED EXISTENCE OF EMOTIONS
7. THE SOUL ON ITS JOURNEY

#### **Module 3 - Therapeutic issues I**

1. REVISION
2. FALSE MEMORIES
3. THE BRIDEY MURPHY CASE
4. NEVER PREJUDGE THE OUTCOME OF A SESSION
5. UNRESOLVED EMOTIONS FROM THE PAST
6. UNRESOLVED EMOTIONS AND PSYCHOLOGICAL ILLNESS

#### **Module 4 - Deeper therapeutic issues II**

1. PAST LIFE TRAUMATIC EVENTS
2. TRIGGERING EVENTS
3. DEALING WITH DEATH
4. REGRESSION TO PRE-BIRTH
5. PHYSICAL DISORDERS
6. WHEN REGRESSION THERAPY IS CONTRAINDICATED
7. ACHIEVING CLOSURE AND INTEGRATION OF A PAST LIFE EXPERIENCE
8. XENOGLOSSY

#### **Module 5 - Regression techniques**

1. MEMORY
2. INDUCING A LIGHT TRANCE
3. REGRESSION TECHNIQUES

4. ENCOURAGING CLIENTS TO USE ALL THEIR SENSES
5. ENGAGING THE EMOTIONS
6. EXTENT OF RECALL
7. BLOCKS TO ACCESSING MEMORIES
8. HOW TO CLOSE A SESSION
9. PHYSICAL AND MENTAL RELAXATION SCRIPT
10. TERMINATION OF A SESSION AFTER REGRESSION SCRIPT
11. SIMPLE TERMINATION SCRIPT

#### **Module 6 - Running a client session**

1. PRACTICALITIES
2. LEGAL & ETHICAL ISSUES

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