

IBRT Certification Instructions for IBRT Trained Applicants

Directions: IBRT seeks to make the application process as straight forward as possible to ensure a competent evaluation of an applicant's qualification for certification. However, the process requires you to be both thoughtful and thorough. We have put together these instructions to guide you along the way. Please follow these steps carefully.

Your application is **not** complete until all supportive documentation has been received with the completed application, the exam and payment. Please review checklist to make sure your submission is complete. No action will be undertaken by IBRT concerning the evaluation of your qualifications for certification until that time. Everything must be submitted to Virginia Waldron, gatkepr@gmail.com. Once the entire application is received the application process will begin.

Flexible evaluation of applications: It is one of the goals of IBRT to be flexible enough to embrace cross-disciplinary approaches to PLT and to address the specific areas of interest of the applicant.

Initial Certification and Renewal Once the evaluation process has been completed, the applicant will be notified of the Board's decision and, if approved, issued a certificate valid for one (1) year and is renewable yearly.

First, all applicants must select a level of certification. Most applicants begin with Levels I or II.

Four Levels of Certification:

Certified – Level I

Level I certified Past Life Therapy (PLT) Practitioners have met all the basic criteria specified by the Board for certification:

1. At least one hundred (100) hours of live supervised training of an appropriate scope and sequence in the induction and use of altered states through hypnotic, guided imagery, Neurolinguistic Programming (NLP), or other recognized approaches or techniques. Preparation considered appropriate must include, but is not limited to:
 - A. The history, theories and methodologies of the approach, as well as an understanding and appreciation of alternative approaches.
 - B. Exposure to a wide variety of techniques to induce, deepen and enhance altered states.
 - C. Use of an altered state to facilitate a client's ability to achieve a desired understanding, goal or change.
 - D. Induction and use of auto-suggestion, self imaging, and other techniques.
 - E. Ethical, legal and moral considerations, limitations and caveats in the practice of altered state therapies.
 - F. Extensive supervised practicum experiences in the induction, deepening and use of the altered state.

2. The Training must include at least fifty (50) hours of live supervised Past Life Regression Therapy, including:
 - A. The theories and practice of PLT.
 - B. The methodologies and techniques of PLT.
 - C. Supervised practicum experiences in conducting Regression sessions.
 - D. An overview of the ethical and legal issues associated with the practice of Past Life Therapy, and the Code of Ethical Conduct and Practices of the International Board for Regression Therapy.
3. Graduates of IBRT-accredited training programs are granted a streamlined application process. They are not required to take the written exam, they need to submit only two reference forms and they are required to submit only one video session for evaluation.

Certified – Level II

Level II certified PLT Practitioners have met all of the criteria specified for Level I. In addition, the therapist receiving a Level II certification must also possess a minimum of 250 hours of training in regression techniques with an emphasis on current life regression, including Past Life Regression, between-life (spiritual) regression, regression using body memories, or other recognized regression approaches or techniques.

Certified – Level III

Level III certified PLT Practitioners have met all of the criteria specified for Level I. In addition, the individual receiving a Level III certification must also possess *at least one* of the following: a minimum of a 4-year (B.S./B.A.) degree in the behavioral sciences, mental health, social work or any acceptable related field; state licensure in any mental health-related or other helping profession; or membership in or registration with any national or international professional organization in any of these fields. The intent of this flexibility is to recognize and embrace both diversity of interest and preparation.

Certified – Level IV

Level IV certified PLT Practitioners have met all of the criteria specified for Level II, plus a minimum of 250 hours of Regression Therapy training. In addition, the individual receiving a Level IV certification must also possess *at least one* of the following: a minimum of a 4-year (B.S./B.A.) degree in the behavioral sciences, mental health, social work or any acceptable related field; state licensure in any mental health-related or other helping profession; or membership in or registration with any national or international professional organization in any of these fields. The intent of this flexibility is to recognize and embrace both diversity of interest and preparation.

The Application will include:

1. Determine which level of certification you will seek. (See Above.)
2. Submit the completed and signed application to the IBRT Board and include:
 - A. One (1) recorded past life video session conducted by you on Zoom with subjects who have signed an “informed consent” for their release to IBRT for certification purposes only. This form will be found with the Application. During your Zoom session please follow the guidelines found in the Past Life Regression Skills Criteria for Your Video Evaluation, found near the end of this form
 - B. Photocopies of diplomas, certificates of completion, licenses, and other verifying documentation.
 - C. Two professional references: these may include another professional, a colleague, instructor, or one from a fellow student who worked with you during the Hypnosis and/or Past Life Regression training. The forms are found in the Application.
 - D. The Ethical Conduct Form - signed
 - E. A check to cover the cost of the evaluation of the application (non-refundable) plus the first year’s certification fee (refundable if your application for certification is not accepted by IBRT). If you prefer, you may pay through PayPal on the IBRT website. Foreign currency is handled through that process.
 - F. The signed form stating that you have facilitated at least fifty (50) sessions in Regression Therapy.
 - G. Supplemental statements and documentation to assist in the evaluation of your application (optional).
 - H. A copy of your professional resume (optional).

Your application is not complete until all supportive documentation, including the Zoom video recording and Reference Forms have been received. No action will be undertaken by IBRT concerning the evaluation of your qualifications for certification until that time.

Past Life Regression Skills Criteria for Your Video Evaluation

One of the most important elements of your application process is the Past Life Regression session video. Your recorded sessions(s) will be critiqued by two IBRT therapists who also train Regression Therapists. (Your own trainer will not be involved in evaluating your Certification Application.)

Your recorded video session(s) must have audible voices for both the therapist and the client. Record the session(s) with the side-by-side view in GALLERY MODE. Please DO NOT use background music as it can overshadow the spoken words.

We highly recommend that you use individual microphones for the client and yourself. Inaudible or difficult to listen to recordings will not be reviewed. Please include in the session:

- The interview and the client's background information for the session
- The goal of the session, the induction and deepening phase
- The exploration of the past life
- The death experience
- The interlife phase
- The integration of the past life with the present life issue
- The post-session debriefing with the client

Include these criteria in your Zoom video of a Past Life Regression Session. You will be evaluated for IBRT Board Certification based on demonstration of these areas of skill and expertise.

Technology for Video Recording of the Session

Videos that do not demonstrate the following criteria will not be accepted for review. The sound must be clear and loud enough for both the practitioner and the client to be consistently heard and understood by the examiners.

Both the practitioner and the client are visible on the screen so that breathing, facial expressions and body responses and interactions are observable.

Pre-session

1. An interview in which you discover background information that is related to the focus of the client's session.
2. A discussion on resourcing to either educate about inner resourcing and to facilitate the client to access an inner resource or to discover that the client has prior experience with inner resourcing (higher self, spirit guides, power animals, etc.).
3. Through the interview a clear goal and desired outcome are established and clearly stated by the practitioner before the induction begins.
4. Education of what a regression requires of the practitioner and what is required of the client.

5. Education about the representational systems so the client understands that not everyone “sees” in a regression.
6. Based on the goal of the session, the practitioner educates the client about the techniques that will be used in the session and informs the client that the work may end up being connected to pre-birth, birth, or present life experiences.
7. It is evident from the interview and the client’s goal for the session that doing a past life regression is an appropriate approach.

Induction and Deepening

8. The practitioner utilizes acceptable techniques that allow the client to move into a hypnotic state that is demonstrated through the client’s voice, language, facial expressions, breathing, affect, observable and reported hypnotic phenomena and therapeutic rapport: the client demonstrates that he or she is in a hypnotic state.

Utilization of Hypnotic Language

9. The practitioner uses open-ended questions and suggestions and avoids yes/no questions which can lead the client into false memories or therapist-tainted responses.
10. The practitioner uses present tense and supports the client in associating in the past life experience.
11. The practitioner uses pacing and leading to support the client in amplifying the content of the regression and the practitioner picks up cues through which the client is guided into more exploration and the uncovering of important details.

Content of the Regression

12. The practitioner guides the client through relevant details of the regression based on the established focus and goal.
13. The practitioner guides the client into appropriate phases of the life related to the focus of the session (i.e. home life, work life, relationships, gifts, challenges, causal moments, etc., related to the focus of the session).
14. The content explored in the past life is related directly or indirectly to the focus of the session and the practitioner asks appropriate questions for the client to make connections.
15. The death experience and after life experience are explored specifically in relation to the presenting issue in support of the teaching and the healing to benefit the present life.
16. The practitioner honors and supports the emerging content of the client’s session even if it does not move into a past life focus.

Facilitation Skills

17. Therapeutic rapport.
18. Empowerment of the client is demonstrated by rapport, use of language and practitioner’s demeanor.
19. The practitioner avoids making assumptions and overlaying his or her beliefs, biases, needs or interpretations on the client’s experience.
20. The practitioner listens well to the client and picks up on statements or cues that are used in

support of guiding the session.

21. The practitioner demonstrates the ability to safely support any client abreactions.
22. The practitioner utilizes the time well in the session by focusing the guidance on relevant areas of the lifetime related to the presenting issue.
23. The practitioner works with the client deepening into feelings around his or her experience, the somatics of the journey, and where or how are they are holding the feelings associated with an issue in the regression.
24. The practitioner acknowledges or follows any clues that the past life may involve a spirit attachment or soul loss.
25. The practitioner demonstrates that he or she can hold a safe container and appropriate therapeutic boundaries for the client.

Legal or Ethical Issues

26. If any legal or ethical issues come up in the session the practitioner acknowledges them and responds appropriately.

Debriefing and Closure

27. The client is supported in making his or her own interpretations and associations during the post session discussion.
28. The practitioner continues to asks open-ended questions and make open-ended statements to avoid embedded suggestions that interpret the client's experience.
29. If the practitioner offers any interpretation it is done with permission and by the practitioner owning their projection as if it is his or her own past life.
30. After care is discussed and a possible next step for the client should he or she want to continue to do the work.

Overall Session Effectiveness

31. How well were the goals of the session met?

IBRT Certification Application Checklist for IBRT Trained Applicants

Required:

- The completed IBRT Certification Application, including:
 - IBRT Ethics form, signed.
 - One Zoom Video with a permission form.
 - Two referrals from a colleague, instructor, a fellow student, or other professional facilitator in Hypnosis or Past Life Regression.
 - Affidavit stating you have accomplished 50 Past Life Sessions.

- Check or payment on our IBRT website through PayPal for \$265. \$75.00 covers the cost of processing this application and is nonrefundable. \$190 is for one year's membership. If you are not approved you will have one calendar year from the date of submission to resubmit your application.
- Proof of Profession live supervised training (including total hours in class and working on your own, dates of programs, name of instructor and where you trained):
 - Hypnosis - 100 hours
 - Past Life Regression - 50 hours
- Other pertinent materials including additional training applicable to Past Life Regression (energy work, Reiki, NLP), appropriate licensure, other verifying documents.

Optional:

- A copy of your professional résumé
- Supplemental statements to assist in evaluating your qualifications

When you have gathered all the forms, videos, and materials that are on this checklist, send it all to Virginia Waldron, gatkepr@gmail.com. Under subject please write "IBRT Application Package for (your name)".

If you have any questions about your application please contact Virginia. Once your application has been submitted, she will inform you if there is anything more needed from you and what the next steps will be.