

The International Board for Regression Therapy

The Board of Examiners for the Certification of Past Life Therapists and Training Programs

Application Instructions

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. Please follow these steps. You may also find it helpful to read the note on the last page of the application.

Procedure

Phase I – The Application

1. Download the complete application packet. Determine which level of certification you will seek (see below).
2. Submit the completed and signed application to the IBRT Board and include:

A. Two (2) recorded past life video sessions conducted by you on Zoom with subjects who have signed an “informed consent” for their release to IBRT for certification purposes only. [Note: Graduates of IBRT-accredited programs need submit only one (1) video session, following the same guidelines below.]

One of the most important elements of your application process is the past life regression session video(s). 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.

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

B. Photocopies of diplomas, certificates of completion, licenses, and other verifying documentation.

C. Ask two professionals to send us the Reference Form either by mail or email to info@ibrt.org.

D. 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.

E. The signed form stating that you have facilitated at least fifty (50) sessions in Regression Therapy.

F. Supplemental statements and documentation to assist in the evaluation of your application (optional).

G. A copy of your professional resume (optional).

3. Ensure that the two persons listed as references send their completed forms directly to IBRT. Indicate on the top portion whether the reference is to be open or closed (preferred). [Note: Graduates of IBRT-accredited programs need submit only one reference from your training program director and the other one from a professional therapist or counselor in your home area who knows your work.)

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

Phase II – Written Examination (*Graduates of the IBRT-accredited Past Life Regression Training are exempt from completing this section of the application.*)

Phase II shall consist of a written examination to be submitted with the Application Packet. The exam is user-friendly and intended to show that you have considered the topics of the questions and have formed some reasonable opinions, based upon your own experience and training.

Four Levels of Certification: Certified – Level I

Level I certified PLT practitioners have met all the basic criteria specified by the Board for certification:

1. At least fifty (50) hours of 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-imagery, 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. Graduation from an IBRT-accredited or other certified school or training program or one whose curriculum meets the IBRT requirements concerning the appropriate scope and sequence for such courses. (Long time practitioners please see note on page 3 concerning this requirement.)

At a minimum, the Training must include:

- 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. Submission of supportive data including the required number of Zoom recordings of Past Life Therapy sessions to demonstrate competency and two (2) references.

The applicant will adhere to all relevant protocols concerning the video recording of Past Life Therapy sessions including protecting the subject's identity and obtaining written informed consent of the subjects.

Letters of reference may be either "open" or "closed." An open reference is one to which the applicant has access, while a closed reference is one in which the applicant waives his/her right to inspect. For professional reasons, the closed form is preferred.

4. Successful completion of the IBRT written examination.

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.

Please Note:

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. For example, some applicants may specialize only in the therapeutic aspects of Regression Therapy, while others may limit their practice to strictly research. A third category of applicants will be those individuals who are involved in both areas. IBRT's certification process will address these differences.

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. As part of their commitment to IBRT's Code of Ethical Conduct and Practices (Standard III-B), all applicants for recertification must be able to provide verification that they have acquired a minimum of 5 contact hours of relevant continuing education credit during the previous year period.

The purpose of this requirement is to assure a continuing commitment to professional growth and may be met in a number of acceptable ways. For example: attendance at Past Life Therapy-related seminars and workshops, or participation in training sessions offered at professional conferences. Some Past Life Therapy-relevant correspondence courses may also be used to meet this requirement.