

Past Life Regression Skills Criteria for Your Video Evaluation

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

Note: 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?