
TRANSFORMATIONAL REGRESSION TRAINING

The **Diploma in Transformational Regression Training** has been **assessed and accredited at Practitioner Level by the General Hypnotherapy Standards Council (UK)**. Graduates are eligible for professional registration with the **General Hypnotherapy Register** (the GHSC's Registering Agency) at full **Practitioner Status, together with the acquisition of the industry-based award. This training consists of 3 x 5 day workshops over the course of 6-9 months plus online training workshops including the following:**

- 150 hours of tutor led time. 3 x 5-day workshops which are a mix of theory, live demonstrations, practical exercises in small groups, and interactive session reviews and discussions
- 10 hours of teaching/supervision online
- 50+ hours of pre-course reading, theory and preparation
- 170 hours of case study supervision working with volunteer clients including session preparation, session delivery, assignment completion and reflection
- 100+ hours of between module and post-course required reading, research and study

The training is suitable for anyone with a passion and/or curiosity for this area, either for those without prior knowledge of other therapies, or experienced therapists and professionals who would like to add regression training to their skillset, whether it be for personal development or as part of a greater plan to help others using the skills learnt in this training.

All applicants will need to have a hypnosis certificate qualification in place.

DIPLOMA IN REGRESSION THERAPY

A Diploma in Regression is awarded to the student on completion of:

- Attendance of all of the live and online workshops
- Completion of all written, reading and practical assignments before during, and after the course
- Completion of supervision requirements
- Completion of 5 final client case studies

Graduates may then put the letters Dip R.Th after their name.

CONTENT OF THE TRAINING

- Understanding the history, theories and phenomena of regression
- Client information gathering before and at the start of the session
- Client interviews, building client rapport & managing expectations
- Exploring Past Lives using hypnosis and guided imagery
- How to guide clients through past life experiences
- Identifying and overcoming clients' subconscious resistance patterns and blocks
- Transformation of unfinished business from past lives
- Re-integration of fragmented Soul energy
- Integration of past life transformation into current life
- Energy Management for therapists
- Energy Release – Detection and Release
- Non-hypnotic techniques to use client cues for past life entry
- Connecting clients to the source of their issues
- Managing catharsis & loss of energy experiences
- Working with clients to release frozen body memories using body therapy, psychodrama & other techniques
- Current Life Regression & Transformation
- Inner Child Regression and Integration
- Working with Trauma & Dissociation
- Ancestral Healing
- Psychopathology and its relevance to clients and therapy
- Regression ethics, client contra indicators, safe practice & current legislation
- Working with measurable symptoms
- Energy management techniques for grounding/protection
- Knowledge of working with clients at this level & when to refer on
- Client record keeping and ongoing CPD
- Practice set-up and planning, insurance, professional fees

PRE-COURSE READING AND ASSIGNMENTS

PRE-COURSE READING BOOKS are

- "Many Lives, Many Masters" by Brian Weiss
- "Healing the Eternal Soul" by Andy Tomlinson

Pre-course course theory questions based on these books will be sent to you to be completed prior to the start of the course.

DOUG BUCKINGHAM PDC HYP, DIP RT, LBL



Doug is the principle Hypnosis and Regression trainer for Cara. He has initiated training programmes in Mexico and South Africa and taught workshops in several different parts of the world. He is also a Reiki Master/Teacher, Sound Healer & Aura Soma practitioner. He runs workshops, courses for Reiki, Regression & Hypnotherapy in London, other parts of the UK/Europe and Mexico. He has a private practice in the UK.

TESTIMONIAL

"Doug is a truly exceptional therapist and teacher. His enthusiasm, wisdom, authenticity, warmth and encouragement allow you to reach higher than you ever thought possible." - J.R.

FOR FURTHER INFORMATION

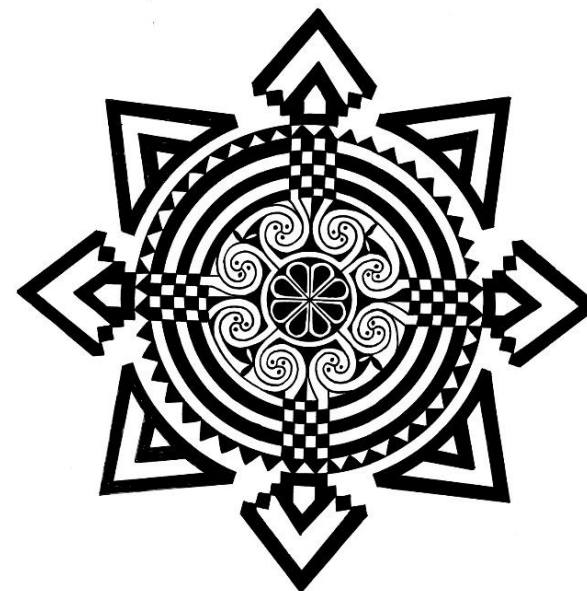
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Cara means 'friend' in Gaelic, 'beloved' in Italian and is symbolic of our connection to one another. **Cara** is a centre for transformation and empowerment and offers professional courses in Hypnosis, Regression, Reiki, Crystal, Sound Healing and more. For additional information, visit: www.caracentre.com

Cara

The Centre of Transformational Learning

TRANSFORMATIONAL REGRESSION TRAINING



"We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are."

J.K. Rowling