

Life Cycle of the Soul

Diploma in Regression Therapy

Exploring the soul's journey through Regression Therapy

4 x 4-day Modules

FACE-TO-FACE TRAINING



Module 1: 26 Feb to 02 Mar 25

Module 2: 30 Apr to 04 May 25

Module 3: 27 Aug to 31 Aug 25

Module 4: 10 Dec to 14 Dec 25

Each module runs from 1800 (Meet for dinner) Wednesday evening to 1700 on Sunday afternoon. Each module must be completed to qualify.

Trace Robins – Life Cycle Therapies

Dip Hyp, Dip CBT, Dip RTh, Ct LBL, Dip Flp

www.lifecycletherapies.com

The Life Cycle of the Soul Regression Therapy training focuses on the 'whole person'—the physical, emotional, and spiritual attributes of the person as an energetic entity. The Diploma in Regression Therapy training covers the skills to facilitate Past Life, Current Life, Spirit Release, and Regression Therapy sessions with various clients. This training allows individuals to work on themselves and their presenting issues before working on clients. This sounds simple enough, yet working through these experiences can be challenging and emotionally overwhelming. This training offers the perfect environment to release and heal all you are prepared to work on, getting you ready to be an amazing therapist to your future clients.

The course includes more than 128 hours of tutor-led practical and experiential sessions and is suitable for students with a minimum of a Foundation Certificate level in Hypnosis.

- 50+ hours of pre-course reading, preparation, and theory papers.
- 128 hours of tutor-led time with practical and experiential learning, Interactive discussions and lectures, live demonstrations, experiential pair and triad work, and the experience of a whole Regression session with a client.
- 50+ hours of tutor-supervised case studies with volunteer clients, including overall session preparation, delivery, and reflection. This will also include 4 x 2-hour Group Zoom sessions after each module for any follow-up questions or clarifications.
- 60+ hours of post-course reading, study, self-hypnosis, the recording and submission of a professionally created session recording, a post-course theory paper with a minimum of three practice sessions with fellow students between sessions.
- Work with five case study clients. See each client once per module after each module for four sessions per client. This will show how skills grow and develop throughout the training throughout the year.

Pre-Course Reading

One book needs to be read before the course:

Healing the Eternal Soul – Andy Tomlinson.

Once accepted into the course, you will also be sent a theory question paper to complete and bring along for the first day of training.

Expectations

- Attend each of the four workshops.
- Complete all written and reading assignments.
- Produce a recording of a session.
- Work with five clients for four sessions, each under tutor supervision.
- Produce an evaluated written summary of these case studies showing methodology, reduction in measurable symptoms, and personal learnings.
- Complete the Pre and Post assignments.
- Read the required text.
- Students must work through their issues throughout the training before working on clients.

What this Diploma Training covers

Each of the four modules has a different theme.

Information on the first two modules has been listed below.

Module 1: Facilitating and Navigating a PL. Accessing the spirit realms and seeking healing.

- How to set an intention for each session, along with boundaries and ground rules.
- Establishing protection and grounding for the therapist, client, and the room.
- What is the difference between Past Life Regression and Regression Therapy?
- Exploring various ways to access a PL and how to embody the character.
- Learning how to navigate a PL experience.
- Using open-ended hypnodiologue questions to explore a life.
- Understanding detachment, disassociation, jumping, avoidance, shutdowns, and turning points.
- Exploring the death point and the afterlife.
- Seeking healing, forgiveness, balance, and completion while in the spirit realm.
- Meeting with the guide, tribe, helpers, spirit/power animals, and otherworldly beings.
- Soul integration work along with Interpretation of learnings and life lessons.

Module 2: Clearing blocked and trapped energy and working with bridges.

- What is energy? How does it become blocked?
- Layers of the Human energy field and Chakras.
- Learning how to use a bridge to access a PL.
- Bridges are like Rapid Inductions, offering a quick way into a PL without a script.
- Bridges – Imagery, Visual, Verbal, Physical, Somatic, Emotional and Affect.
- Releasing Frozen Memories affecting the mind, body, and spirit.
- Clearing physical, emotional, mental, and visual blockages.
- A deep dive into Reframing and how it can be used as a healing tool.
- Body Scanning and working with a Body Map.
- Learning how to assist a client who experiences catharsis.
- Releasing catharsis and trapped energy.



Workshop Details

Times: 0900–1800 daily with a 2-hour lunch break.

128 hours of live tutor training & 8 hours of Zoom training group sessions post-course.

Dates are listed on the first page.

Workshop Venue

Parcevall Hall,

Appletreewick, Skipton, North Yorkshire, BD23 6DG

Accommodation plus food, all-inclusive £384 per module. Single Occupancy.

<https://www.parcvallhall.org.uk/contact/>

Places & Booking

Numbers are limited, so please contact us to book your place as soon as possible. You must complete the Foundation Level Hypnotherapy course before commencing the Regression Training.

Price

£2200. This is for the four complete modules. Each module is four days and four nights. This training is fully residential, and the accommodation cost is payable directly to the venue, £384 per module. Each module is £550 (training) + £384 (accom) = £934

This includes a colour course manual with scripts.

Payment

A non-refundable £150 deposit is required to secure your place, with the balance due 28 days before the workshop.

By bank transfer to –

Starling Bank – Life Cycle Therapies (Tracey Robins)

Account No: 92306508 Sort Code: 60-83-71

Please ensure that your name is in the reference.

