

## **Becoming a Board-Certified Therapist and/or Researcher**

Applicants for certification must present verifiable data to demonstrate that they have acquired an appropriate level of acumen and experience which would be consistent with those expected of a professional practitioner/researcher.

The application process provides an opportunity to present this information to the Board of Examiners for their evaluation.

## **A Note About Professional Preparation**

Until very recently, few opportunities existed to acquire formal training and preparation in PLT/PLR. Even today, it is a truly ecumenical field in which its practitioners represent a panoply of many divergent disciplines and approaches. Thus, the Board of Examiners recognizes that many established and highly competent practitioners of PLT/PLR have acquired their knowledge and skills through a wide variety of traditional and non-traditional programs and experiences. The Board wishes to recognize the value and validity of these and will evaluate each application on an individual basis.

For more information, please contact



**The International Board  
For  
Regression Therapy**

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**The International Board  
For  
Regression Therapy**

**An independent nonprofit accrediting  
Board of Examiners  
For Professional Past Life  
Therapists and Researchers**

**Certification -**

**The Mark of a Professional**

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*The International Board  
For  
Regression Therapy*  
**Extends to you an invitation to seek  
Board Certification as a  
Past Life Therapist  
and/or Past Life Researcher**

### **A Rapidly Evolving Field**

Past life therapy, together with its companion area of research, is a rapidly evolving and dynamic field. As such, PLT/PLR embraces many disciplines, both traditional and non-traditional. It is, truly, an effective trans-disciplinary modality which is becoming more and more accepted by both the clientele it serves and the other helping professions, as well.

### **Professionalism**

Among the most important hallmarks of a true profession are the establishment of a set of ethical standards for its practice and the recognition of practitioners who have met those standards through an objective evaluation process.

Recognition may take many forms: letters of reference or recommendation attesting to an individual's skills and competencies, certificates of completion of a course of study, state or national registration or licensure, or the attainment of certification through meeting the requirements of a professional board of examiners which sets certain criteria and requirements which, when met, lead to the issuance of certification.

### **The Need for Standards**

The field of Past Life therapy/research is entering the mainstream of the helping professions and its practitioners now need to take those steps which signify that it has, indeed, become a legitimate therapeutic modality. Practitioners of PLT/PLR need to demonstrate that they have met a set of standards for its practice and have undertaken to provide appropriate documentation of their preparation, and to adhere to an acceptable set of ethical standards of practice.

### **Emergence of the International Board for Regression Therapy (IBRT)**

To demonstrate to the public at large and our colleagues in other helping professions that PLT/PLR is a legitimate modality practiced by competent individuals according to an accepted set of ethical standards, it is entirely appropriate that an independent board of examiners be established.

The International Board for Regression Therapy has been founded as an independent examining and certifying board which is charged by its charter with the responsibility to set standards, evaluate the qualifications of practitioners and the quality of training programs, to issue documents of certification and promote the growth and development of the field.

### **Goals and Objectives of IBRT**

The goals and objectives of IBRT are as important as they are simple:

1. To enact, promulgate, and support an appropriate set of standards or guiding principles for the practice of PLT/PLR and to seek adherence to these standards by all practitioners of PLT/PLR.
2. To establish the minimum criteria which an individual must meet for certification by the board, to encourage qualified practitioners to undergo the cer-

tification process and, upon meeting these criteria, to issue appropriate documentation attesting to the individual's certification by the board.

3. To evaluate schools and programs which provide training in PLT/PLR to assure that the quality, depth and duration of such training is sufficient to meet a set of minimum standards, and that it is being provided by facilitators who demonstrate that they have the qualifications and experience necessary to conduct such training.

4. To support the professional growth and development of PLT/PLR.

5. To promote the understanding and acceptance of PLT/PLR by the public and other helping professions as an effective and legitimate modality.

### **Your Role in IBRT**

As a practitioner of past life therapy and/or a researcher in the field, it is important to become board certified. Certification is recognition that you have gone through the process of validating your preparation and experiences. Further, as a certified PLT/PLR, that you support and adhere to the standards and principles for which IBRT stands. Membership in IBRT is a mark of professionalism.

### **Four Levels of Certification**

Consistent with its stated goal to acknowledge multiple modalities in PLT/PLR as a valid and logical premise, IBRT's certification process recognizes the need to establish two areas of involvement and four distinct levels of certification.

Levels I through IV for Past Life Therapists  
Levels I through IV for Past Life Researchers

Visit our web site for the basic criteria and requirements for each of these levels.