



Application Instructions

Directions: Application procedures have been developed to make the process as straight-forward and as uncomplicated as possible. Their purpose is to facilitate a competent evaluation of an applicant's qualification for certification, not to pose unnecessary and arbitrary conditions and requirements. However, the process requires you to be both thoughtful and thorough. Please follow these steps. You may also find it helpful to read the notes on the last page of the application.

Procedure

Phase I – The Application

1. Download the complete application packet. Determine what level of certification you will seek (see below).
2. Submit the completed and signed form to the Board and include:
 - A. Two (2) recorded past life sessions conducted by you 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) recorded session, following the same guidelines below].

One of the most important elements of your application process is the recording and submittal of a past-life regression session(s). Your tape(s) or CDs will be listened to and critiqued by two IBRT therapists who also train regression therapists.

Only submit tapes or CDs for reviews that have audible voices for both the therapist and the client. Please **DO NOT** use background music in the session as the music can overshadow the spoken words.

We highly recommend that the therapist use individual microphones for the client and herself. Tapes/CDs that are inaudible are unacceptable for review and will be returned.

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 inter-life phase

The integration of the past-life with the present-life issue

Post-session debriefing with the client

- B. Photocopies of diplomas, certificates of completion, licenses, and other verifying documentation.
- C. A check to cover the cost of the evaluation of the application (non-refundable) plus the first two 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 web site; foreign currency is handled through that process.

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

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

3. Insure that the three (3) persons listed as references send their completed forms directly to IBRT. Sign the top portion indicating whether the reference is to be open or closed (preferred). [Note: graduates of IBRT-accredited programs need submit only two (2) references, one from your training program director and the other from a professional therapist or counselor in your home area who knows your work).

An application is **not** complete until all supportive documentation including the recordings and letters of reference have been received. No action will be undertaken by IBRT concerning the evaluation of the candidate's qualifications for certification until that time.

Phase II – Written Examination

Phase II shall consist of a written examination to be submitted with the 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/PLR practitioners have met all the basic criteria specified by the Board for certification:

1. Training of an appropriate scope and sequence in the induction and use of altered states through hypnotic, guided-imagery, neurolinguistic (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-imaging, 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.

G. Appropriate preparation in theory and practice of conducting research (required only for those seeking certification exclusively as a past life researcher or in combination with PLT).

(1) Methodologies and techniques of research

- a. research design
- b. polling and sampling techniques
- c. statistical methods

(2) Ethical considerations in conducting research

(3) Form and style of writing and reporting research projects

(4) Presentation of written examples of PL research previously conducted by the candidate (may be either published or unpublished examples).

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 course must include:

A. The theories and practice of PLT/PLR.

B. The methodologies and techniques of PLT/PLR.

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/or research, and the Code of Ethical Conduct and Practices of the International Board for Regression Therapy.

3. Submission of supportive data including two (2) recorded PLT sessions (to demonstrate competency and three (3) letters of reference.

The applicant will adhere to all relevant protocols concerning the recording of PLT 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 a Board examination, oral, written or a combination thereof.

Certified – Level II

Level II certified PLT/PLR 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/PLR 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/PLR 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.

Important Notes

Flexible evaluation of applications: It is one of the goals of IBRT to be flexible enough to embrace cross-disciplinary approaches to PLT/PLR 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.

IBRT's stance on professional preparation: IBRT recognizes that many long-time practitioners of PLT/PLR may not have received some of the more formal kinds of instruction available today, but that they have accumulated many years of valuable experience in working with altered states. Thus, The Board of Examiners recognizes that many established and highly competent practitioners of PLT/PLR will 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.

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 two (2) years (renewable). 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 three (3) standard CEUs or thirty (30) contact hours of relevant continuing education credit during the previous two 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 PLT-related seminars and workshops, or participation in training sessions offered at professional conferences. Some PLT-relevant correspondence courses may also be used to meet this requirement.