



## The International Board for Regression Therapy

A board of examiners for the certification of past-life therapists, researchers and training programs

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### Written Examination for Applicants for Certification by IBRT

This examination is intended to be user-friendly to Past Life Therapists and Researchers. For the most part, it asks for your opinions; in a field like ours, there are few “right or wrong” answers possible. What we want to know is that you have considered the topics of the questions and have formed some reasonable opinions, based upon your own experience and training.

If you prefer to answer the questions by direct e-mail, please e-mail IBRT at: [holly@hypnotherapytraining.com](mailto:holly@hypnotherapytraining.com).

We hope that you will actually enjoy expressing your views on this examination. Please keep your answers as concise as possible, and in no case more than 150 words. Thank you.

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1. What are three levels of processing past life material? (Note: The emotional level is one of these). Name these in what you think are the order of effectiveness and give your conceptual basis for your opinions.
  2. Define hypnosis as you see it, including any differences in the ways hypnosis is used for past life work. Why do you think hypnosis itself is effective, and what are its limitations? Can past life therapy go beyond those limitations?
  3. For healing, does one need to go back to a “root” lifetime? Justify your answer.
  4. Describe inductions into altered states that you use and/or feel are effective. What methods do you prefer to move clients into a past life? Ex: Higher Self, guide, affect bridge, a doorway, some “vehicle” like a flying carpet, etc.
  5. List some of the limits to past life work. Which limits have you found to occur most frequently?
  6. What presenting issues would be appropriately explored with Past Life Therapy?
  7. Under what circumstances would Past Life Therapy be inappropriate with a client?
  8. Give examples of ways to create and maintain rapport with your client while guiding a past life session.

What post-session recommendations or homework assignments can you make to a client to support the on-going integration of the session?

9. What might a client expect to experience after a past life session? To what extent do you discuss this with clients?

10. How do you ground the client before he or she leaves your office?
11. In what ways (what kinds of client and/or problems, within what overall assumptions) do you use Past Life Therapy?
12. What are some good ways to help a client move from one scene to another?
13. Do you think it is best to move up slowly to traumatic material or access it rapidly? Give your reasons for your opinion.
14. What are some good ways to deal with “blocking”?
15. Are the death and Interlife always important to examine? If you think not, why not and when would you not examine them? If you think they are always important, why?
16. Describe how you discuss Past Life Therapy with people (including clients) who are (a) skeptical scoffers or (b) true believers.
17. What do you consider your own personal or professional limitations as to what kinds of clients and/or problems you will accept for Past Life Therapy?
18. As a Past Life Therapist and/or Researcher, what do you see as your personal and professional responsibilities to the field in general?
19. What are the legal requirements for the practice of Past Life Therapy and/or Research in your locality? Do you meet them?

Name: \_\_\_\_\_

Date: \_\_\_\_\_