



The International Board for Regression Therapy (IBRT) Inc. is an independent examining and certifying board for past life therapists, researchers, and training programs. Its mission is to set professional standards for practice, evaluate the preparation and qualifications of practitioners and the quality of training programs, and to issue certificates to those who pass the rigorous evaluation process. It is a not-for-profit corporation registered in New York State.

IBRT was founded in response to a need for professional standards for preparation and practice in the field of past life therapy and research. Public interest in these fields is growing rapidly and the public has a right to know that practitioners have met the highest standards. An IBRT certificate ensures that the therapist, researcher, or training program has met those standards and practices in a professional and ethical manner.

For [more information](#) or [application packets](#) please click the corresponding links. If you still have questions, contact Holly Holmes-Meredith at [holly@HypnotherapyTraining.com](mailto:holly@HypnotherapyTraining.com). For other information, please contact: Janet Cunningham - [info@janetcunningham.com](mailto:info@janetcunningham.com).

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Regression therapy, also called past-life therapy or past-life regression therapy, is client-centered. It focuses upon the discovery of the origins of a client's problem.

In the past few decades, regression therapy has begun to emerge as a dynamic and vital therapeutic modality embracing many disciplines, both traditional and non-traditional. It is a hybrid concept which has created an effective trans-disciplinary approach through a theoretical synthesis of many modalities.

Regression therapy defies a narrow, rigid definition, but an important characteristic which distinguishes past-life regression therapy from other therapeutic approaches is in its focus upon the discovery of the original causes of a client's problems and in the acceptance of the

theory that present life issues or problems may have their origin in past lives, real or symbolic, and in its willingness to explore this possibility with clients.

--Russell Davis, Ph.D., Founder of IBRT

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