



## 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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Holly Holmes-Meredith, M.A.  
Vice President  
Chairwoman-Ethics Committee

Thelma B. Freedman, Ph.D.  
Secretary-Treasurer

Dear Colleague:

IBRT welcomes your interest in applying for board-certified status as a practitioner of past life therapy and/or research. We have a dream, a mission, and we hope you share it: to encourage every professional who practices past life therapy and/or research to demonstrate his or her competence through certification. The future of our chosen field is intimately connected to the seriousness of purpose and professional dedication to its competent practice by its practitioners. Board certification is an important step in this direction.

The application process will require some time and thoughtful preparation. It will also require the submission of some supportive documentation that you have acquired sufficient education, training and experience to meet the standards set forth by the IBRT Board of Advisors. Once submitted, your application will receive an equally thoughtful and thorough evaluation by the IBRT Board to ensure that the applicant does, indeed, meet our standards. We assure you that each application will be most carefully evaluated by experienced IBRT-certified professionals.

IBRT is committed to the concept of flexibility in assessing each applicant's credentials. We recognize the trans-modal nature of regression therapy and that its practitioners represent a panoply of theories and approaches concerning its practice. IBRT's intent is to assess practitioners' background, training, and general competence, not to dictate methods. However, in keeping with the fundamental belief of past life therapy itself that "the client knows best," we do recommend permissive, client-empowering methods rather than authoritarian, directive approaches.

You will need to download the complete application packet, which contains the following:

1. The application instructions for completion (4 pages), application form (5 pages plus 2-page supplemental form, and three reference forms;
2. The written exam, consisting of 20 questions. There are no right or wrong answers; what is wanted are your own views about the issues raised;
3. The IBRT Code of Ethical Conduct and Practice and a statement for you to sign and return with your application, indicating that you understand and agree to abide by the IBRT Code.
4. A form on which you should indicate exactly how you would like your name to appear on your IBRT certificate, should you be certified. This form too should be returned with your completed application. If you want any degrees you have earned included on the certificate, please add them after your name; they will not be included automatically.

BOARD OF ADVISORS: Linda Adler, M.S.W. / Wade Bettis, J.D. / Henry Leo Bolduc  
Ronald W. Jue, Ph.D. / Barbara Lamb, M.S. / Winifred B. Lucas, Ph.D.  
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5. A statement on which you should indicate how many past life sessions you have guided. IBRT requires that you have guided at least forth (40) sessions before applying for certification, as experience is an important part of your qualifications.

One of the requirements printed on the application form is that tapes of two sessions be submitted; we prefer audio tapes or CDs, rather than video tapes. Please include your induction and your pre- and post-session conversations with your clients, including the reasons for the session and any follow-up information you have. IBRT assumes that you will secure signed permission from your clients for taping and for submitting copies of their tapes as part of your IBRT application. You should keep this permission form for your own files; *do not send it to IBRT. IBRT does not want to know your client's name*, and this should not appear on the tape label. Instead, you may either assign a false name on the label or number the session (as, Sessions 1 and 2). Your own name should appear on the tape or CD labels.

Please remember that your own voice should be clearly audible on the tapes as well as your client's. A lapel microphone is best, but any good microphone can be used. Built-in condenser microphones do not usually work well to catch both voices. If you use background music during your sessions, please keep it low so it does not override yours and your client's voices. Please check your tapes before you send them; if they are inaudible, they cannot be assessed and will be returned with a request for new, audible, tapes. We recommend that you keep dubbed copies of the tapes you send, in case of possible problems with the mail.

Please complete your application forms carefully, thoroughly and accurately. The information you and your references provide us, the audiotapes you submit, and your responses to the written test will be the basis upon which your candidacy will be evaluated. We look forward to receiving your application; be assured that we will process it as e3xpeditiously as possible.

**Note to graduates of IBRT-accredited training programs:** As you know, the requirements for you are slightly different. You need submit tapes of only one session, only two references (one from your training program director and the other from a professional therapist or counselor in your home area who knows your work).

If you have any questions, please write, e-mail or contact me at [info@janetcunningham.com](mailto:info@janetcunningham.com). You can also contact Dr. Thelma Freedman, or Holly Holmes-Meredith. We look forward to receiving your application for IBRT certification.

Cordially,

Janet Cunningham, Ph.D.  
President