



Regression Therapy (Exploratory Techniques in Hypnosis)

During this weekend, **Bernadette Jaye** aims to build your confidence utilising different regression techniques with clients and to show that regression work can be effective at different levels of trance state.

Everyone has a unique internal map of the world based on personal events and experiences which have occurred throughout their life. Regression allows us to pinpoint the experiences held in our unconscious mind which are impacting on the presenting issue. Once discovered, there is an opportunity to reassess those experiences from an adult perspective and work through them. Most memories are known about – what is not known, however, is which experiences are impacting on the problem.

The main objectives of the weekend are:

- ❖ To build the client’s regression skills so they can access and review memories easily
- ❖ To resolve any difficulties held within memories by utilising a variety of transformative techniques
- ❖ To review the cognitive, emotional, behavioural patterns learned from that experience and see how they are being continued in the now
- ❖ To choose follow-up work and self-management techniques to support the client

There will be lots of demonstrations and case studies and the regression process will be broken down into the four sections above. Bernadette will give a brief history of regression and defence mechanisms, bringing the subject in line with current thinking.

Dates and Venue

22nd/23rd May 2010
Central London venue to be confirmed

Cost

£200, split between a £50 registration deposit and £150 on 22nd May 2010

Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and advance payments refunded) up to 21 days prior to the start of this course.

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ENROLMENT FORM (Regression Therapy – 22/23.05.10)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

Surname:		First Name:		Title:	
Address:					
Post code:		(Tel Day)		(Tel Mob)	

Payment method – please tick and complete either Section 1 or Section 2 below:

1 I enclose a cheque, payable to ICH, for £.....; **or**

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SIGNATURE: DATE:

1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.

2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.