Regression Therapy
(Exploratory Techniques in Hypnosis)

During this weekend, **Bernadette Jaye** aims to broaden your understanding of regression and build your confidence in utilising regression as part of your treatment plan.

As human beings we have an innate capacity to regress to earlier mind states. It is widely accepted that regression is one of our main defence mechanisms. We not only go in and out of regressed states in the course of our everyday life, we perceive ourselves and our abilities through the lens of these regressed states. Drawing on a particular case study, Bernadette will hope to show how powerfully past experiences can cause physical symptoms, distort our experience of reality and play havoc with our self-esteem and ability to get on in life.

Most memories in regression are known about – what is repressed is not the event but the feelings, thoughts and unconscious fantasies which it provoked. Working through these alleviates the client's symptoms and changes their experience of life.

The main objectives of the weekend are to:

- Learn how to build the client's regression skills
- Show that regression work is effective at different levels of trance state
- Learn how to utilise a variety of transformative techniques
- Make links between the past and the here and now
- Think about self-help techniques for the client

Dates and Venue

3rd/4th November 2012
Central London venue to be confirmed

Cost

£220, split between a £70 registration deposit and £150 on 3rd November 2012

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 deposits refunded) up to 21 days prior to the start of this course.

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ENROLMENT FORM (Regression Therapy – 3/4.11.12)

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

Surname:		First Name:	Title:
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Post code:		(Tel Day)	(Tel Mob)
E-mail address:			

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.