

# The Five Phases of Regression Therapy

## Client Centered Regression Techniques

Presented by C. Roy Hunter, MS, CH

**D**o you often have a client who backslides even after the use of a good hypnosis script? Sometimes a client will backslide even after other techniques, such as NLP and/or EFT have been employed.

The late Charles Tebbetts claimed that if we simply use hypnotic techniques to remove a problem without discovering and removing the cause(s), the subconscious is fully capable of creating the same problem again...or another one that is worse.

While profoundly beneficial when competently used, there are hidden pitfalls for those who venture into the realm of hypnotic regression without effectively using all the important steps along the way.

Roy Hunter, personally chosen by Charles Tebbetts to carry on his work, teaches important updates to his mentor's techniques, in order to take regression therapy into the 21st Century and beyond. Learn from someone who studied personally under one of the grandmaster teachers of hypnotism, so that you may learn how to more effectively use hypnotic regression to help clients discover and release the core causes of problems.

### Who Should Attend?

Experienced practitioners of the art of hypnosis will find this worthwhile, as well as hypnosis students at either the intermediate or advanced levels. Any hypnosis professional who helps clients overcome undesired habits can increase the long term success rate by employing client-centered regression therapy.

### This Seminar Will Show You How . . .

- ▲ Regression therapy helps people discover the core causes of problems
- ▲ Help clients who might otherwise waste their time and money
- ▲ Increase your competence as a professional artist of hypnosis
- ▲ Become more confident with regression therapy by understanding the steps
- ▲ Valuable printed information will be made available to each participant
- ▲ Increase your success rate

### You will learn:

- ▲ What regression therapy is
- ▲ When to use regression therapy
- ▲ Why regression therapy is best for certain problems
- ▲ How to reduce the risk of inappropriate leading
- ▲ How to explain regression therapy to clients
- ▲ Why an advance explanation to clients is necessary
- ▲ How to properly prepare a client for hypnotic regression
- ▲ Each step of the 5-Phase Process for successful regression therapy
- ▲ How to facilitate client abreactions
- ▲ The potential consequences of inappropriate leading
- ▲ The important DO's and DON'Ts of regression therapy
- ▲ Possible explanations of real or imagined past life regressions
- ▲ How to facilitate a past life regression when requested by a client
- ▲ How to use role play exercises to facilitate learning

### Take-Home Materials

A Participant Workbook, and photocopy of the Regression Chapter from Roy's new and revised 3rd Edition of **The Art of Hypnotherapy**.

### Testimonials

"Your teaching methods are very effective... Your book, **The Art of Hypnotherapy**, is required reading for our hypnotism students and I continually hear great things about it... I greatly appreciate having had the opportunity to train with you myself, and to have you at our school. I look forward to having you out here again."

—Lynsi Eastburn, BCH  
Eastburn Institute of Hypnosis, Colorado

"He is a true master of the craft. I am honored to share space with Mr. Hunter. Please bring him back for whatever topic Mr. Hunter chooses to teach. I would gladly come back to learn at the hands of such a gifted instructor...I'm not the same person I was when I walked in here on Saturday morning!"

—D. Brightwell, CH

"This was very in-depth training. I have stronger confidence in my abilities to help others where in the past I was stuck at times. Roy is an excellent practical trainer with excellent training skills! I thoroughly enjoyed this!"

—K.H., CH

"My dad and I are both hypnotists and truly have enjoyed your books and lectures at the NGH conventions."

—Leslie, CH

## Seminar Agenda

- 1: **Overview**
- 2: **Important Background Information**
  - a. The Four Primary Hypnotism Objectives
  - b. Which Hypnotism Objectives Can Regression Therapy Fulfill?
  - c. Psychodynamics and Ideomotor Responding
  - d. The Important Difference between Leading and Guiding
- 3: **The Five Phases of Regression Therapy**
  - a. Phase 1: Client Preparation
  - b. Phase 2: Regression Techniques to Discover the Cause
  - c. Phase 3: Abreactions and Release
  - d. Phase 4: Subconscious Relearning
  - e. Phase 5: Concluding the Session
- 4: **Potential Pitfalls and Other Concerns**
- 5: **Demonstration**
- 6: **Role-play Exercises**
- 7: **Break-away practicum**
- 8: **Unresolved Past Grief**
- 9: **Past Life Regressions: Fact or Fantasy?**
  - a. Possible Explanations
  - b. Ethical Considerations
  - c. Techniques and Demonstration (time permitting)
- 10: **Additional Demonstrations as time permits**



**C. Roy Hunter, MS, CH**, was certified by the late Charles Tebbetts in 1983, and started teaching professional hypnosis in 1987. He is a presenter who has taught professionals on both coasts as well as abroad, and is a regular contributor to the *Journal Of Hypnotism*®. Roy is a member of the NGH, and founding president of the Pacific Northwest chapter of NGH, and a charter member of OPEIU Local #104. His current experience includes working with terminal cancer patients for the Franciscan Hospice in Tacoma, WA. Roy has written several books, including *The*

*Art of Hypnosis*, and *The Art of Hypnotherapy*. His latest book on parts therapy, *Hypnosis for Inner Conflict Resolution* (Crown House Publishing, 2005), sold out the first printing in less than a year. Roy was inducted into the International Hypnosis Hall of Fame for his written contributions to the hypnotism profession, and was honored by the NGH with the Charles Tebbetts Award for spreading the light of hypnosis. In August 2005, he was awarded the Order of Braid by the NGH in recognition of a lifetime of outstanding achievement, dedication and service.

## Testimonials

“Roy Hunter is truly special. His credentials speak for themselves. But what I didn’t expect was his true love for this profession. His teaching level is among the highest I ever experienced and will never forget this experience... I liked everything about it, especially the classroom involvement and instructor’s expertise.”  
—Joe L., CH

“I was at your seminar on “Causes of Resistance/ Ideomotor Responding”...I just wanted to say that it was the most excellent and intelligent workshop this whole weekend. It’s the first time I have been in one of your presentations and I think you’re amazing. I would love to train with you. Thank you for your enthusiasm for hypnotism. It’s wonderful to be around and I understand it completely. I have a part-time practice, at this time, and I’m also a HypnoBirthing practitioner. I love it all and I look forward to training more in parts therapy, regression, etc so that I am more able to help my clients.”  
—J.E., CH

“I want to thank you from the bottom of my heart. The things you have taught me I will take with me, and appreciate them as valuable... You have helped me and probably didn’t realize it by encouraging me to take back my self-esteem. Thank you for that, and don’t stop teaching.”  
—Angel R., CH

**This two-day course is designed to teach you a profoundly effective hypnotism technique that will benefit your clients for years to come!**

**Monday, August 10th &  
Tuesday, August 11th  
\$325  
Sessions Begins at 9AM**