
HOW TO FIND A REGRESSION THERAPIST

To heal the originating thought or belief behind a physical or emotional dysfunction through regression therapy requires working with a professional hypnotherapist, or a psychologist or psychotherapist who uses hypnosis to communicate with inner personalities in past lives or earlier in this life. Not all therapists who use hypnosis work this way. Many do not try to identify the originating thought that created the energy that caused the dysfunction. In fact, not all therapists believe it is necessary to address what happened in the past in order to heal trauma. However, as I learned from my hypnosis experiences, if the originating thought or belief is not accessed and changed, the unwanted energies and the symptoms they create will return.

Above all else, it is critical to work with a therapist who believes the inner personalities must speak for themselves. Inner personalities are no different than the conscious personality—in any therapy, the first step is for us to express how we are feeling about the issue at hand. The therapist telling the personalities what they should be feeling or

thinking or experiencing simply makes things worse. The personalities need to understand their feelings for themselves.

So how do you find a regression therapist? Ask people you know. You might be surprised to learn who has done a regression. Many reputable professionals are listed in the Yellow Pages under Hypnotherapists, Psychologists, and Psychotherapists.

When you find a regression therapist you are considering working with, ask for a free consultation. Conduct an interview. And remember that *you* are doing the interviewing. Do you feel comfortable? Do you feel safe so your conscious mind can relax and let the inner self communicate? Trust your instincts.

Certification and training certificates should be prominently displayed in the therapist's office, with a minimum of 200 classroom hours for a certified hypnotherapist.

The critical question to ask is: "How will you help me heal my rage [or my cancer, or whatever may be the issue]?" If the therapist starts talking about shifting energy, she probably does not work with the thought behind the energy. What you want to hear her describe is finding the originating thought and going to the level of consciousness—the inner age or the past life—where that thought was formed. The next step is allowing that personality to express his or her feelings and helping that personality understand the situation and change the outcome in an empowering way so the thought that created the emotion is changed. Finally, the therapist helps the client reprogram the subconscious with a new, positive belief. Anything short of these steps may yield results, but they very likely won't last.

If you find a qualified regression therapist who you feel comfortable with but who doesn't work this way, ask if she is willing to consider the methodology by which you want to work. If she says yes, refer her to this book or to Dr. Hugh Harmon and Pamela Chilton's website (www.odysseyofthesoul.org) for further information.