

## Doing Regression Work

*“Champions believe in themselves even when others do not.”*

by Dr. Anne Spencer

### DEL’S REFLECTION:

There are entire books written on the subject of regression in one’s current existence and into past-lives. I’m sure that there would be as many additional suggestions as there are readers of this material. However, at the risk of oversimplification, I’m sharing the following notes:

Regression can be an effective way to get to the cause of a problem, provided there is no assumption on the part of the therapist, or the client, as to where the initial imprint lies. It’s important for the guide to ask where the problem first began and to encourage the client to trust their memories, even if they are only partial. Trust their subconscious self to take the client to where they need to go. For instance, the initiating cause of a problem may, or may not, lie in childhood, nor an earlier existence.

### Avoiding unnecessary abreactions:

If I think the session may be a difficult one for the client, I will have them create a safe place, then use it as part of an induction that takes them through a series of steps to catalyze the regression process. I find it helpful to tell the client, at the beginning, that they will be able to go back in time as a reporter who is writing about the client’s life, or as a movie director creating a film. Let the client know that, if they get uncomfortable with whatever is going on, they can, at any time, return to their “safe place.”

### Avoiding created memories:

It is extremely important to ask non-leading questions, such as, “What does it look like?” “Who’s there?”, “What’s happening?.” Encourage continuance of a description with such questions as, “And what happens next?”, “And then what?”, or “What’s going on now?” It is easy to create false memories by asking more direct questions that imply some particular action or response based upon knowledge of the client’s issues. Questions such as, “Is your father doing \_\_\_\_\_?”, “Are you seeing \_\_\_\_\_?”, or “Is \_\_\_\_\_ with you?” are far more leading than, “What’s happening now?”, and must be avoided.

### Client says they see nothing:

If the client says that nothing is happening, even after you tap on their forehead suggesting it will be easy for them to remember, that they’re safe, etc., then don’t push them. You might try having them “sense” what it might be like, or create a story for you. You can also encourage them to imagine that the “nothing” they see is a veil, which they can push aside. Again, don’t push them into seeing something, if they’re not ready to. Remember that it is easy for a client to create a memory in order to please the therapist. Use that moment to encourage them to return to current time, and then go to an appropriate prescription or a set of affirmations. An additional method would be to shift away from the regression, and take them on a journey down a path until they arrive at a wall that crosses the path, behind which is something or someone who knows about their problem; they must find a way through the wall and “unmask it” or dialogue with whatever is waiting there.

### Client doesn’t want to verbalize:

Occasionally, you will have a client who doesn’t wish to dialogue or otherwise share with the therapist, verbally, while in a hypnotic state. If the client tells you nothing assume that, at an

internal level, they may be involved in something going on, about which they may not feel like talking. Allow your client to stay with whatever is going on by having them take deep breaths, and drop into whatever level is the most helpful for them to have the best experience possible. Give the client time to experience whatever they need to, encouraging them to signal you by raising a finger, when they have completed the experience.

Although there is difficulty with this, due to the inability of the therapist to assist in an appropriate understanding of the memories, information can be drawn from the client when they return to this time. Bring the client back to current time, and, before emergence, ask if there is anything they wish to share with you about their experience. That information can be used either to deal with integration and release of the problem, or it can be saved for the next session. If a prescription is to be used, it will be quite easy to have them go into a deep state again, without going “back” in time. Once the client is fully awake, the therapist once again can raise the question about their experience. When the client opens their eyes, ask the simple question, “What happened?” Use their response as a clue to what the next session should contain. Again, be careful of how you form our questions, for even being emerged, the client is still in a highly receptive state. You do not want them to create a so-called false memory, even in the “awake” state.

**FOR YOUR READING:**

Regression Therapy: A Handbook for Professionals, Volume I: Past-Life Therapy, and Volume II: Special Instances of Altered States, Compiled by Winifred Blake Lucas, Ph.D.; 1993, Jostens Press

Other Lives, Other Selves: A Jungian Psychotherapist Discovers Past Lives, by Roger J. Woolger, Ph.D.; 1988, Doubleday

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