

## Transpersonal Regression Therapies I: Altered State Instances

### Assumptions and methods in a theoretical matrix

#### Description

This course documents and describes superior and powerful regression components which, at first glance, appear to be directed, mainly, to clinical psychologists and psychiatrists; however, the professional experiences of the thirteen credentialed contributors provide a wide range of therapeutic situations which show evidence that the process can be used readily by other therapists. The variety of transformations suggests that regression therapy has extended our understanding of both physical and psychological healing.

It is recognized that, although regression work started as a way of ameliorating symptoms in a manner which is more efficient and effective than that of other methods, there has emerged a new paradigm in which scientific thinking serves as a basis for inner experiential work in understanding the nature of existence. In the search for meaning in life, this course will serve as a catalyst for your awareness.

#### Objectives

There will be an opportunity to learn:

- the history of regression therapy
- philosophical hypotheses and psychotherapeutic assumptions
- the processing of transformation and integration
- accounts of thirteen credentialed therapists regarding preparing the client
- induction techniques, and supporting and deepening techniques
- biographical data related to outstanding therapists who have contributed to regression work

Text: Regression Therapy: A Handbook for Professionals, Vol. I, by Winafred Blake Lucas, Ph. D.

Course Designer: Marjorie Reynolds, M.Ed., Ed.D.(c)

#### Exam

Choose the best answer.

1. Past-life work began as an effort to remit symptoms and it moved toward
  - a. observing life patterns
  - b. clarifying the spiritual nature of existence

- c. combining scientific knowledge with inner experiences
2. A familiar suggestion in regression therapy is: "Go back to the time when the problem first occurred." That suggestion is based upon original work identified as psychic determinism by
- a. Freud
  - b. Jung
  - c. Stevenson
3. In 1978, four books on past-life therapy were written by Helen Wambach, Edith Fiore, Morris Netherton, and Thorwald Dethlefsen. Those four authors, at that time, were concerned with
- a. symptom alleviation
  - b. bridging
  - c. the spiritual part of life
4. The paradigm shift from conventional therapy to the exploration of the nature of existence had three major thrusts:
- (i) a rising interest in ancient philosophical theories from the east--- encouraged by Paul Brunton in the 1920s and 1930s,
  - (ii) a strengthening of the interest in yoga and the introduction of the Zen philosophy--led by L. Adams Beck who tied eastern concepts with theories of relativity and the nature of consciousness proposed by physicists,
  - and (iii)
    - a. the psychedelic influence of the 1960s which gave direct experience to extended areas of perception
    - b. Lawrence Le Shan's experiment in energy healing which provided incontrovertible evidence of healing forces beyond the knowledge of medical science at the time
    - c. Elmer and Alyce Green's work with biofeedback
5. A study of interlife exploration, published in 1986, opened up a discussion of experience between lives and explored its therapeutic potential. The book was written by
- a. Raymond Moody
  - b. Brian Weiss
  - c. Joel Whitten
6. After observations by Anabel Chaplin were brought to light in 1975 in *The Bright Light of Death*, a therapeutic procedure for spirit releasement was provided in Edith Fiore's publication in 1987. A little earlier (published in 1985) a therapeutic framework which provided clear guidelines for dealing, in a sensitive manner, with the plight of the spirit was developed by
- a. Frederick Lenz
  - b. Adam Crabtree
  - c. Irene Hickman

7. The focus of regression therapy in the 1970s was the remission of symptoms-- either by cathartic abreaction of related trauma or by observing patterns. By the 1990s, there was a strong thrust toward a focus on the concept of the soul's journey and of finding meaning in life. Regression therapy has reached a thrust in understanding the

- a. interlife experience
- b. the ground of our being
- c. transformational modality of karmic healing

8. In the journey of the soul through lifetimes, the movement is toward

- a. wholeness and completion
- b. integration and homeostasis
- c. both of the above

9. Karma can be defined inclusively as

- a. a debt that we owe either to an individual or to society
- b. cause-effect relationships
- c. requiring that a problem be experienced continuously until it is understood

10. Knowledge of multiplicity of lifetimes is

- a. a linear model; a thread which flows and carries the experiences from one lifetime to another
- b. the concurrent integration of many roles
- c. limited by our underdeveloped understanding of the nature of reality

11. According to the holographic theory, as proposed by Karl Pribram,

- a. an individual can transform a problem at any level and heal all levels at the same time
- b. the therapist must work on the lesser problem and then generalize to the next level
- c. there must be a healing of the past before a healing of the present can occur

12. According to Rupert Sheldrake,

- a. a mind field is a repository for experiences and it serves as a continuity between lives
- b. electromagnetic resonance explains the storing of energy fields and their transmission from one lifetime to another
- c. past lives are imprinted on three body levels: etheric, emotional, and mental

13. In psychological transformation, Carl Rogers held that unconditional positive regard is a therapeutic enhancer. Later, Norman Cousins used the term love to

emphasize Rogers' theory; however, the concept that love is the most powerful emotion and that it is a universal lubricant was stated by

- a. Elmer and Alyce Green
- b. Valerie Hunt
- c. Chet Snow

14. One of the strongest assumptions in past-life therapy is that

- a. patterns are repeated on various levels of experience
- b. energy is forever
- c. all levels of experience are available equally

15. Jue documented three major steps in the retrieval and processing of past-life memories. Further discussed by Woolger and Snow, with minor extensions, the first step consisting of identification usually requires

- a. the identification of patterns
- b. transformational techniques
- c. deepening techniques

16. The second of the three major steps (# 15 above), disidentification, consists of taking a witness stance; however, included is some work on

- a. ego decisions
- b. noting patterns
- c. reframing

17. The third of the three major steps (# 15 above), transformation, according to Jue and Snow, consists of working at a spiritual level to achieve

- a. a deeper sense of self-esteem
- b. remission of symptoms
- c. patterns, polarities, and programs

18. Regression therapy is contraindicated for

- a. elderly people
- b. people with various personality deficits
- c. children

19. In preparing for a past-life session, the therapist must explore, in addition to history and current life patterns, the client's

- a. plans for future work
- b. philosophy of life
- c. parents' backgrounds

20. Establishing rapport, a key concept in all altered-state work, is a part of the preparation of the client for the past-life session because according to Jue,
- the depth of the exploration seems to correlate with the degree of unconditional regard by the therapist
  - rapport is established more easily at the initial part of a session
  - acceptance is important for those clients who are not quite ready for regression work
21. Altered states result in two major modifications of consciousness:
- suggestibility and (ii)
- loss of conscious awareness to gain inner awareness
  - contact with other areas of consciousness
  - alternative paths of life
22. At present, the main similarity between regression therapy and hypnosis is the
- initial part of the induction in which many therapists use suggestibility
  - depth of perception
  - therapist's assistance
23. According to Mind Mirror research conducted by Snow and Lucas, people in a regression show
- a total absence of beta
  - all levels of brain wave activity
  - alpha and beta brain wave frequencies
24. In the induction procedure, the quality least likely to be effective in bringing the client to an altered state of consciousness is the therapist's
- choice of imagery
  - tone of voice
  - quality of energy
25. As an induction into an entry into a past life, the Mental-Emotional-Somatic Bridge technique, as proposed by Morris Netherton, has its origins in
- Quantum Physics
  - Buddhism
  - Dianetics
26. The use of formal hypnosis in an induction into past lives has been used, with supports, by such theorists and practitioners as Fiore, Pecci, and Snow. Woolger declares that

- a. hypnosis is the most efficient method to use
  - b. hypnosis is the most effective method to use
  - c. hypnosis is unnecessary
27. Which of the following characteristics is not a consideration for a therapist?
- a. determining which issue or behavior pattern will be explored in the session
  - b. establishing techniques for moving within the time framework
  - c. skill in handling stressful situations
28. When blocking occurs after the initial part of a session, an acceptable way of working with the client would be to tell the client
- a. to say the first thing which occurs to him/her
  - b. to move forward in time to another event
  - c. either of the above, depending upon the situation
29. The potential of regression work for healing and transformation is dependent upon the client's
- a. ability to recover past-life feelings
  - b. willingness to acknowledge responsibility
  - c. belief system
30. When guiding a client through abreaction, some therapists postpone such processing until a later session. Woolger urges his clients to go through the experience immediately. He states, ". . .this is the release of blocked energy associated with an old trauma." Although he says that he aims to clear negative samskaras at three levels---mental, emotional, and physical, he believes that the healing is contained in the abreaction. Dethlefsen
- a. completely supports Woolger's theory regarding the processing of trauma
  - b. says that only the symptoms are healed by abreaction; true healing requires additional cognitive and emotional intervention
  - c. says that abreactions are not needed; the simple recall of events can be placed into a spiritual framework for processing
31. As soon as the client shifts from absorption in the role to the witness (observer) position, the most important factor to be explored is
- a. whether the root of the problem has been extirpated
  - b. the existence of patterns
  - c. psychotherapeutic transformation
32. One cognitive technique which is used when the client is in a witness position is reframing. Snow and Findeisen identify another technique which, although sometimes beneficial, is used rarely in regression work because of theoretical implications. They refer to it as
- a. rescripting
  - b. polarity identification

c. renovation

33. Anger, a reaction to a failure of our expectations, can be transformed by
- raising the energy from the base chakra to the heart chakra
  - lowering our expectations
  - systematic desensitization

34. Guilt arises when actions are viewed as deviations from the path of the soul. Denning identified two types of guilt. One type is the violation of various injunctions. The second type, which is rooted in past lives and often triggered in early childhood, is called

- state guilt
- trait guilt
- conflict guilt

35. It is important to include a death experience in a past life regression because

- it offers more insights and scope for change than any other event in a lifetime

- it is an opportunity to release negative thoughts and feelings which impact the current life; also, it is an opportunity for the client to feel a sense of completion and detachment.

- both of the above

36. After a past-life session in which an issue is traced to its original cause, the insights must be integrated cognitively; also, in most cases, follow-up sessions are important because

- it takes awhile for behavior to catch up with knowledge; cognitive gain could be lost if not applied; new perspectives need to be reinforced

- teleological processing is too overwhelming to be assimilated in one session
- energy patterns change

37. When a client recognizes another person in a past lifetime as playing a similar role as a person in the current lifetime, it could be accurate recognition. On the other hand, it could be a trigger for a karmic pattern which the client has projected onto a similar personality. In such instances, accurate recognition or otherwise, the client needs to become aware that

- the lesson learned from the relationship is more important than the relationship itself

- another session is needed in order to determine which understanding is accurate

- the current-life person should be informed that any feelings are past-life related

38. Some techniques (transpersonal and conventional) used by effective therapists in facilitating the integrative process in deepening and grounding insights are:
- cognitive reframing, meditation, psychosynthesis, and subpersonalities
  - behavior modification, dream analysis, journaling, and psychodrama
  - all of the above
39. When regression failure is perceived by the therapist to be a result of the client's limited cooperation, the most important reason is deemed to be the client's
- too high or too low expectations
  - belief system
  - lack of willingness to take responsibility for his/her life
40. According to Jue, past-life work is
- an alternative type of therapy for clients who are on a spiritual path
  - a step in the evolution of therapy
  - an approach to use when traditional therapy fails
41. The concept of morphic resonance as helpful in conceptualizing the dynamics of the psyche was developed by
- Rupert Sheldrake
  - Ronald Jue
  - Chet Snow
42. The theory that childhood trauma could be an extension or continuation of patterns that originated in past lives was proposed by
- Barbara Findeisen
  - Hazel Denning
  - Irene Hickman
43. In his theory regarding past lives, Roger Woolger states that
- since the archetype of reincarnation is, traditionally, a wheel, the search for a first cause of karma is seen as fruitless
  - taking time with the client to explore the cause of an issue is essential to success
  - reincarnation therapy becomes more effective when the therapist and the client understand how polarity and causality work together to create specific patterns

44. "Through the process of remembering we discharge the energy tied up with the memory, and it does not continue to create a state of disease." The above statement was made by
- Edith Fiore
  - Winafred Blake Lucas
  - Bob Bontenbal
45. Chet Snow stated that he believes that, while many therapy sessions must be devoted to extirpating negative imprinting and symptoms originating in previous lifetimes, he insists that some time must be devoted to
- the removal of discarnate entities
  - finding and raising the psyche's cache of positive spiritual resources
  - the exploration of future lives
46. The importance of the initial interview tends to receive unequal weights by different therapists. In the Dutch School, the first year curriculum focuses exclusively on interviewing techniques for the first three
- days
  - weeks
  - months
47. Irene Hickman stated that it is imperative to deal with the religious teachings, thoughts, and feelings of patients because, in her experience, she found that
- they had developed guilt and fear as a result of religious teachings
  - religion, of any kind, is a universal need
  - people need to develop a religious affiliation
48. According to Thorwald Dethlefsen, the soul is on a path of learning and must obey higher laws. He states that the goal is
- perfection
  - reward versus punishment
  - to help others in attaining integration
49. One of Winafred Blake Lucas' psychotherapeutic assumptions is that the recall of past lives is not enough, generally, to produce change. She assumes that transformational intervention, usually, is necessary. For her, the most effective intervention is
- dissolving negative patterns
  - love
  - working through abreactions
50. Ernest Pecci says that it is the work of the therapist to take an active part in the process of re-evaluation, facilitating a release of
- attachment by negative entities

- b. attachment to negative states
- c. guilt