

Regression Therapy

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"What the mind can cause the mind can cure." - Anonymous

Regression therapy is used in hypnosis to uncover positive or negative memories that have left their imprints and thoughts that occurred earlier in a person's life. It is a process of moving backwards chronologically in order to trace past memories. With a trained therapist the procedure is simple, safe and remarkably beneficial.

The subconscious mind controls every organ, gland and part of the body through the autonomic nervous system; it is the "store keeper" of our past experiences. Some of these experiences are suppressed, repressed or forgotten for survival as coping mechanisms. This happens essentially to protect us from painful memories and keep them from interfering and affecting our daily lives. However, these experiences remain in the subconscious mind and in most cases are the root cause of our problems.

Regression therapy allows us to uncover and find the causes of initial traumas by communicating with the subconscious mind and exposing the triggers for various physical, mental and emotional conditions. By playing back its "hidden old tapes" with familiar patterns and behaviors, the therapist together with the client can identify and become more aware of the root of the problem. Then through an increased awareness and self-acceptance the client can overcome the undesirable conditions. For example, Mary had a great fear of speaking in front of people. In fact, each time she was around people she would become very quiet, she would begin to sweat profusely, and if she was asked a question she would get tongue-tied. Under Regression therapy Mary discovered that at age six, when she was in grade one, she performed in a Christmas play.

When it was time for her to say her lines she forgot them. She looked out at the audience and saw them staring at her. The audience laughed and Mary started to cry. At the time, she did not realize the impact of this event. Under hypnosis she was asked to go back to the first time she felt this fear of speaking in a group. Mary talked about the Christmas play and became very nervous. Mary was guided to change the picture by visualizing her being at the same play, performing with confidence and feeling successful. She looked out at the audience and they were clapping, she felt great. Mary's fears of speaking in front of a crowd disappeared and her life changed in many positive ways.

Regression therapy can be used for many physical, emotional, psychological and behavioral problems. If you feel that there are blockages in your life that do not allow you to move forward, you may want to consider having a few sessions of Regression Therapy.