

FAQs – Integrated Transpersonal Regression Therapy

How long does a session last?

- Each session typically lasts 3–4 hours, including intake, regression, and integration.

Will I lose control during regression?

- Not at all. You remain fully aware and in control throughout the session.
- You can pause or stop anytime if needed.

Is regression therapy safe?

- Yes, it is a safe and guided process.
- At times, emotional release may occur, but it is a natural part of healing.

When will I see results?

- Some clients feel immediate shifts after the first session.
- Others notice gradual changes over multiple sessions.

Who can attend these sessions?

- Anyone seeking healing, clarity, or deeper self-understanding is welcome.
- Not suitable for individuals with severe psychiatric conditions or heavy medication use.

How should I prepare for my session?

- Avoid alcohol or recreational substances at least 72 hours before.
- Come with a clear intention for what you'd like to explore or heal.
- Wear comfortable clothing and maintain an open mindset.

How is regression therapy different from hypnotherapy?

- Hypnotherapy uses suggestions to create changes.

- Regression therapy uncovers and heals the root causes of issues.

Can regression therapy help with physical issues too?

- Yes, unresolved emotional blocks often show up as physical symptoms.
- Healing the emotions can bring relief to the body as well.

What happens after the session?

- There is time for reflection and integration.
- Follow-up support may be offered to help apply insights in daily life.

Is follow-up support available?

- Yes, additional support may be provided to help you integrate and apply the healing into your daily life.

What can I expect from a session?

- A safe and supportive space to explore your subconscious.
- Guidance to uncover the root causes of struggles.
- Integration time so you leave feeling lighter and more at peace.

How will the 4 hours of a session pan out?

- Intake & intention setting – we discuss what you'd like to work on.
- Regression journey – exploring past life, womb, or inner child memories.
- Integration & reflection – processing insights and grounding before closing.

What if I get stuck during the session?

- You are always in control and can pause at any time.
- Guidance is provided to help you move through blockages.
- Feeling stuck often reveals valuable insights.

Are there any negative side effects?

- No harmful side effects—this is a safe process.
- Emotional release may occur but is part of natural healing.

Do I need to prepare before the session?

- Avoid alcohol or recreational substances 72 hours before.
- Come with a clear intention and an open mind.
- Wear something comfortable for relaxation.

Who should not take these sessions?

- Individuals with severe psychiatric conditions.
- Those under heavy medication for mental health.
- Anyone not ready to explore subconscious emotions.

Who can benefit from this therapy?

- Anyone seeking healing from past trauma or recurring patterns.
- Those struggling with emotional pain, relationships, or self-doubt.
- People seeking clarity, peace, and self-connection.

How does this therapy work?

- By accessing the subconscious mind where deep memories are stored.
- Uncovering root causes instead of just treating symptoms.
- Releasing blocks so you can move forward with freedom.

How is this different from clinical hypnotherapy or transpersonal therapy?

- Clinical hypnotherapy focuses on suggestions.
- Regression therapy uncovers and heals root causes.
- Transpersonal therapy also includes soul memories, past lives, and spiritual dimensions.

