



ATLANTIC UNIVERSITY TH 506 Regression Hypnosis

Workshop and Training in Integrated Imagery – Level 1

OCTOBER 1 – 4, 2009 Virginia Beach, VA

Featuring John Amoroso, Ph.D.
Sponsored by Atlantic University
At the A.R.E. Conference Center
67th and Atlantic Avenue
Virginia Beach, Virginia

EXPERIENCE AND LEARN THE POWERFUL TOOL OF REGRESSION HYPNOSIS

Hypnosis is a powerful tool for exploring soul-issues, including past life influences and soul-purpose. In many ways Edgar Cayce's own work is closely linked to hypnosis, and his biography, *There Is a River*, even begins with the words, "The story of Edgar Cayce properly belongs to the history of hypnosis."

This Atlantic University course – open to students in the master's degree program AND to any interested person – will be highly experiential. It will explore one special application of this tool for altered consciousness: *regression* hypnosis.

As a participant in this course, you will learn and experience how to conduct a past life regression experience, including supervised sessions that involve working with partners. It will be an exploration of the patterns of soul life. Sometimes Edgar Cayce's life readings, as well as modern-day past life regression work, can help to identify dysfunctional patterns and complexes – so called "negative karma." In this course, however, we will emphasize in the training certain approaches to connect with the *positive complexes and talents* that contribute to individuals finding their soul-purpose. Of course, during the training some memories and connections may arise that are unhealthy patterns or "negative karma." In those instances we will work with methodologies for de-energizing their current influence. Throughout the five days, the emphasis through this course will be upon using regression hypnosis in a safe and responsible context for soul-growth.

Participants in the training course will learn the principles and theories behind a spiritually oriented approach to regression hypnosis. Then, through a group regression conducted by the principal course leader, Dr. John Amoroso, each student will begin the self-exploration process. Later we will move into the supervised regression sessions in pairs, in which hypnosis will be used to invite material that may be 1) past life, 2) "between-lives," or 3) perinatal memories (i.e., in utero memories) of the soul. Through these explorations we can awaken a deeper insight into our own soul-purpose, as well as the positive and negative karmic complexes that are carried into this lifetime. Discussions and individual processing in the group will be an important part of this course.

John Z. Amoroso, Ph.D. is a psychotherapist and educator based in the Philadelphia area for more than 20 years. With a doctorate in clinical psychology, he specializes in transpersonal psychology and creativity studies, and has developed and facilitates a transpersonal study group program – the Perennial Path – for small groups committed to pursuing an integrated spiritual practice

in community. Over the course of his career, John has also developed an integrated therapeutic technique involving hypnosis and past life regression to explore and address dysfunctional karmic complexes as well as soul purpose issues.

As an educator he has lectured and conducted workshops throughout this country and abroad, and has been an adjunct professor in transpersonal studies at the Union Institute and University for more than 10 years. John has been a long time student of the Cayce readings and is currently on the faculty of Atlantic University where he is developing a masters degree level concentration in past life regression work.

John is the author of *Integrated Imagery: A Transpersonal Psychotherapeutic Approach*, and is currently working on a book – *Awakening Past Life Memories* – to be published by Tarcher/Penguin in 2009.

Workshop Course Agenda

(All sessions led by Dr. John Amoroso unless otherwise noted)

Thursday

Orientation and Opening Presentation:
“Integrated Imagery, the Energetic Chain of Experience, and Complex Psychology”

Friday:

“Group Regression” and Demo of Deeper Regression Experience
Supervised pairs work: First regression and processing
Questions and answers, plus Processing of the Afternoon Experience

Saturday:

Supervised pairs work: Second regression and processing
Lecture: “Negative Complexes and Progressive Imagery”
Supervised pairs work: Third regression and processing
Free time

Sunday:

Supervised regressions and processing
Questions and Answers
Supervised regressions and processing
Informal sharing

Tuition:

Academic Credit: For those taking the course for credit in our master’s degree program, the tuition rate is \$750. (Please note that if you are not yet a master’s degree student and want to take this course for academic credit, then you must initiate the application process with Atlantic University before the course begins, including payment of \$50 application fee.)

Non-credit: For those interested in taking the course as continuing education or for certificate (3 tier certificate program), the tuition for the course is \$495.

Please contact Atlantic University if you have any questions at: 800-428-1512.