

Road to Completion

Full Manual for Regression & Hypnotherapy

Jos Olgers

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Summary

Content of the book

Road to Completion describes in a practical way how hypnosis, hypnotherapy and regression therapy work.

Regression therapy is a therapeutic form which makes use of the hypnotic trance to explore and heal those elements of your past, which are inhibiting you currently, from leading a happy and satisfying life.

According to our author Jos Olgers, we cannot engage in working with people, without being aware of our own human image. Therefore the book begins with his thoughts on this subject.

The manual is then structured into 4 parts consisting of:

1. Basic knowledge of Hypnotherapy
2. From Intake to Treatment Plan
3. The Exploration phase: discovering and healing
4. Integration and Implementation

Part 1 Basic Knowledge of Hypnotherapy

The first part of 'Road to Completion' contains the necessary basic knowledge of Hypnosis and hypnotising. Practical explanations of the conscious and subconscious, trance, its phenomena and depth, are followed by easy instructions on how to hypnotize.

The author then continues to speak of the therapist's basic attitude. This chapter does not only ponder on appearances, but also how to be aware of, how appearance or attitude can affect the therapeutic process.

The final chapter of the first part is devoted to the subject of remembering. In previous years there have been great scientific breakthroughs on this subject, and it is important to have thorough knowledge in order to work with memories that can surface in the therapeutic sessions. It will become clear that the objective factuality of memories may not be 100% identical to the subjective experience of the client. How to take your client's experience, which he considers to be entirely true, seriously without losing track of the objective truth, is the key subject of this chapter.

Part 2 From Intake to Treatment Plan

The second part of this book takes a deeper look at the Intake: what do you, as a therapist, really need to know from your client to be able to form a serious Treatment Plan? What is the client's problem and what his goal? Do you recognize patterns in his life, which may have to do with his issues?

There will be no general questionnaires, but a method explained, which is tuned entirely into the client's individual needs to assess what the problem is really about. When this is clear we move on to the next chapter of developing the treatment plan.

Disappointingly, in the author's experience, this has become somewhat of a neglected area in our professional field. Many therapists seem to think that if they do random sessions on themes that are apparent in their clients, their clients will heal. The author's experience however is, that when therapy gets rather intense or difficult, the human subconscious survival mechanisms will do everything in order not to get to the real core of the hurt. Therefore this chapter describes in a very direct manner how to use the information received from the intake as efficiently as possible, to be able to assess, which route to follow to achieve set goals.

The second part of the book concludes with general information, which should always be given to clients, before starting the hypnotherapeutic process.

Part 3 Exploration phase, discovering and healing

In the third and fourth part we will start the actual therapy. In the third part we will, if necessary, work with causes and backgrounds of the client's problems. This phase is referred to by the author as the exploration phase.

This part of the book doesn't only describe how to get to causes of pain, but also how best to heal [process/resolve/deal with] these. After the initial healing it will also be necessary to gain insight into the life lessons that were to be learned from unpleasant or painful experiences. If learning these lessons had been free and unrestricted, the need for therapy might not have arisen. Therefore this subject will receive a lot of attention in this part. How are these so called life lessons recognized? And how can we help clients change wrong or inhibiting conclusions which they drew in traumatising situations? In this third part the structure of the regression session is thoroughly explained along with all kinds of possible therapeutic interventions. Subsequently there are extensive chapters with many examples of how to explore and process causes of problems.

For example, the chapter about Essence work will show instructions how to bring someone to the core of their Essence. This seems to be of great importance to people who have been so damaged in life that they have lost contact with the true core of themselves. Often such people don't believe that they are worth living a normal happy life.

The chapter on prenatal therapy will show just how important our stay in the womb is. Often problems will find their roots however subtly in this period. The child experiences itself as one with its surroundings: the mother's belly. The unborn child therefore experiences the mother's experiences and emotions, as if they were its own. Sometimes even emotions from the mother's surroundings are experienced in such a way. How to work with the important moments of this period is shown in this chapter. Besides pregnancy, conception and childbirth are also examined.

Even further back in time we find one aspect of regression therapy, which is reincarnation therapy.

In fact reincarnation therapy is the same in method as regression therapy, however, with one substantial difference: The moment of death and the life between lives. The chapter on reincarnation will show how to deal with these specific differences between regular regression and regression to past lives, as well as describing research of the past years into the truths and untruths of the phenomenon reincarnation.

Another chapter reveals how family theme's can be passed along through generations. By pure chance we discovered during our lessons that students who 'stepped into' their mother's or father's skin, suddenly knew all kinds of details about this parent they didn't know before. The logical connection to the next step was quickly made to grandparents, great-grandparents and so on. If you are able to perceive your fathers emotions and memories when inside his skin, he would have the same knowledge of his parents. Therefore by "stepping into" your fathers skin you could take more steps via him into your ancestry line. The author and his wife, Bertien van Woelderren, discovered that it is possible to go back and explore this ancestry line. They discovered that by doing regression sessions with the student while being in, for example the great-grandfather position, the ancestors problem could be solved, which would then have a positive effect on the student in everyday life.

We call this specific form of regression therapy "Ancestry regression".

Besides the hypnotic regression, during the exploratory phase we work with ego-states, obsessive energies and idiomatic communication (communication with the subconscious by finger signals). The chapter on ego-states, describes how a therapist can work with those aspects of yourself, which have a say in your personal experience and actions. Frequently we have too little knowledge of these ego-states, even though they appear to have single handed rule of the running of our lives. Consider your 'inner children', 'controllers and protectors' or 'inner critics'.

The chapter on idiomatic communication describes how we can agree 'yes and no signals' with the subconscious by idiomatic movement. This allows the therapist to communicate directly with the subconscious without interference of the client's critical conscious awareness.

Finally, Jos Olgers concludes the third part of the manual, with a subject of hypnotherapy, considered most mystical by some: obsessions. Essentially we are referring to energies not belonging to the client which have attached themselves to the client's energy system. In practice this could mean that another being is fully or partially involved in the client's decision making. How to find and work with these alien energies is described fully in a down to earth manner.

Part 4 Integration and Implementation

In the third part we have been discovering how to locate and process old hurts and anxieties. In this fourth part, once we are free of fears, we find out how to actually learn and apply new behaviour.

The author demonstrates with a wonderful example of a client with fear of water. The therapist helps the client to process all old fears relating to this subject, however, the client finding himself at the waterside, is pushed and finds that he has forgotten to learn how to swim.

This is exactly what the fourth part of the book is all about. Firstly the client will experience himself as a swimmer, integrating as it were the inner swimmer as a part of himself – the integration phase. Subsequently the client will learn how to actually apply this experience in real life. This is what the author refers to as the implementation phase.

For a great part this phase is all about suggestive hypnotherapy and the author describes in a simple and practical way how to make and apply hypnotic suggestions, which will work for your client.

Building up self confidence, or ego strengthening is what we will be working with.

Leading therapists once wrote that ego strengthening alone would be enough to solve a great deal of people's problems.

This is the point where we have enough information to start working with self-hypnosis. Jos Olgers describes two different techniques along with the ideal way to engrain the self-hypnosis programme.

Finally, because the language of the subconscious is symbolic, as we can see in dreams, we direct our attention to therapeutic metaphors. How do we invent a story that is made to fit your client and to be understood by his subconscious?

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About Jos Olgers: Author

Jos Olgers (1954) was one of the first in Holland to follow a 3 year course in hypnotherapy and Regression therapy. He deepened his knowledge with various courses and trainings in Voice Dialogue, Reincarnation therapy, tantra and Energy work. Currently he is one of the founders and managing directors of Trance Art Trainings, where he also teaches and trains future hypnotherapists.

Reviews

Biblion (Dutch Library Service)

This book holds a treasure of tools for future therapists (eg Self-hypnosis, Voicedialogue, Ancestry regression, working with obsessions, ego-strengthening, Reincarnation therapy); therefore it is praiseworthy that a professional has written a manual on this subject. Furthermore the book includes a range of model forms for the therapeutic process, self-hypnosis, idiomatic communication; bibliography and index.

Tijdschrift voor Educatieve en Therapeutische hypnose (Magazine of the Dutch Professional Society of Hypnotherapists [NBVH])

This book is an oracle for many. During sessions, therapists will use all their knowledge and creativity to guide the client's therapeutic process as well as they can, yet every now and again, there will always be moments when you think 'that could have gone better'. It is moments like this that you reach into the bookcase for 'Road to Completion'. Besides being an oracle for all your questions, this book is a guide when it comes to the step by step explanation of how hypnosis, hypnotherapy and regression therapy work in practice. It is a clarifying book full of practical examples, which enables the reader to get a clear picture of methods and situations. The book is divided into 4 parts: part 1 about 'the basis and backgrounds', looking at the human image, trance, the subconscious, learning to hypnotize, the therapists basic attitude and recollection. Part 2 takes the reader from intake to treatment plan. Part 3 discusses the 'exploration phase, discovering and healing' and part 4 the 'integration- and implementation phase'. In this way the book takes you through the whole process from the therapists personal attitude to the completion of the therapeutic process. All questions can be easily answered with the aid of very complete content and index.

All together, a very complete manual: hypnotherapy from A to Z. Certainly it will make its way to my bookshelf!

Spiegelbeeld (Magazine)

A clear manual on the subject, a living text through the verbatim of example sessions, here and there lightened with photos, drawings and diagrams, making the text easily accessible and extremely informative.

Bulletin (Magazine of the Dutch Society for Reincarnation Therapy)

Are you a beginning therapist and looking for a hold-on? Or have you been practising for a few years and are you ready for an elaboration of techniques or inspiration in your work? In that case 'Road to Completion' is a total must! Theory, description of cases, exercises, verbatim and visualisations are varied in clear and direct language. Also for clients who desire more information about their own personal process.

Jos Olgers, leading therapist, published his complete manual for hypnotherapy and regression therapy last year, which I would like to draw attention to once more. Through his extensive experience he is able to demonstrate with many examples from his practice. He is able to provide solid structure: a purposeful intake, a treatment plan and a clear view on therapeutic treatment. In short: this manual should be in every reincarnation therapist's bookcase.

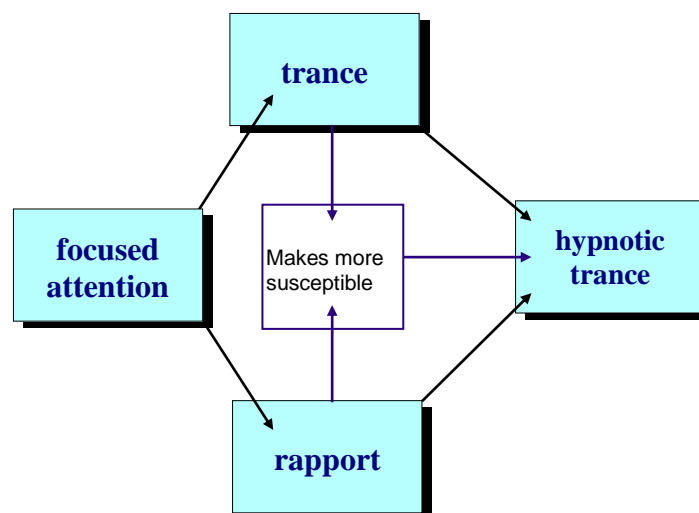
Extractions

Here follow some random extracts of the manual to provide a view of the style of writing.

3.2 Hypnotic Trance

Then it becomes important to discover, how you can help someone go into trance and remain in trance. The best way to find this out is to discover what makes people achieve a state of trance. Every time you watch, research or question people about how they go into trance, you will find that there is always something which absorbs the attention. Whether it be the white stripes on the road, an exciting book or wondering thoughts while staring at something. Inward or outward, the attention is focused. Then conscious thought falls somewhat away and subconscious processes surface, we can speak of a trance state. Therefore to enter a hypnotic trance we need at least these two components: focused attention and trance.

Finally there is a third important component, which is the bond you feel with the person who is guiding you into your hypnotic trance state. We call this bond rapport. It is this rapport that ensures the trust of the client to feel save in following the route that is being set out by the hypnotist or therapist.



The trance alone allows the client to be more susceptible to the therapist/hypnotist's suggestions. On top of this the rapport also makes the client more susceptible.

7.2 A certain experience

Here follows the text for a group session that was used to bring the group back to the past via a certain experience.

Make yourself comfortable, just sit as it feels right for you just now. Enjoy your breathing, your breathing in and your breathing out and become aware, aware of your body, your mind, of yourself, you at this moment. And while you leave all else behind, like the things that were on your mind today, you follow my voice and my words. My words and my voice that will help you to make it easy to activate the memories and thoughts of your past, that were once with you as your reality. Memories that were or still are, locked inside you. And these memories could be of the time that you were forty, or thirty or twenty, or of your puberty, whether you were somewhere at school or at home. Perhaps you were at primary school, or perhaps just moving from primary school, starting secondary school. Perhaps there are memories of friends, boys or girls, your class room. Also memories from early years starting nursery school, what the corridor looked like where you hung your coat. The playground perhaps. Or perhaps if you didn't go to nursery, memories of being outside near nature. Or earlier still, times when you played at home, sitting on the ground. Your favourite toy. Times when you were learning to stand and walk. Or perhaps even further back still. My voice will guide you to get there shortly, so that you can let all of these memories, small as they may be, unfold themselves inside you. Unfold themselves with clarity and brightness and mental images. And that is why you can let all things go that have to do with earlier or with the things that are still to come...

8.8 Leaking (and recognizing the therapeutic bridge)

While you are talking to your client, you will often notice sentences, or words that are stressed by sound, intonation or volume. Sometimes a client will change their body position when it comes to a certain subject. It could be that your client looks sad, is suddenly at the edge of his seat or clenching his fists. It's as if people subconsciously express their underlying feelings this way. They are 'leaking'. This is how underlying, often repressed emotions 'leak' to the surface. These leaked reflections of the spaces of the subconscious, add a deeper charge to the clients words, while the client is unaware of this. It is this charge that the therapist must be aware of, because they are often escaped residues of uncensored, underlying emotions and trauma.

13.2.3 Prenatal session (verbatim)

Here follows an example of a prenatal session (verbatim) that took place in my private practice with a 29 year old man named Martijn. His most important problem was a sense of powerlessness, which he experienced when setting his boundaries. Opposed to sub assertive people he defends his boundaries in an intense way, which is experienced by his surroundings as quite unpleasant. He is fully aware of this. During the intake he tells me that he feels wounded, and that he reacts strongly when someone touches these wounds.

Another problem he has is a feeling of restriction from inside, when it comes to undertaking things. He will start to worry or feel too tired to take action.

After a number of sessions he realizes that he is starting to have more control of himself and he has gained more insight into why he acts the way he does. However some anger still leaks through the new more acceptable behaviour. We can hear this in the bridge: 'I won't be fooled'. This feeling starts to play up when he has a sense of too little personal space. 'I feel like my space is being invaded, it makes me enormously sad and angry, and I feel like I would gladly lash out smiling.' When focussing on this emotion belonging to this whole pattern, he discovers that he finds himself feeling a lot of pressure. Then follows the second bridge: 'I must make sure everything gets done'. He experiences this pressure in the form of a tight throat. He also mentioned this during the intake, then in relation to a fear of not being taken seriously.

So at first there is a feeling of restriction on the throat, which gives him the sense of being under pressure. This results in his way of surviving, which is what he wants to stop doing.

He is aware of how the pattern works, but he is unable to stop his automatic behaviour. It's as if he is stuck in an old, restricting experience. It seems that he has become attached to this pattern, and he is gladly willing to let it go. But how?

We decide to do a regression session to the first moment he felt these emotions, that apparently cause 'the unpleasant lashing out'.

Start bridge

T (after an extensive, long and deepening induction, I proceed with the therapy).

The feeling of being under pressure...feel that familiar feeling of pressure...that familiar feeling...yes...maybe even that feeling of a tight throat that goes together with being under pressure...then maybe you can tell me...if you can connect with that feeling.. the feeling of being under pressure...under pressure...where in your body you sense this feeling the most..

C (silent)

T can you tell me that?

C (silent)

T it could be that there are sentences belonging to that feeling, like, 'I won't be fooled' is that correct?

C no

T no? What does belong to it for you?

C I must make sure everything gets done...

T Okay

I must make sure that everything gets done (repeats this twice)

What happens when I say that?

C I feel stifled

T Okay

I want to ask you to keep feeling this stifled feeling... and repeat that sentence a few times and keep feeling how it feels while you're repeating. While the feeling is getting stronger and stronger.

I must make sure everything gets done. Repeat that sentence out loud.

C I must make sure everything is done.

T And again...

C I must make sure everything gets done...

T Feel what this does to you... and repeat once more

C I must make sure everything gets done (2x)

T Now feel where you experience the pressure... where do you feel the pressure at this moment...

C Everywhere around me really... in my throat...

T Especially in your throat?

C In my throat and my solar plexus...

T In your throat and your solar plexus...feel that pressure... is it coming from outside you?

C No

T A pressure from within you?

C Yes

Etc...

14 Reincarnation therapy

In regression we meet a woman who lives in a white house, while she's enjoying a wonderful life. There is love. She's very happy. It's sunny and she lives in a beautiful light room, with a view over a sloping landscape. She's married. Her husband is a member of the party. He was keeping

all sorts of secrets, because he didn't agree with the political choices of the party. The party is going the wrong way. He gets a letter informing him that he has to go. There is a loving farewell. He leaves in his black uniform. She is on her own, but she can handle life.

She hears that her husband refused to bombard. The house is raided by soldiers. They take her away in a jeep. Everything is burning behind her, she keeps looking back. She is thrown in a prison cell, she screams for her children, they are left with her. It's cold, she's wearing a black coat. They don't tell her anything.

Then she's being transported, first in an ordinary train, then a freight train. There are other people. It's cold and she has no choice. There is no chance of escape. As long as the three are together it's manageable. It's a long journey, a lot of fear amongst the people on the train. The future is uncertain.

Her husband has been shot by a firing squad, she is proud of him. She knew that he wouldn't do certain things: hurt people. That is why I'm in the camp she realises. I will not let my husband down. She knows for sure, if you stand up for your ideals it will cost you your life.

Arrival at the concentration camp. She's inside by the gate, naked, with her arms crossed. It is cold, she shakes and shivers. She is frightened, very frightened and she has no idea what will happen to her. She has lost the children, and in front of her is a man in uniform. He's tapping a club in his hands. In front of her are more people, naked. She's afraid, scared that he will beat her. She's not beaten but questioned, she thinks of her children. When they arrived they were still there, close to her. Where are they? She had to leave her son behind, he reached his hand out to her, but she couldn't reach him, she was pulled away. Gone. Her daughter is there now, behind her to the left, clasping onto her hand. Her arm hurts.

Then inside, many yelling people, on a bed she cries, covering her eyes. I don't know how to do this! Thinking of before, grass, playing children, happy, a big white house, a beautiful garden, rich and loved, a lot of love. Then her daughter comes to sit beside her, they have to get registered. Questions about where her son is aren't answered. She has to work sweeping floors. She is interrogated, told once more her husband was shot. The intimidation frightens her. She tries to adjust to cope with her fear. During further interrogation she doesn't know anything. Then she has to enter a cubicle, undress. Very frightened. Skinny and naked she has to enter a room. There are strange instruments and constructions. An unfamiliar smell. She is grabbed by her arm, forced into a chair. Cold. Her arms, legs and head are tied. Very cold. A hose is pushed into her mouth a thick liquid runs through it, forced into her, she feels like she will burst, eventually it comes up through her nose. Then she's laid on a black bed and photographed. She goes back feeling dreadful. All the time nothing has been said. It is terrible that her daughter has to see her this way. She walks bent over in misery, then lies sick on the bed. Her young daughter panics, but there is nothing she can do. It's as if there is a lump in her stomach.

Then a second time to the room, she yells: "Nein, Ich will das nicht!" She is tied again and they hit her in her face. This makes her angry, how dare they hit her? They laugh, this time they do something else.

Then back. Then walking hand in hand with her daughter. Into a room with other people, no colours, everything is closed. She knows that it's over now and sits on the ground. Panic around her, it's no use. Her daughter dies now. There is so much sadness now. She lies in her arms.

Tears. It's okay now though. She feels floating and light. The last experience of her body was sadness. Then there is peace.

The session is concluded by re uniting her with her children.

14.4.3 Parting Energy

Carrying water to the sea is a useless activity. If you are walking in the rain, no sense in drying your glasses. Getting yourself all upset over the behaviour of your brother's neighbour in

Australia is also a waste of energy. It doesn't help anyone, and it's only costing you energy, which results in you being tired. Energy that you invest in useless projects is lost to you. You could have used it in a better way. If you keep your energy in projects without anything practically happening, it's even sadder.

17.1.3 Healing through the energetic memory (Ancestry regression)

There is nothing new under the sun, you might say. We know what influence parents have on children. We know that behaviour can be passed through from generation to generation. It's a fact. However, here we are not talking about copied behaviour, but about memory that is carried in the body or soul, the energetic memory which is transferred from great grandparent to grandparent to parent to child to grandchild and to great grandchild. This means that when for example a grandparent treats their child in an extremely miserable way, this trauma and all the inhibiting conviction that go along with it, will be passed on to all the offspring. Subsequently these inhibiting convictions, along with - until recently mysterious - anger, sadness or fear are passed to the here and now, where they take effect on the client's well being.

We discovered that it is possible to go back in time on the ancestry line with ordinary regression techniques. The practice shows that it is possible to go back to the very first ancestor that started the family pattern. Often this turns out to be an ancestor with some type of scaring of their own, who abused their child physically or emotionally. Though it may take some persuasion and gaining of insight, the ancestor is usually found willing to take responsibility for their own actions out of love for the coming generations. He or she will then be able to take his or her energy out of the ancestral line, even passed the youngest of the children. This way it is possible to not only heal the ancestor, but also the entire line, including the (future) children of the client.

Does this sound odd? Is this truly stranger than healing the wounded inner child, where we also rely on the effects of recovery on an energetic level? Eclectically speaking regression - and hypnotherapists never have any trouble healing the inner children of our clients. Therapists who work with this technique, even experience that this works best, when the inner child is healed, during associated experience of the original hurt. We then proceed to take the healed inner child, along with new fitting convictions, back to the here and now. When wondering why this has a greater effect, we automatically come to the conclusion that the client experiences some kind of internal energy transference, which creates a healing throughout later phases of life that follow the original hurt. This creates optimal chances of old pain-carrying triggers to disappear.

So in fact, except for this realisation, there is nothing new under the sun. The new realization is the fact that there is an energetic line between the person, here and now, and his ancestor, and that there is a chance of healing through this line. In order to achieve this you may draw on existing methods from the regression - or hypnotherapy.

19.2.4 The counter

Some people may feel, that when new alternatives for behaviour are presented to them, either from the subconscious or well-meant advice from another person, they have to make a decision at once. Because this may happen too fast a lot of the time, precious inner or external advice may frequently be refused.

In such cases, you could ask your client to imagine one of those old fashioned shop counters. One where the sales person has all his goods stalled out in front of him. Your client will then have time to inspect all the goods, ask for explanation and advice. Whether there is another size or colour of the same object. Only at the moment when your client is satisfied with what is on offer, will he proceed to make a purchase. If there are no goods to his liking, no hard feelings, but on to search for another shop!

Suggest to your client to create such a counter of his own, before making hasty decisions. After all a hasty buy is just as bad a hasty rejection of good ideas.

20.3.3 Creating suggestions

Building up proces suggestions

