

A Safe Regression Protocol

Regression to cause is where the deepest healing happens, and where a careless hypnotist can do harm. This keeps the power and removes the risk. Use it every time.

BEFORE TRANCE

Consent, awake	Say what you will do, ask permission to visit the past including childhood, and say plainly that trance material is their subjective experience, not a verified record	<i>Put it in the written consent too.</i>
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SETTING UP

Safety and signals	Establish the safe place and rehearse going there once. Set ideomotor signals for yes, no, and "I need to stop"	<i>Tell them they can return to the safe place at any moment, with or without you.</i>
Ask the subconscious	"Is it safe to look at the origin of this feeling today?" Wait for the finger	<i>A no is information, not an obstacle. Ask what would help instead. It is often a yes next time.</i>

GOING BACK

Follow the feeling	Affect bridge: feel it now, let it grow, follow it back to the very first time	<i>Do not suggest a time, a place, a person or an event.</i>
Open questions only	"What's happening?" "Where are you?" "How old are you?" "What do you need?"	<i>Never "was someone hurting you?" or "I sense there's something more." Leading questions create what they claim to find.</i>
Offer distance	Float above it and watch from a safe height, or see it small and far away in black and white	<i>They can always observe what they cannot bear to relive. The theater structure gives more distance still.</i>

THE HEALING

Reframe	"Looking at this now, with everything you know, what do you understand that the child couldn't?"	<i>Bring in the wise adult self. Let the younger self say and receive what they need.</i>
Check	Ask the subconscious, with the finger, whether the work is complete	<i>Do not decide this for them.</i>
Leave it in the past	"It's over now. It is no longer happening. You survived it, and you're here." Then close the scene: shut the book, close the door, let the screen go dark	<i>Never leave a client with a scene half open.</i>

COMING BACK

Strengthen	Return to the present, a long ego strengthening, rehearse the future without the old pattern, then emerge	<i>In that order, every time.</i>
Afterward, awake	Ask what they remember and how they feel. Remind them the value is in how it changes the present, not what it proves about the past	<i>Do not encourage confrontations based on trance material.</i>
When to refer	If serious trauma surfaces, or they stay shaken, help them find a licensed, trauma-trained clinician	<i>Offer to work alongside that clinician if it fits.</i>