



The College of International Holistic Studies

The College of International Holistic Studies is built on a firm foundation designed to synergistically blend the rigor of medical science with the time-tested power of alternative and integrated therapies. Our teachers are selected for their expertise and ability to blend both science and the art of healing. Each program is designed to provide you with the practical knowledge and experience to heal using real-world tools, as well as the consciousness to appreciate the metaphysical tools that our souls provide.

Certificate in Regression

CERTIFICATE CODE: REM 100

Develop the skills of Early Childhood and Past Life Regression. The skills of regression are teachable and open up new possibilities for accessing and healing stored cellular memories. Regression tools and techniques allow the facilitator to guide individuals into past holographic memories, as well as into future projections, to change limiting decisions and to release stored cellular imprints to improve lives. You may use regression for information and insight to improve decision making for yourself and others. In this series of classes you will identify your personal gifts and talents in guiding and facilitating others into alternate states of consciousness for the purpose of exploration, information and healing. You will learn to sense, read and channel energy on 4 levels (physical, emotional, mental or spiritual), and learn simple steps to connect information in multiple dimensions of time and space. You will develop your abilities in listening, coaching, counselling and healing to help individuals, couples, co-workers and families to improve their emotional, mental and spiritual well-being.

Janet Amare is a Doctor of Pastoral Counselling, a Certified Hypnosis Instructor, and the Professor of the Energy Medicine Diploma Programs. She has developed leading edge tools and techniques in regression, such as Somatic Regression, which allow facilitators to expand their capacity to heal past shocks and traumas, addictions, and limiting birth experiences. Janet will train you how to access your natural intuitive abilities, safely guide people into other timeframes and vibrational dimensions, and how to hold a powerful space for transformation. Throughout the course you will have access to references, videos, handouts, and live coaching to assist you in deepening your skills and understanding of regression.

Evelyne Bernhardt has been a channel since childhood and is easily able to sense and understand messages from beyond the Earth plane. She gained a healthy respect for the power and grace available in tuning into and listening to beings in multiple dimensions. Evelyne channels a powerful group of Spirits that she calls Madame Roxolanna. Evelyne will work with and help you to understand and assess your natural ability and help train you to expand your channelling abilities and skills. By the end of the 6 month program you will have the tools to channel for personal use as well as for others.

COURSES:

REM 101	What is Regression	14 hrs
REM 102	Using Intuition and Energy to Heal	14 hrs
REM 103	Regression Principles, Tools, and Techniques	14 hrs
REM 104	Regression to Early Childhood	14 hrs
REM 105	Regression to the Womb and Birth Process	14 hrs
REM 106	Past Life Regression	14 hrs

EVALUATION:

Completion of Online seminars, participation in Virtual Coaching Sessions, Practice with Case Studies, and Completion of mandatory readings.

PREREQUISITES:

- High school diploma
- Fluent in the English language
- Acceptance into the program is based on your personal interview with Janet Amare or Evelyne Bernhardt, the instructors, and answers to a short questionnaire. Book your appointment today.

DURATION:

84 clock hours over 6 months

CLASS TIME:

Online Virtual Class Version: 6:30pm - 9:30pm one day per week

One Live Class: 10am—3:30pm

The Course dates are to be determined. Additional content will be provided through DVD and audio lecture recordings. A full schedule, as well as a reading list, will be provided once you are approved for admission.

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A \$75 registration fee is payable to CIHS through their website to be eligible for T2202 tax receipts, Certificates & Diplomas.



INNOVATIVE LEARNING THROUGH **ONLINE** VIRTUAL CLASSROOM COURSES

Visit www.cihs.ca or www.naturalmedicinecollege.ca

to receive a **BROCHURE** with tuition pricing

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Email: admissions@cihs.ca

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Certificate in Regression

COURSE DESCRIPTION:

REM 101 What is Regression

This module explains the fundamentals of regression theory, different uses and types of regression, hypnosis and the use of past life and early childhood regression, and ways in which regression may be used to promote healing on four levels. It will include live demonstrations, and a group, live interactive question and answer period.

REM 102 Using Intuition and Energy to Heal

The basics of accessing information and energy to gather insight and direct healing using your natural, intuitive gifts. Ways to protect yourself and others when memories may be highly charged due to shock, trauma, or imbalance. The basics of understanding the differences between coaching, counselling, and healing.

REM 103 Regression Principles, Tools and Techniques

You will be given tools and practice in how to guide people into alternate states of consciousness. (This module will especially benefit those who have been certified as consulting Hypnotists.)

REM 104 Regression to Early Childhood

This is an interactive/experiential module where you will have the opportunity to learn and practice tools to regress individuals into early childhood experiences and safely guide them to heal limiting thoughts, feelings, and decisions.

REM 105 Regression to the Womb and Birth Process

Through teaching and in-class practice you will learn the tools of how to tune-in to a person to determine the benefits of visiting their experience in the womb and during their birth process, and gain experience and tools to regress, heal and teach them how to integrate and utilize this information.

REM 106 Past Life Regression

This is an interactive/experiential module where you will have the opportunity to learn and practice tools to regress individuals into past life experiences and safely guide them to heal limiting thoughts, feelings and decisions that will benefit them in their current life

PAYMENT OPTIONS (CAD\$):

OPTION 1

Payment in full at start of course to Janet Amare (includes non refundable deposit of \$205): \$1925.00

OPTION 2

Payment module by module to Janet Amare:	
REM101 (includes non-refundable deposit of \$225)	\$535.00
REM102	\$310.00
REM103	\$310.00
REM104	\$310.00
REM105	\$310.00
REM106	\$310.00

HOW TO APPLY:

1. Register for this program by proceeding to Home Page Student Registration Button on www.cihs.ca or www.naturalmedicinecollege.ca
2. Pay your \$75.00 non refundable student registration fee which will entitle you to an education tax receipt and a Certificate upon graduation.
3. Contact Janet Amare for a 20 minute phone consultation
4. Send your registration form and deposit to Janet Amare.

DELIVERY OF PROGRAM:

Course may be started at any time, with mutual agreement from your instructor, when choosing the completely virtual version. If you wish to join a class and have the benefit of group sessions please check with the instructor for upcoming dates. All course materials, videos, and training materials are copyright of Janet Amare, Soul Purpose Inc. Contact Janet Amare at janet@janetamare.com to arrange a 30 minute interview to answer your questions and to be approved for the course.

CIHS does not guarantee job placement after completing any of our programs.



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