

Hours	Content and section titles of the presentations	File titles	Duration of videos
DAY 1			
8:55 am	Announce the start of class		
9 am	Warm meet-and-greet game	MD_CF_TR_PARTIE_1_CLIP_01	00:19
9:05 am	Presentation of the instructor and attendance		
9:10 am	Multiple choice questionnaire (5 min) + case studies of Antoine (30 min. including group debrief)	MD_CF_TR_PARTIE_1_CLIP_02	00:15
9:45 am	Presentation of the 4 regression techniques of the training -	MD_CF_TR_PARTIE_1_CLIP_03	01:42
	Read the slide		
	Use cases for regressions	MD_CF_TR_PARTIE_1_CLIP_04	03:12
	Precautions for using regression techniques	MD_CF_TR_PARTIE_1_CLIP_05	02:03
	Recap of the precautions - Read the slide	MD_CF_TR_PARTIE_1_CLIP_06	00:15
	The convention for regressions	MD_CF_TR_PARTIE_1_CLIP_07	04:14
	The other preparation elements for a regression	MD_CF_TR_PARTIE_1_CLIP_08	00:15
	Importance of a deep trance induction (stacking of inductions, expansion, confusion and saturation)	MD_CF_TR_PARTIE_1_CLIP_10	03:43
	Recap of a deep trance induction - Read the slide	MD_CF_TR_PARTIE_1_CLIP_11	00:15
	The 3 selves, their alignment through expansion of consciousness	MD_CF_TR_PARTIE_1_CLIP_14	03:52
	The 3 selves in images	MD_CF_TR_PARTIE_1_CLIP_15	00:10
	What a regression can be (information bubble, past life, metaphor for the unconscious)	MD_CF_TR_PARTIE_1_CLIP_16	02:43
	Recap of what a regression can be	MD_CF_TR_PARTIE_1_CLIP_17	00:10
	A few very useful tips for regressions	MD_CF_TR_PARTIE_1_CLIP_20	05:36
	Recap of the tips for regressions	MD_CF_TR_PARTIE_1_CLIP_21	00:15
	The metaphorical regression (the unconscious's story) - staying in the metaphor or how to return to it	MD_CF_TR_PARTIE_1_CLIP_22	01:30
	Reminder: metaphorical regression = symbolic	MD_CF_TR_PARTIE_1_CLIP_23	00:10
	The steps of the metaphorical regression	MD_CF_TR_PARTIE_1_CLIP_26	09:16
	The steps of the metaphorical regression	MD_CF_TR_PARTIE_1_CLIP_27	00:30
	The mindmap	MD_CF_TR_PARTIE_1_CLIP_28	00:15
10:30 AM	Break (10 minutes)	MD_CF_TR_PARTIE_1_CLIP_24	00:15
10:40 am	Clap-the-name game - 10 min. (postpone or skip if needed)	MD_CF_TR_PARTIE_1_CLIP_25	00:19
10:50 am	Demonstration of the metaphorical regression (40 minutes) and answer questions (5-10 min.)	MD_CF_TR_PARTIE_1_CLIP_29	00:15
	Invite students to use the observation sheets		
11:40 am	Pair practice - metaphorical regression (50 min.) - let students know when 5 minutes remain	MD_CF_TR_PARTIE_1_CLIP_31	00:19
		MD_CF_TR_PARTIE_1_CLIP_32	00:15
12:30 pm	Meal period (1 hour)		
1:30 pm	Pair practice - metaphorical regression (50 min.) - let students know when 5 minutes remain	MD_CF_TR_PARTIE_1_CLIP_31	00:19
		MD_CF_TR_PARTIE_1_CLIP_32	00:15
2:20 PM	Debrief on the metaphorical regression practice (10 min)	MD_CF_TR_PARTIE_1_CLIP_32	00:15

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	Pass the list around for signature		
2:30 PM	Inductions explained in detail	MD_CF_TR_PARTIE_1_CLIP_33A	12:20
	Recap of inductions - Read the slide	MD_CF_TR_PARTIE_1_CLIP_33B	00:15
	Socrates' triple filter (good, useful, true)	MD_CF_TR_PARTIE_1_CLIP_33C	04:09
	Summary of the filters in image form	MD_CF_TR_PARTIE_1_CLIP_33D	00:10
	Regression technique in current life - instructions	MD_CF_TR_PARTIE_1_CLIP_33E	04:12
	Summary of the instructions for regression in current life - Read the slide	MD_CF_TR_PARTIE_1_CLIP_34	00:15
	Use case - regression in current life	MD_CF_TR_PARTIE_1_CLIP_35	02:04
	Summary of use cases for regression in current life current life - Read the slide	MD_CF_TR_PARTIE_1_CLIP_36	00:10
	Warning and precaution for regression in current life life	MD_CF_TR_PARTIE_1_CLIP_37	04:19
	Summary of warnings and precautions for regression in current life - Read the slide and make sure everyone has heard and understood	MD_CF_TR_PARTIE_1_CLIP_38	00:10
	Symbolize the goal with a sigil - Stop the slide and explain if needed (if you know how) how to make a sigil	MD_CF_TR_PARTIE_1_CLIP_38A	00:10
3:15 pm	Break (10-15 min.)	MD_CF_TR_PARTIE_1_CLIP_30	00:15
3:30 pm	The steps of regression in current life	MD_CF_TR_PARTIE_1_CLIP_39	11:34
	Mind map of the regression in current life technique	MD_CF_TR_PARTIE_1_CLIP_40	00:15
3:45 pm	Demonstration of regression in current life	MD_CF_TR_PARTIE_1_CLIP_41	00:15
4:45 pm	Recap on the demonstration - questions/answers		
5 pm	End of day 1 - Invite students to prepare and symbolize their goal before the practice		

Hours	Content and section titles of the presentations	File titles	Duration of videos
DAY 2			
8:55 am	Announce the start of class		
9 am	Game of the trainers' choice		
9:15 am	**Circulate the list for signatures** **Talk about the other trainings and circulate the list for quick registrations** Recap on the steps of the regression in current life technique and on the stacking of inductions Mind map of the regression in current life technique Recap of inductions - Read the slide	MD_CF_TR_PARTIE_1_CLIP_41A MD_CF_TR_PARTIE_1_CLIP_41B	00:15 00:15
9:30 am	Pair practice of the technique for regression into the current life - let students know when 10 minutes remain		
10:15 AM	Break	MD_CF_TR_PARTIE_1_CLIP_42	00:15
10:30 AM	Pair practice of the technique for regression into the current life - let students know when 10 minutes remain		
11:15 AM	Short debrief on the pair practice of the technique for regression into the current life		
11:20 AM	Concepts concerning regressions into a past life and into the between-lives - basic concepts and instructions Recap of the regression concepts and instructions into a past life and into the between-lives Introduction to the technique for regression into a past life and between-lives Recap of the intro to the technique for regression into a past life and the between-lives Warning about possible issues in a past life regression and the in-between-lives Warning about possible issues in a past life regression and the Recap of the caution The steps of regression in a past life and the in-between-lives Mind Map drawing - past life and in-between-lives regression	MD_CF_TR_PARTIE_1_CLIP_43 MD_CF_TR_PARTIE_1_CLIP_44 MD_CF_TR_PARTIE_1_CLIP_45 MD_CF_TR_PARTIE_1_CLIP_46 MD_CF_TR_PARTIE_1_CLIP_47 MD_CF_TR_PARTIE_1_CLIP_48 MD_CF_TR_PARTIE_1_CLIP_48 MD_CF_TR_PARTIE_1_CLIP_49 MD_CF_TR_PARTIE_1_CLIP_50	03:32 00:15 03:21 00:15 03:08 00:15 00:15 10:34 00:15
11:45 am	Demonstration of past life and in-between-lives regression		
12:30 pm	Meal period (1 hour)		
1:30 pm	Pair practice of the past life and in-between-lives regression technique - give a 10-minute warning technique - give a 10-minute warning		
2:15 pm	Pair practice of the past life and in-between-lives regression technique - give a 10-minute warning		
3 pm	Break		

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3:15 pm	Short debrief on the paired practice of the past-life regression technique		
	Pass around the sign-off sheets		
3:30 pm	Regression technique into another form of life	MD_CF_TR_PARTIE_1_CLIP_51	05:18
	Uses of the regression technique into another form of life	MD_CF_TR_PARTIE_1_CLIP_52	00:15
	Steps and types of regression into another form of life	MD_CF_TR_PARTIE_1_CLIP_53	05:51
	Recap of the steps and types of regression into another form of life	MD_CF_TR_PARTIE_1_CLIP_54	00:15
3:45 pm	Paired practice of the regression technique into another form of life of your choice, with or without Dr. Chertok's script - let them know when there are 5 minutes left		
4:15 pm	Paired practice of the regression technique into another form of life of your choice, with or without Dr. Chertok's script - let them know when there are 5 minutes left		
4:45 pm	Debrief on the techniques covered - Questions/Answers		
5 pm	End of training	MD_CF_TR_PARTIE_1_CLIP_55	00:30