TRANSFORMATIONS

Therapeutic Breathwork Practicum Virtual Mentoring Group

with Jim Morningstar, PhD

Six Wednesdays from September 20 to December 13, 4-6 pm Central



This Mentorship will support current students to complete the requirements for the Therapeutic Breathwork Practicum Seminar 1 and a Level of professional certification.

The Practicum is an in-depth training in breathwork as a practitioner. You will get supervision on your skills as a breathworker, and develop your confidence and abilities in applying breathwork in the course and with your clients. You will also learn how to integrate breathwork with other healing arts. This practicum is a requirement for Certification through the Transformations Breathwork Training Program.

Students will purchase the Breathwork Practicum Seminar 1 ($87) and listen to one of the six training seminars before each class and be prepared to engage in dialogue around its material. Students will present their work with a client orally and/or with video clips and get feedback from Jim and the group. Breathwork exercises, mentoring on practice building and adapting breathwork to one's skillset as well as community building will be part of the program. Students will report on and support one another in fulfilling the requirements for completing the Practicum (see below). *Sessions will be recorded in case you cannot attend live.*



MEETS Six Wednesdays 4:00 pm 6:00 pm
2023: September 20, October 4 & 25
November 8 & 29, December 13
FEE Three hundred seventy dollars. (6 - 8 students)
Make payment:
1. By check to Transformations, 4200 West Good Hope Road, Milwaukee, WI 53209-2250.
2. Pay online at: http://www.transformationsusa.com/products.php under "Workshops and Trainings with Jim Morningstar, Ph.D."

Jim Morningstar, Ph.D., the Director of Transformations Incorporated, has held licensure as a clinical psychologist since 1973. He is a clinical supervisor, seminar leader and has pioneered in the integration of psychotherapy with such mind/body techniques as breathwork and bio-spiritual energetics. He founded the School of Integrative Psychology in 1980 and the Transformations Breathworker Training Program in 1990 and has authored five books in the field of breathwork and spiritual psychology. He is co-director of the Global Professional Breathwork Alliance and founder of InWellness.

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4200 W. Good Hope Road Milwaukee, WI, 53209 USA

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Therapeutic Breathwork Training Program

Practicum in Connected Breathing Requirements for Completion

Name_____Date_____

Description Date (month/year)
Six Classes Attended [or Recordings listened to]:

Breath Diary - Three to Six months of journaling: (e.g. “What I learned from my breathing today is…”)

Self breathwork - Thirty consecutive days of 30 min. of connected breathing:

Exchanges - Minimum of Three breathwork exchanges:

Breathworker supervision- Doing intake and progress notes on each session of someone with whom you facilitate breathwork for 6-10 times and notes given to TBTP staff member for supervision. Date completed and supervisor’s name:_____

Mentor’s Name:_____

Professional Breathwork sessions - receive three professional breathwork sessions from TBTP staff (at least one with Jim Morningstar):

Class report - 10-15 minute presentation orally or with video clips of breathwork session you facilitate highlighting challenges and questions you have regarding the session (date presented):

Written report 1-3 pages on “My most significant breathwork session”:

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