

TRANSFORMATIONS

THERAPEUTIC BREATHWORK WEBINAR TRAINING

Therapeutic Breathwork Certification - Part 1 **by Jim Morningstar, PhD**

The foundational principles and techniques of Therapeutic Breathwork are taught which train practitioners to:

- ~ know when to use slower-than-normal and faster-than-normal breathing in sessions and with which clients,
- ~ use release techniques informed by the neurophysiology of trauma,
- ~ employ exercises for holding patterns from in the four prenatal matrices,
- ~ facilitate breathwork in water and increase primal safety for the Inner Child.

Day 1 covers how we introduce and implement Therapeutic Breathwork

The origins and history of contemporary breathwork

Basic Body Themes and how they are recognized and exercises to support release in sessions Handouts: What is Therapeutic

How we deal with Contact and Contract, Roles and Flow in Sessions as well as Resistance

Experiential Exercises include: The Circular Breath, The Complete Breath and 100 connected Breaths, plus dyadic exercises, sharing and feedback

Day 2 the Neurophysiology and exercises to release Trauma in Breathwork

Dealing with Depression, Anxiety and Addictions with slower and faster than normal breathing

The role of Breath Awareness and Meditation on the brain and daily practices to supplement breathwork

Experiential Exercises include: slower and faster than normal breathing with trauma, breath awareness with partner, plus dyadic exercises, sharing and feedback

Day 3 addresses the Prenatal Stages of Life

Non-ordinary states of consciousness in breathwork

Four Pre-natal Matrices and how they are repeated throughout life

Use of the Inner Child metaphor

Experiential Exercises include: individual and partner exercises for each of the four prenatal matrices, daily inner child and breathwork practices, plus dyadic exercises, sharing and feedback

Each of the days will have handouts sent ahead so they can be translated for participants before the training. Day 3 will have a video demonstration of the exercises to see ahead to help orchestrate them.

These webinars can be done in 4-5 hour segments.

Jim Morningstar is a clinical psychologist who was one of the first certified rebirthers in the 1970s. He is director of the School of Integrative Psychology and the Transformations Breathwork Training Program. He is the founder of Therapeutic Breathwork™, authored five books in the field and is Co-directer of the Global Professional Breathwork Alliance.