

TRANSFORMATIONS

THERAPEUTIC BREATHWORK WEBINAR TRAINING

Therapeutic Breathwork Certification - Part 2

by Jim Morningstar, PhD

Part 2 Level 1 includes the following Modules:

Day 1 - Energy Release and Body Themes,

Day 2 - Healing Trauma exercises and applications

Day 3 - Group Online Therapeutic Breathwork Training

These are 4-5 hour trainings

Completion of Part 1 and 2 is awarded with Level 1 Certification in Therapeutic Breathwork after completion of in person breathwork and supervision components.

Therapeutic Breathwork Level 1 Certification Training Part 2

Advanced techniques of Therapeutic Breathwork are taught which train practitioners to:

~ identify developmental body themes and use specific Bio-energetic exercises during breathwork sessions,

~ use a variety of evidence based healing techniques informed by the neurophysiology of trauma,

~ promote integration and healthy life strategies to counter anxiety, depression, and addictions,

~ increase primal safety for the Inner Child,

~ facilitate a variety of approaches to facilitate online group therapeutic breathwork sessions.

Each of the days will have handouts sent ahead so they can be translated for participants before the training.

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.