

TRANSFORMATIONS

BREATHWORKER SUPERVISION VIDEO CONFERENCES

WITH JIM MORNINGSTAR, PH.D. and

TERI NEHRING, MSE, LPC, CSAC, MAC

Dates: April 15 and 29, May 13 and 27, 2020

limited Enrollment 2 CE hours/session

This series of four group supervisions is for breathwork practitioners who...

want professional and peer feedback on issues relevant to their practice of healing arts. Topics addressed include: *client challenges, creating the proper work setting, attracting clients, ethics and boundary issues, dealing with resistance, referral, use of substances, personal breathwork issues, homework, support group and further training, payment and completion.* Camaraderie and sharing helps us grow from others' experience and increases our confidence and expertise. We benefit our clients as we care for ourselves personally and professionally. Session themes:

Session 1 April 15: Breathwork During a Pandemic - *an ounce of prevention is worth a pound of cure*

- ~ how to safely and effectively breathe in person or virtually (professional guidelines),
- ~ how to communicate with and attract clients who are in state of world fear.

Session 2 April 29: Breathwork Practices in Social Isolation - *idle lungs are a devil's workshop*

- ~ breath exercises to increase immune system and emotional health,
- ~ establishing an exhilarating, diverse and effective daily practice.

Session 3 May 13: Breathwork and Soft Addictions - *what could a little more of this hurt?*

- ~ identifying and addressing the "soft addictions" that run your life,
- ~ is addiction to breathing a bad thing?

Session 4 May 29: Breathwork and Shamanism - *Let me take you down to strawberry fields...*

- ~ getting the most from non-ordinary states of consciousness in breathwork,
- ~ teachings from Peruvian shaman regarding universal healing needed now.



Jim and Teri will do brief presentations on the session's theme. All participants will have individual time to present issues and/or current challenges in their practice and get feedback from Jim, Teri and peers in this 120 minute Zoom consultation. The synergy that emerges is always exciting and enhancing of our practice.

The supervision group will connect via Zoom The sessions will be held from **3:30-5:30 p.m. Central Time (USA)**. You may register for individual sessions or the series.

Cost: \$45.00/session (\$160/series). You will have access to recordings of all sessions for which you register. CE credits available.

Call Jim with questions or to register 414 530 4649

Limited enrollment. Reserve your dates early.

Payment via check to Transformations 4200 W Good Hope Rd Milwaukee, WI 53209 or online: <http://www.transformationsusa.com/products.php> **Workshops and Trainings** with Jim Morningstar, Ph.D.

Jim Morningstar, Ph.D. is a clinical psychologist who has pioneered in integrative healing arts and supervising professionals since the 1970's. He incorporated therapeutic breathwork, Bioenergetics, Gestalt, Reiki, family systems, energy medicine and spiritual guidance into his counseling practice. He is the director of Transformations, the School of Integrative Psychology, Creative Consulting and Counseling Services, the Transformations Breathwork Training Program and InWellness as well as co-director of the Global Professional Breathwork Alliance and author of five books in the field.



Teri Nehring, is a M.S. in Education and Counseling, Licensed Professional Counselor, Clinical Substance Abuse Counselor, Independent Clinical Supervisor and Master Addictions Counselor. She is trained in Brain Spotting, EMDR, Motivational Interviewing, Solution Focused Therapy, Client Centered Therapy, Trauma, Cognitive Behavioral Therapy and Mindfulness. She is also trained in holistic modalities, Yoga, Reiki and the Shamanic Arts. She is a heart centered practitioner, teacher and trainer.