

# TRANSFORMATIONS



## **ADVANCED BREATHWORKER TRAINING/ SUPERVISION VIDEO CONFERENCES** with Jim Morningstar, PH.D. and the Therapeutic Breathwork Training Staff **January 19, February 16, March 16, April 20, May 18 and June 15, 2023** on Zoom from 7:00-9:00 pm **Limited Enrollment 2 CE hours/session**

**This series of six training/supervision sessions 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, complex trauma, proper referral, substance use, personal breathwork issues, developing your toolbox of breathing techniques, homework, building support groups, collecting payment, completion with clients and and further training.* 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.

### **You will gain:**

- **Confidence** in your growing skills coached by veteran breathwork trainers each session
- **Experience** in dealing with challenges that resolve your "blind spots"
- **Techniques** for fine tuning your body as an instrument of breath empowerment
- **Support** for taking your service to the next level of holistic success and certification
- **Practice** with a different breathing technique each session you can use in person or virtually
- **Community** networking for ongoing personal and professional enrichment and joy in life

### **Session themes:**

**Session 1 January 19: Dealing with Challenging Clients** - *every client is a mirror for Self discovery. like it or not*

- ~ how to "hear" and benefit from the lessons the *Spirit of Breath* sends to you,
- ~ how to turn resistance into love every time.

**Session 2 February 16: Building Your Community with Breathwork** - *breath builds unity*

- ~ finding the common breath that unites those you are called to serve and brings them to you,
- ~ drawing from resources in your community you did not know you had.

**Session 3 March 16: The Body Discloses** - *advanced body reading and releasing techniques...*

- ~ fine tuning your body as an instrument of breath coaching,
- ~ discerning which technique for which client?.

**Session 4 April 20: Advancing as a Teacher and Trainer** - *Who me - a master teacher?...*

- ~ knowing and building upon your signature strengths as a breathworker,
- ~ accessing the *Teacher Within* who is ready for you Now.

**Session 5 May 18: Managing Soft and Hard Addictions with Breathwork** - *What can a little more hurt?...*

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

**Session 6 June 15: Building and Maintaining a Thriving Practice** - *its not what you know...*

- ~ the secrets of success to a longterm fulfilling lifework are no secret,
- ~ the power of community working for you 24/7.

*Jim and the TB Staff will do 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, the TB Staff and peers in this 120 minute Zoom training and supervision. The synergy that emerges is always exciting and enhancing of our practice and life. Students will have support in completing their certification and individual mentoring can be acquired.*

The training/supervision group will connect via Zoom . The sessions will be held from **7:00-9:00 p.m. Central Time (USA)**. All sessions are recorded so you will not miss any content and can review it at will. Sixteen credit hours applied to breathworker certification.

**Cost: \$395/series. You will have access to recordings and materials of all sessions.** CE credits available.

**Call Jim with questions or to register 414 530 4649**

**Limited enrollment. Reserve your place 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 practice. He is the director of Transformations, the School of Integrative Psychology, Creative Consulting and Counseling Services, the Transformations Breathwork Training Program as well as co-director of the Global Professional Breathwork Alliance and author of five books in the field.*



**Jim Morningstar will present and supervise each session with the Therapeutic Breathwork Training Staff including:**



**January 19: Lenny Delvecchio  
- Dealing with Challenging Clients**

**April 20: Andy High  
- Advancing as a Teacher and Trainer**



**February 16: Jayne Ader  
Building Your Community with Breathwork**

**May 18: Sherry Ward  
- Managing Soft and Hard Addictions with Breathwork**



**March 16: Kate Becker  
- The Body Discloses**

**June 15: Steve Moe  
- Building and Maintaining a Thriving Practice**



