

TRANSFORMATIONS

THERAPEUTIC BREATHWORK TRAINING VIDEOS **Course Descriptions and Learning Objectives**

1. The Client - Facilitator Relationship in Professional Breathwork Practice: Ethics and Excellence - 2021 (55:07)

Course Description - JimMorningstar, PhD

The purpose of this course is to highlight principles and tools that can be of vital service to the professional breathworker and promote excellence in client/facilitator relationships. The spirit of “right relationships” is foundational and based on a practitioner’s internal ethical compass which involves their view of reality and life, their level of responsibility for and success with their model of healing. the degree of internal safety/fear in their body, and their relation to outside standards. How to establish client rapport and a clear working contract is reviewed as well as the parameters of client contact. Special concern is directed towards sessions that involve non-ordinary states of consciousness. Suitability and contraindications for breathwork are examined. Boundary issues around client/practitioner relationships in and out of session are discussed. Finally issues around experimental techniques, virtual sessions, dealing with suspected unethical behavior of other practitioners, and a practitioner’s own self care are presented.

Learning Objectives

Establish professional care

- Communicate with authenticity, transparency, honesty and integrity
- Conduct ethical practice with regards to transference and countertransference and conflicts of interest
- Work collaboratively with other practitioners
- Ensure supervision and on-going professional education

Create boundaries in your breathwork practice

- Have clarity about the different roles and approaches as a breathwork practitioner, facilitator and therapist
- Deliver clear communication regarding the extent and limits of practitioner availability
- Work within personal capability in practice

2. Introduction to the Evolution of Modern Schools of Psychological Thinking and their Relation to Breathwork - 2021 (1.13:57)

Course Description - JimMorningstar, PhD

Theories of psychological thinking and personality theory evolved in a cultural context and have paralleled the use of breathwork throughout the centuries. These theories were presented to me as a student in graduate school somewhat as the brainchild of gifted thinkers whose theories endured because they seemed to be bourn out in the practice of therapy. Indeed any theory is only so good as it can be applied and improves the human condition. And the fact that a theory of human thinking and behavior has endured is a testament to its applicability to healing and change. It was not until I had discovered a larger map of the history of human neurological and psychological evolution by Dr Claire W. Graves, however, that I could see how naturally each of these theories came into existence and the effectiveness of their application to certain groups of individual at specific stages their growth - from psychodynamic to cognitive to humanistic to transpersonal and holistic. It is from this perspective that I will share a broad spectrum of psychological theories and their relationship to breathwork.

Course Outline

1. Introduction to a map of human consciousness evolution and the role of breathwork
2. Classical and operant conditioning models
3. The origins of psychodynamics - Freud's psychoanalysis and offshoots
4. Cognitive and rational emotive theories and therapies
5. Humanistic theories and the use of group dynamics in healing
6. Transpersonal and holistic shifts in world view and applications
7. Summary and conclusions

Learning Objectives

- Apply an evolutionary map of human consciousness growth to the rise of theories of psychological thinking.
- Relate how the breathwork has changed in its application according to human neurological and cultural development
- Understand principles of basic psychodynamic theory from Freud onward
- Know the shifts in brain and cultural development giving rise to cognitive and rational emotive therapies
- Use humanistic principles in group dynamics and breathwork
- Integrate transpersonal and holistic consciousness into breathwork practice

3. Theories of Human Development and Behavior and Applications in Breathwork - 2021 (58:59)

Course Description - JimMorningstar, PhD

Developmental Psychology is that domain of study that integrates the understanding the stages of human growth from a neurological, behavioral and cultural perspective such that challenges of each stage can be supported for optimal fulfillment of the individual and the society. Thus deviations or blocks to growth can be approached with both scientific and social skill to promote the best outcome for all concerned. If the only tools we have are to try to make every individual conform to dictated standards of ability and performance, research shows us that we not only do a disservice to those who do not fit prescribed models, but the collective as a whole suffers from the lack of diversity out of which greater understanding and growth evolves.

We will look at an overview of several of the most prominent models of human development and then take a more in-depth look at a model that has been extensively applied to breathwork.

Course Outline

1. Introduction to developmental theories of human development and behavior
2. Freud, Piaget and Erickson
3. Jung and Maslow
4. Grof and Lowen (Barbara Brennan, Anodea Judith)
5. Body Themes and Breathwork - Morningstar
6. Personal research and your breathwork practice

Learning Objectives

- Understand the role of Developmental Psychology in the healing professions
- Identify early theories of child development
- Trace the introduction and importance of spirituality in developmental theory
- Know the principle psychiatric and psychological contributors to contemporary developmental applications to breathwork
- Apply knowledge of six developmental body themes to breathwork practice

4. Intersectionality and Professional Breathwork - 2022 (54:07)

Course Description - JimMorningstar, PhD

This course presents an overview of intersectionality: defined as the interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, which can create overlapping and interdependent systems of discrimination or disadvantage. Breathwork has a unique role in helping transform these systems into sources of mutual learning,

empowerment and growth when owned and dealt with consciously and respectfully. The course takes students through a number of exercises to experience and identify their own unconscious areas of social judgment and how to support others in healing from the effects of intersectional dynamics. How to develop cultural competence and work with the contextual and multidimensional aspects of privilege are explored. Tools for understanding practitioner/client identities are given. The breathworker's role in supporting the inner work of releasing fear and prejudice as well as working with the outer levels of social change when called to do so is examined.

Learning Objectives

- Understand and explain the dynamics of the intersectionality
- Identify areas of personal cultural and social judgement
- Describe the effects of intersectional wounding
- Increase areas of cultural competence needed in client service
- Explain the difference between a polarizing approach to intersectionality and a contextual and multidimensional approach
- Share the role of breathwork in healing the personal and social woundings of intersectionality

5. Neurodiversity and Professional Breathwork - 2022 (1.06:26)

Course Description - JimMorningstar, PhD

The purpose of this course is to present the history (from its roots in the Autistic Rights Movement) and development of the Neurodiversity Paradigm, i.e., the concept that there is no one “normal” or “healthy” type of brain or mind or one “right” style of neurocognitive functioning, and that healthy/sick diagnosis is no more valid than the idea that there is one “normal” or “right” gender, race or culture. Practitioners are encouraged to integrate the neurodiversity paradigm into their work by refusing to label neurodivergence as intrinsically pathological. Instead they are supported in helping neurodivergent people find ways of living that are more in harmony with their natural neurological dispositions, and assisting them in healing from internalized oppression. Therapeutic Breathwork takes leadership in promoting a new paradigm of human wellbeing by tracing the origins of divergence to early childhood patterning which eventuate into six major body themes. When their body themes are understood and accepted, people evolve and breathe life into a natural course of integration and finding the true gifts implicit in their divergence. An exploration of 6 major categories of medical diagnoses and the corresponding neurodivergent themes that give

developmentally based alternatives is given to practitioners for reflection and application.

Learning Objectives

- Understand the concept of the neurodiversity paradigm
- Know the roots of the neurodiversity movement
- Describe the development of six major developmental Body Themes
- Explain how the neurodivergent model of communicating patterns of less to more integrated functioning differs from standard medical diagnosis
- Give an example of how a “difference view” can promote positive self esteem in autistic children more than a “medical/deficit view”

6. Gender Expansiveness and Professional Breathwork - 2022 (56:07)

Course Description - JimMorningstar, PhD

Gender Expansiveness is a term used to denote a growing awareness of the diversity of gender identifications in humans and the importance of how these gender identities are validated and respected in society. It is particularly relevant in the areas of healing and growth because of the past stigmatization and repression of Transgender and Gender Non-Conforming People. This course shows the vital role breathwork has to play in both healing and growth in this area that has roots in all of us. The terms and concepts of gender transformation are presented along with a detailed presentation of principles vital to working with non binary people in supporting their self and societal validation. Attention is given to how non ordinary states in breathwork may be particularly useful in releasing restrictive mindsets and adopting identities and lifestyles synchronous to their inner callings. A Gender Expansive Awareness Exercise helps practitioners find judgments or reactivity assimilated in their own cultural programming such that they may be minimized. Neurodivergent and gender diverse co-occurrence is noted and a personal account of a breathwork student's gender transformation is recorded.

Learning Objectives

- Understand the concepts and terms of gender diversity
- Know some of the inner and outer challenges of transgender and gender non conforming people
- Have a working knowledge of the principles and techniques most useful in supporting the healing and growth of TGNC people
- Explain breathwork's unique role in the gender transformation journey

- Identify areas of reactivity or judgment you may harbor as a practitioner and ways to minimize them