

The purpose of this program is to train professionals in the art and science of Therapeutic Breathwork.

# Therapeutic Breathwork™ Training Program

*Four levels of certification offered.*

*The breath awareness, body reading and release techniques of Therapeutic Breathwork™ enhance clinical and teaching skills for practitioners and students in the healing and educational arts.*

## **THERAPEUTIC BREATHWORK™**

Therapeutic Breathwork™ is a science and healing art which has promoted significant advances in medical, psychological and transpersonal domains.

Therapeutic Breathwork™ uses conscious breathing practices to explore, release and integrate mental, emotional and physical energies and assists clients to:

- Resolve chronic holding patterns in mind, body and spirit
- Release emotional material stored within the muscles and tissue
- Unravel primary relationship patterns that interfere with a sense of personal well-being
- Experience a felt sense of self love in their bodies

Training Participants will learn to:

- Identify ineffective breathing patterns
- Teach healthy breathing skills to individuals and groups
- Use breathwork to address issues of trauma recovery, depression, anxiety and addictions
- Monitor and release personal issues that interfere with clarity as a practitioner
- Utilize water as a medium for breathwork and facilitate therapeutic healing movement
- Integrate breathwork into their present work



# Therapeutic Breathwork™ Training Program

## THERAPEUTIC BREATHWORK COURSES

### Level I - II

**Practicum in Connected Breathing Technique\*** 50 hrs  
Includes six seminars and practicum assignments.  
Basics for breathworkers; personal and professional practices.

**The Basic Breathwork Training** 36 hrs  
Five days - residential training and supervision.  
Introduction to dry, wet and group breathwork.

### Modules in Special Topics in Breathwork

**An Introduction to Breathwork for Professional Counselors** 15 hrs  
Basics for breathworkers in professional healing arts.

**Breathwork in Water** 8 hrs  
Practice in use of water in dealing with perinatal issues.

**Group Breathwork** 8 hrs  
Practice in constructing and leading group breathwork.

**The Anatomy of Breathwork** 8 hrs  
Evolution of breathwork and its effects, physiological to spiritual.

**Energy Release and Body Types in Breathwork** 8 hrs  
Practice in body reading and releasing techniques.

**Breathwork and the Biology of Trauma** 8 hrs  
Understanding and working with trauma and its effects.

### Level II - III

**Advanced Therapeutic Breathwork Training** 36 hrs  
Five days - residential training in advanced body techniques and breathworker supervision. There is an application and selection process with limited enrollment.

**Supervised Breathworker Sessions** 33 hrs  
Supervision of taking three clients through a course of breathwork sessions.

### Level IV

**Breathworker Trainer Apprenticeship** 36 hrs  
Residential training in assisting and leading breathworker trainings.

\*Distance learning available.

## CONTINUING EDUCATION FOR PROFESSIONALS

Courses are approved by the National Board of Certified Counselors (NBCC) and the National Association of Alcoholism and Drug Abuse Counselors (NAADAC) for professional continuing education in the United States.

Courses (on site and distance learning) can be applied to the Masters Certificate through the School of Spiritual Psychology or to academic credit through affiliation with Akamai University (non accredited) in Hawaii.

## CERTIFICATES AWARDED

**LEVEL I** on completion of 36 - 50 training hours  
**APPRENTICE THERAPEUTIC BREATHWORKER**

For professional and students who want to:

- increase sensitivity to the breathing process's profound effect on learning, healing and growth in oneself and one's clients
- develop the basic techniques of breathwork
- learn professional principles and ethics of breathwork practice under supervision

**LEVEL II** on completion of 86 training hours  
**ADVANCED APPRENTICE BREATHWORKER**

For professional and students who want to:

- gain experience and confidence in applying breathwork techniques
- be trained in dry, wet and group breathwork techniques

**LEVEL III** on completion of 400 training hours  
**THERAPEUTIC BREATHWORKER PRACTITIONER**

For professional and students who want:

- certification as professional breathworker by international standards
- qualification to practice independently with wide spectrum of clients

Requires: Two hundred twenty five hours of Therapeutic Breathwork coursework and One hundred seventy five hours of elective courses from the School of Spiritual Psychology

**LEVEL IV**  
**PROFESSIONAL BREATHWORKER TRAINER**

For experienced practitioners who wish to lead trainings for breathworkers. Training is arranged on an individual basis.

## INTERNATIONAL BREATHWORK TRAINING ALLIANCE

The Transformations Breathwork Training Program is a founding member of the International Breathwork Training Alliance which adheres to agreed upon principles, ethics and training standards amongst well established breathwork training schools around the world. <<http://breathworkalliance.org>>

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