

# **Therapeutic Breathwork Postgraduate Diploma**

## **School of Integrative Psychology**

### **Akamai University**

Therapeutic Breathwork Postgraduate Diploma is a professional diploma program in the growing field of breathwork, using breath awareness and techniques for healing, personal awareness and spiritual evolution. Appropriate for medical professionals, therapists, educators, caregivers, life coaches, workshop and seminar leaders and students of self-help.

A Postgraduate Diploma in Therapeutic Breathwork Studies through the School of Integrative Psychology and the Transformations Breathworker Training Program can be obtained via online studies by completing all the seminars and passing the online tests for the *Practicum in Breathwork* and the *Breathworker Certification Modules*. SIP certificates have growing recognition in educational and health related fields.

Background experience, seriousness of intent and competency in the English language are considerations for admission. You will be notified by return email about your acceptance to the Program. This is not a certification program as a professional breathwork practitioner which requires clinical training, but can be applied toward **breathworker certification**.

#### **PROGRAM REQUIREMENTS**

Students pursuing the Postgraduate Diploma in Personal Integration Studies complete a program of 12 semester credits, as outlined below:

SIP 524: Practicum in Breathwork (3 credits)

BP Seminar 1: Therapeutic Breathwork

BP Seminar 2: Breathwork Supervision Group

SIP 602: Breathworker Certification Modules (6 credits)

BC Module 1: Introduction to Breathwork for Professional Caregivers

BC Module 2: Breathwork in Water

BC Module 3: Group Breathwork

BC Module 4: The Anatomy of Breathwork

BC Module 5: Energy Release and Body Types in Breathwork

#### **COURSE DESCRIPTIONS**

##### **SIP 524: Practicum in Breathwork (3 credits)**

Jim Morningstar, PhD.

The theory and practice of breathwork will be presented along with readings and techniques for integrating the practices into ones life and profession. Over the past 25 years, there has been an explosion in the blending of ancient breathing techniques for health and spiritual awareness with contemporary growth and therapeutic practices. The result has been the evolution of powerful and incisive healing and consciousness changing modalities. This has given birth to the field of breathwork that has promoted significant advances in medical, psychological and spiritual domains. The call for professional training and supervision in theory and practice is immanent as breathwork is emerging as a primary technique in the practice of Spiritual Psychology. The

Breathwork Practicum is a foundational course in this training. These seminars can be taken individually, but should be taken in order given for best understanding and application.

### **Seminar 1: Therapeutic Breathwork**

Students will be exposed to the core theory and techniques of breathwork. Adaptation to one's current professional service will be addressed. Should a practitioner choose to additionally complete all the Level 1 Breathworker requirements including direct supervision, certification at that level could be obtained. The **required course text** is: Morningstar, Jim (1994), *Breathing in Light and Love, Your Call to Breath and Body Mastery*. Wisconsin: Transformations Incorporated.

Course Objectives:

- Define breathwork as a healing art,
- Be conversant with the applications of breathwork,
- Create effective healing contracts,
- Identify healthy and unhealthy breathing patterns,
- Relate body types to breathing styles,
- Address resistance in a breathwork session.

### **Seminar 2: Breathwork Supervision Group**

This series of classes is designed for students who are ready to or have begun to practice breathwork under supervision. Dealing with the major issues that arise in practice and hearing other students' challenges and feedback to them is central to this work. This can prepare the student for Level II and Level III (professional practitioner) training.

Course Objectives:

- Be able to guide a client through six sessions under supervision,
- Know how to establish a breathwork practice,
- Practice ethically,
- Be conversant with credentialing in Breathwork.

### **SIP 602: Breathworker Certification Modules (6 credits)**

Jim Morningstar, Ph.D. and TBTP Staff

The Breathworker Training Modules focus in depth on specific aspects of being a competent and successful breathworker. Each module highlights different techniques for guiding oneself and others through the many and varied applications of breath for healing and growing. This ranges from breathwork's use in professional practice, water and group breathwork, pre-birth stages and the physiology and history of the use of breath mastery throughout the ages. Finally the finer points of body and energy reading as a breathworker are covered. This material when combined with clinical practicum is all applicable to certification as a professional breathworker according to the standards of the International Breathwork Training Alliance.

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Course Objectives:

- Know the basic principles of breath coaching for dry, wet and group settings,
- Be conversant with the ancient and modern roots of breathwork,
- Have an understanding of the physiology and psychology of breathing,
- Be aware of the energetic dynamics and potential of being a breath facilitator.

**Module 1: Introduction to Breathwork for Professional Caregivers**

The purpose of this training is to introduce breathwork skills to professionals in the healing arts. Breathwork is a conscious breath monitoring process which is used by health care professionals around the world to explore, release and integrate mental, emotional and physical material that maybe impeding a client's ability to:

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

Course objectives:

- \*Identify ineffective breathing patterns,
- \*Teach healthy breathing skills,
- \*Use breathwork to address issues of depression, anxiety and addictions,
- \*Integrate breathwork into standard clinical practice,
- \*Monitor and release personal holding patterns that interfere with clarity as a clinician in the healing arts.

**Module 2: Breathwork in water training**

Required course text: Taylor, Kylea (1994), *The Breathwork Experience*.

This training prepares the practitioner to give wet breathwork sessions. Both theory and supervised experience are given in profoundly moving method of healing and growth. The stages of pre natal growth, recognizing and releasing patterns which develop from them are detailed.

Course objectives:

- Identify four prenatal stages
- Conduct a breathwork session in water
- Identify effects of birth trauma in breathing patterns
- Select proper equipment for wet breathwork

**Module 3: Group Breathing Training**

Required course text: Grof, S. *Psychology of the Future*. State University of new York Press, Albany: 2000

Understanding and working with group dynamics, creating group sessions, use of music, movement, art, successful teamwork, and supervision in facilitation will all be addressed in this day long training.

Course objectives:

- Name principles of group breathwork
- Know types and styles of facilitation
- Utilize music and artwork in group setting
- Organize and orchestrate a group session

#### **Module 4: The Anatomy of Breathwork**

Required course text: Minett, G. *Exhale*. Floris Books, Edinburgh: 2004

Participants will learn the foundational mechanics of healthy breathing and how to coach positive changes in dysfunctional patterns. The schools and styles of breathwork techniques will be presented and experienced so practitioners may choose the methods that fit themselves and their clients best.

Course objectives:

- Name main traditional sources of breathwork practices
- Know two modern schools of dyadic breathwork
- Outline anatomical features of diaphragmatic breathing
- Specify what chemical imbalances are related to deregulated breathing

#### **Module 5: Energy Release and Body Types in Breathwork**

Required course text: Morningstar, J. *Breathing in Light and Love*. Milwaukee, WI: Transformations Incorporated, 1994.

Participants will be trained in hands on and hands off energetic release work, reading body types and facilitating exercises for maximizing their strengths and integrating these techniques into the breathwork session. Application from infancy through adulthood will be addressed.

Course objectives:

- Know the breathing patterns of the six body types
- Facilitate release exercises for each body type
- Sensitively enter a client's body energy field
- Identify one's own body type strengths and weaknesses