

WHAT PARTICIPANTS SAY . . .

As a breathwork practitioner trainee with a psychology background, I have been astounded by Lloyd's ability to move the client through a deep and transformational therapeutic process in such a smooth and contained way.

E. M. Psychotherapist

Research on the benefits of breathing have long been known, research on Mindfulness is solid, this just puts it all together so well! As a counsellor in practice for more than 25 years I have long known the limitations of just talking.

K.V. Counsellor

I attended Lloyd's training in Integrative Breathwork Therapy because I felt there was something fundamental missing in my experience working in mainstream mental health over many

years. However, I did not anticipate it would initiate such a powerful healing process in my own life.

S. D. Correctional Services Psychologist

If only we could integrate the breathwork approach into our everyday clinical settings – perhaps we can liberate many of those that just go round-and-round in our mental health system.

A. N. Psychologist

The training was great I just loved the rationale and research that's gone into this approach to Breathwork. Assisting someone to integrate a past experience, the peace they felt was obvious.

G. B. Kinesiologist

INTEGRATIVE BREATHWORK THERAPY

6-DAY CLINICAL TRAINING

LLOYD LALANDE

JONINE LEE GABAY

SYDNEY

September 26, 2011

June 13 & November 7, 2011

MELBOURNE

January 4, 2012

AUCKLAND

INTEGRATIVE BREATHWORK THERAPY (IBT)

Integrative Breathwork Therapy is an exciting complementary approach to mental health problems like anxiety and depression, as well as an effective process for personal development.

Developed by Lloyd Lalande as an empirically supported refinement of existing breathwork approaches, Integrative Breathwork Therapy teaches the **self-regulation of breathing, mindfulness and relaxation** to access and integrate aspects of consciousness normally outside of awareness.

People who have experienced Integrative Breathwork Therapy often report feeling less bound by past conditioning and an increased ability to remain comfortably in contact with moment-to-moment experience. This can result in a new perception of self and the world.

The workshop is designed as an intensive, experiential training in the key skills required for facilitating the Integrative Breathwork Therapy intervention in clinical contexts.

You will also learn the **theory and research** that forms the foundation of the approach and provides the rationale for its use with clients experiencing anxiety and depression – two of the most common mental health problems in Australia.

Through experiencing actual sessions with other participants you will start to learn how to facilitate client sessions, and experience the transformational power of the approach yourself.

This workshop is appropriate for people interested in developing skills in the use of a transformational therapy that is clinical practice friendly.



Lloyd Lalande is a lecturer and course coordinator of the **Bachelor of Counselling and Master of Clinical Counselling** programs in the School of Psychology at the Australian Catholic University (Brisbane). His involvement with

Breathwork began when he did his practitioner training in 1982 with the early pioneers of Breathwork. Since 1988 he has maintained a private practice as a psychotherapist.

He is currently completing a PhD at Queensland University of Technology. His doctoral studies focus on defining a standardised breathwork approach, developing a research based theoretical model of how breathwork works, developing and assessing the outcomes of a breathwork training program for experienced mental health practitioners, and empirically assessing the effectiveness of breathwork as a treatment for depression and anxiety in a clinical trial with patients diagnosed with a depression and/or anxiety disorder.

About Lloyd

As current President of Australia's national professional association for Breathwork Practitioners and passionately involved in the development of



Jonine Lee Gabay

Breathwork nationally and internationally for nearly 20 years. I have been inspired and impressed by Lloyd's research and the outcomes that it has provided in the development of a standardized approach to Breathwork. Lloyd's integrity and thorough approach to training as well as his gentle humour makes it a joy to work with him and support him.

Jonine is one of Australia most experienced Breathwork practitioners and trainers known for her dynamic and joyful approach. Over the past 20 years she has integrated breathwork, counselling, life coaching, nlp and her passion for Family Constellations into her private practice.

Principal of Core Connection Trainings in Sydney, a director of **Breathwork Trainings International** (registered training organisation) and President of the Australian Breathwork Association. Areas of expertise include **Integrative Breathwork Therapy** for couples, family/group dynamics, incest and abuse recovery, infertility and self-worth/identity issues.

Jonine also works with GPs and Naturopaths supporting clients whose physical health does not respond to usual treatment.

REGISTRATION FORM

Please register me for:
REGISTRATION FORM
Integrative Breathwork Therapy Intensive

Sydney September 26 to 1 October, 2011
Melbourne June 13 to 18 & November 7 to 12, 2011
Auckland January 4 to 9, 2012

(See website for other dates or contact our office if you are interested in bringing this program to your location)

EARLY BIRD: A\$1350 after E/B A\$1480

EARLY BIRD DEADLINE: Registrations four weeks prior to training date

Morning and afternoon tea provided.

Name _____

Address _____

Postcode _____

Phone _____

Email _____

PAYMENT

Direct deposit to BSB 112 879 A/C 121 340 343 or
Please debit my credit card: Visa / MC *(please circle)*

Expiry date _____ / _____

Name on card _____

Signature _____

Core Connection Trainings

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W: www.coreconnectiontrainings.com

Participants will receive a
**CERTIFICATE IN FUNDAMENTALS OF
INTEGRATIVE BREATHWORK THERAPY**

THIS TRAINING IS SUITABLE FOR:

- Health Care Professionals
- Mental Health Professionals
- A career pathway in Complementary therapies

- Personal Development
- Self awareness program
- IBT compliments and enhances many other modalities

TRAINING DESCRIPTION

DAY ONE Introduction to Integrative Breathwork Therapy (IBT)

MORNING Introduction to Integrative Breathwork Training

- : Introduction to the 3 Component
- : Integrative Breathwork Therapy Model
- : Psychopathology from the IBT perspective.

AFTERNOON : IBT practice session (1)
: Debrief / Group Discussion

DAY FOUR The Therapeutic Relationship and the IBT Practitioner

MORNING Common factors and the Therapeutic Alliance

- : Common factors research
- : Practical applications of common factors in the context of IBT
- : IBT practice sessions
- : Debrief / Group Discussion

DAY TWO Foundational skills in the practice of IBT

MORNING Facilitation skills in IBT (1)

- : Guiding the basic process
- : Regulation of breathing, relaxation, mindfulness
- : Managing clinical issues
- : IBT practice sessions
- : Debrief / Group Discussion

DAY FIVE Counselling skills for the IBT Practitioner

MORNING The person-centred perspective

- : Facilitation skills in IBT (3)
- : "Being" with the client
- : Doing less can be doing more
- : IBT practice sessions
- : Debrief / Group Discussion

DAY THREE IBT, Psychotherapy and the treatment of depression and anxiety

MORNING Summary of research supporting IBT

- : Facilitation skills in IBT (2)
- : Characteristics of good delivery
- : Barriers to being fully present
- : Paying attention to the details
- : IBT practice sessions
- : Debrief / Group Discussion

DAY SIX Identified concerns and questions Addressing trainee identified concerns & questions

MORNING

- : Supervision in IBT
- : The professional IBT practitioner
- : Further skill and knowledge development
- : Challenges and opportunities
- : IBT practice sessions
- : Debrief / Group Discussion
- : Completion of Training

AFTERNOON : IBT practice sessions
: Debrief / Group Discussion

LEARNING OUTCOMES AND BENEFITS

- Increase your capacity to remain fully present and effective working with clients' emotional experience in all forms of therapy
- Gain practical experience with breathwork and the necessary foundation to use this approach in your own practise with clients
- Further your own process of personal development, including increased self-awareness and sense of well-being
- Highly experienced nationally and internationally recognized Trainers
- Pathway to Government accredited Cert 3, Cert 4 and Diploma
- Flexibility of learning – career, cpe, or personal development
- ongoing training and support

Although there are no learning prerequisites for the course, it is recommended that you have experienced at least two personal Breathwork sessions OR have an appreciation of the experiential nature of the IBT approach prior to commencing the training. Please call Jonine on 02 9499 9895 or 0402 067 024 to discuss.