

This original paper was published in *The Journal of Contemporary Psychotherapy* (2016) 46: 107-116 (DOI 10.1007/s10879-015-9320-5), and has global copyright protection. This pre-publication version is made available here with the kind permission of the publisher. The final publication is available at springerlink.com. This is the 2nd in a series of three papers, the first being, *Breathwork: An additional treatment option for depression and anxiety?* (Lalande, Bambling, King et al., 2012). And the third, *An uncontrolled clinical trial of Guided Respiration Mindfulness Therapy (GRMT) in the treatment of depression and anxiety* (Lalande, King, Bambling et al., 2017).

Guided Respiration Mindfulness Therapy: Development and Evaluation of a Brief Therapist Training Program

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Abstract

The present paper describes the development and evaluation of a standardized multi-component therapist training program in guided respiration mindfulness therapy (GRMT). GRMT is a manual-based, experimental clinical intervention involving concentrated focus on sustained self-regulation of breathing, application of mindfulness to emergent somatic experience and relaxation. Therapists ($n = 61$) new to the approach attended a 2-day experiential workshop and were evaluated pre-post workshop for change in intervention knowledge, as well as change in mindfulness. These trainees also participated in post-workshop focus group sessions to explore perception of the intervention. A subset of 40 therapists participated in a second training component, and 14 of these were rated for competent delivery of the intervention during participation in a clinical trial. During training, therapists personally received the treatment giving the opportunity to assess treatment session ($n = 283$) impact on sense of wellbeing. Results indicated a brief focused training program can equip therapists with basic knowledge and skills required to deliver the standardized manual-based treatment. Qualitative analysis of focus group sessions showed that therapists endorsed the intervention for clinical use and found it personally beneficial. This research provides a foundation for further evaluation of clinical effectiveness of the intervention.

Keywords: Breathwork, GRMT, Mindfulness, Psychotherapy Training, Respiration, Self-regulation, Treatment Development

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