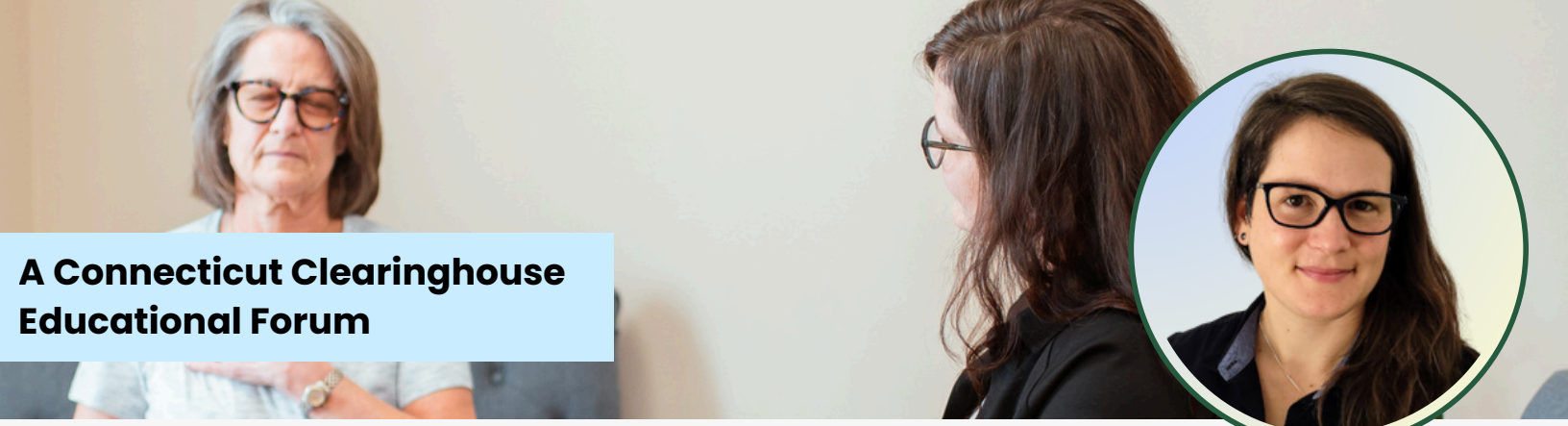


A Connecticut Clearinghouse Educational Forum

WHEN HELPING HURTS:

RESTORING HEALTHY BREATHING

With Sara Merrick-Albano, C-IAYT, Co-Founder of Yoga Therapy Associates and ClinicAlly Trained™

OCTOBER 14, 2026

1:00 PM - 4:00 PM

IN-PERSON AT CONNECTICUT CLEARINGHOUSE
334 FARMINGTON AVENUE (RT 10)
PLAINVILLE, CT 06062

Visit ctclearinghouse.org/registration

OR SCAN TO REGISTER

LEARNING OBJECTIVES:

- **Explain** how dysfunctional breathing patterns can affect stress responses, emotional regulation, and overall health.
- **Identify** common signs of breath dysfunction, including chest breathing, breath holding, hyperventilation, mouth breathing, and reverse breathing.
- **Use** simple self-assessment tools to recognize potential signs of breath dysfunction.
- **Demonstrate** at least one foundational technique for healthier breathing, such as diaphragmatic or nasal breathing.
- **Develop** a personal practice plan to improve breathing patterns and recognize when symptoms may warrant referral to a healthcare professional.

This program has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers (NASW), CT and meets the continuing education criteria for CT Social Work Licensure renewal.

Wheeler | CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

CONNECTICUT
Mental Health & Addiction Services