



Integral Breath Therapy Certification Practicum

An online, interactive course for all those who have taken the IBT Level One Training program and have not yet certified or as an in-depth review course. We are getting multiple referral requests for facilitators in IBT. It is understandable that we do not refer unless the facilitator has satisfied the Basic IBT certification requirements. We would like to include you on this list!

This program is being offered over 9 weeks to support IBT Certification and includes supervision for case studies, 30 day breathing support, Connecting for Session Exchanges, and group interaction through a private Facebook page. This program will include group Video Conferencing and individual support as needed. There will be time for questions and feedback. Videos will cover materials designed to take your understanding deeper. Additional and expanded manual material / exercises are included.

Session 1 – An IBT Review

The Breath

- The power of the breath and how it creates the outcome.
- Teaching the Basic Conscious Connected Breath (There is an expanded version)
- Using Fast and Full Breathing. How, when and why.
- How to pace the breathing process during a session
- IBT breathing vs Pranayama

The Basics of a Session

- Using the resources in the Manual
- Understanding the value of the Session Framework
- Appropriate documentation of client sessions
- The best Intentions and Affirmations.
- When to talk and when to hold silence.

Session 2 - The Case Study

- Choosing and making an agreement with the client
- Explaining the process and the Introductory session
- Utilizing the distortions in Breathing information
- Breathing Techniques and appropriate applications.
- Engaging the client in the Process using homework.

Session 3 - Emotions = Energy in Motion

Emotional Anatomy

- Understanding the Emotional Process
- Releasing and Integrating held Emotions

- How the Emotions interact with each other.
- Unresolved Emotions and how it clouds Intuition
- Corrective Experiences

The Energetic Process

- Understanding how to use the breath to adjust the flow of energy
- Working with and tracking energy during sessions
- Understanding when to facilitate energetic / emotional release
- Emotional Release / Hysterical Reactions / Kriya expression

Session 4 – Working with the Body

- Deepening the understanding of the mind-body connection
- Tapping into the wisdom of the body
- The power of a good Body Dialogue session
- Working with Pain, Disease, and Physical Stress
- When and how to use the techniques of Guided Imagery

Session 5 – The Biology of Beliefs

- Using the Breath to Identify / Explore Beliefs
- How the Belief System is Structured
- Dismantling the Belief Structure
- Revealing Hidden Beliefs
- Appropriate use of the Linking Technique
- Using the Bio Computer Programming and related materials

Session 6 – Trauma and Shock

- The Difference between Trauma and Shock
- Details of Sympathetic and Parasympathetic Nervous System
- Working with the Treatment Protocols of Trauma and Shock
- The Integration Process

Session 7 – The Overview

- Deepening the Overall Understanding
- The Power of Professionalism
- Boundaries and Client Relationships
- The Integration of IBT into your current clinical practice

Session 8 – Finishing Up

- Conclusion and additional Supervision
- Preparation, and submission of certification materials

Dates – Wednesdays, January 30 - March 13 & March 27, 2019. Cost - \$195. Deposit \$50 to register at integrationconcepts.net/shop/. Class size is limited. Installment plans are available.