

Breathwork Therapy for Depression and Anxiety

Introductory Workshop for Mental Health Professionals

A two-day experiential workshop with Lloyd Lalande

Brisbane 2008, 8 – 9 March
Queensland University of Technology
Carseldine Campus, Beams Road

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WORKSHOP DESCRIPTION

Breathwork therapy is a new approach to treating depression and anxiety. Breathwork therapy teaches the self-regulation of breathing, sustained attention to inner experience with an attitude of acceptance, and relaxation, to access and integrate aspects of consciousness normally outside of awareness. A Breathwork session produces profound relaxation, clarity and a positive emotional and mental state.

Breathwork therapy develops an increased ability to remain comfortably in contact with moment-to-moment experience, without over-identifying with thoughts and feelings. This results in the emergence of a new perception of self and the world.

This workshop is designed as an intensive, experiential teaching in the key skills required to facilitate the Breathwork intervention in clinical contexts. Through paired practice sessions, you will learn how to guide clients through a Breathwork session, and experience the transformational power of Breathwork for yourself.

Breathwork therapy provides a gentle yet powerful approach to healing and the deepening of self-awareness that is suitable for private practice settings.

DAY ONE

Morning Session

Introduction to Breathwork
A model of psychopathology
Key elements
The energy cycle
Practice sessions (1)
Debrief and sharing

Afternoon Session

Psychotherapy and treatment of major depression and anxiety
Facilitation of Breathwork sessions
Practice sessions (2)
Debrief and sharing

DAY TWO

Morning Session

Group sharing and questions
Summary of research
Therapeutic alliance in Breathwork
Practice sessions (3)
Debrief and sharing

Afternoon Session

Completion issues
Managing clinical issues
Characteristics of good delivery
Practice sessions – clinical issues (4)
Debrief and sharing
Closure
