

# Breath Awareness and Modulation: Healing Trauma and Addiction

Presented by Jim Morningstar, PhD and  
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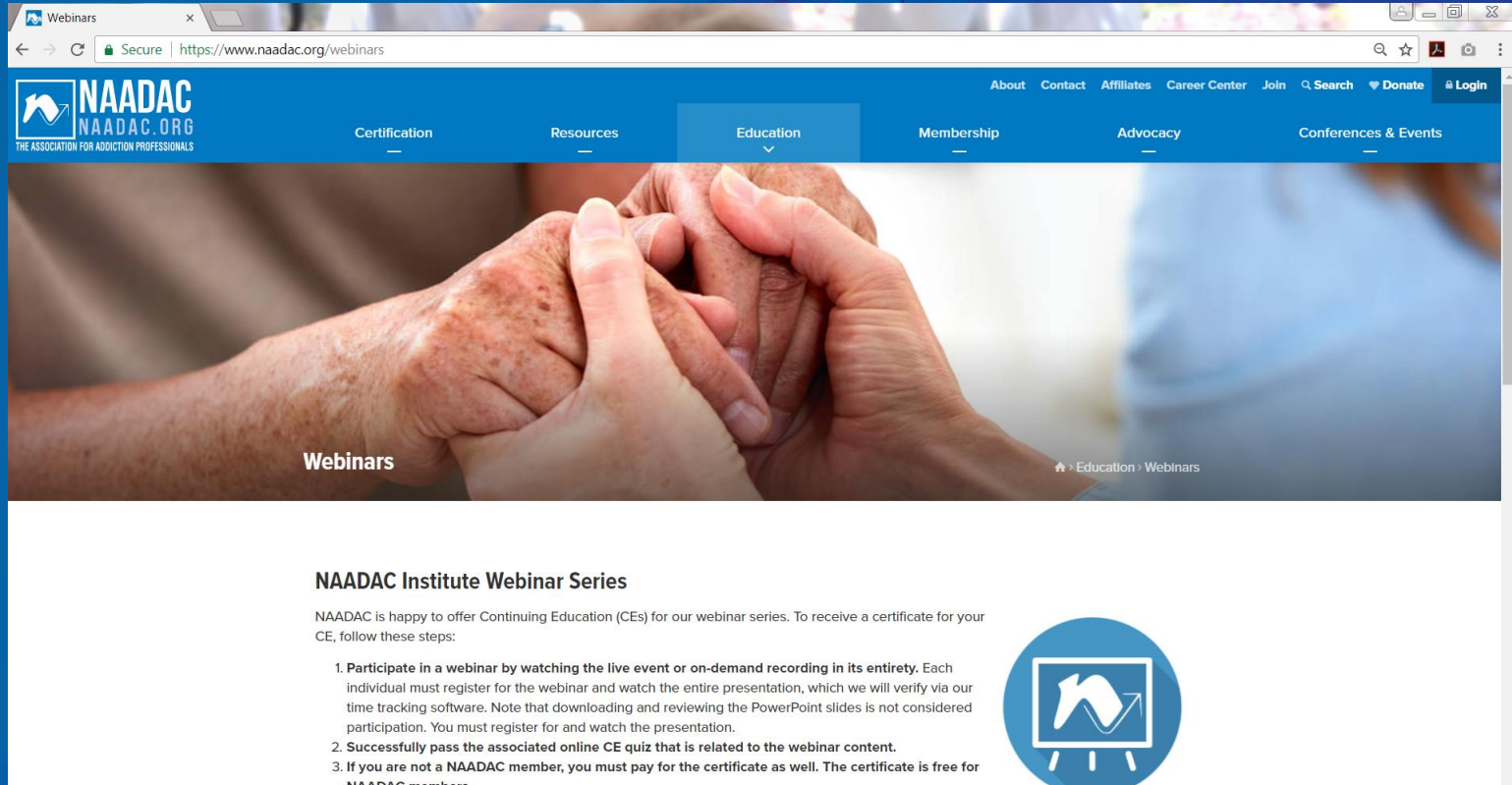
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Webinars Education > Webinars

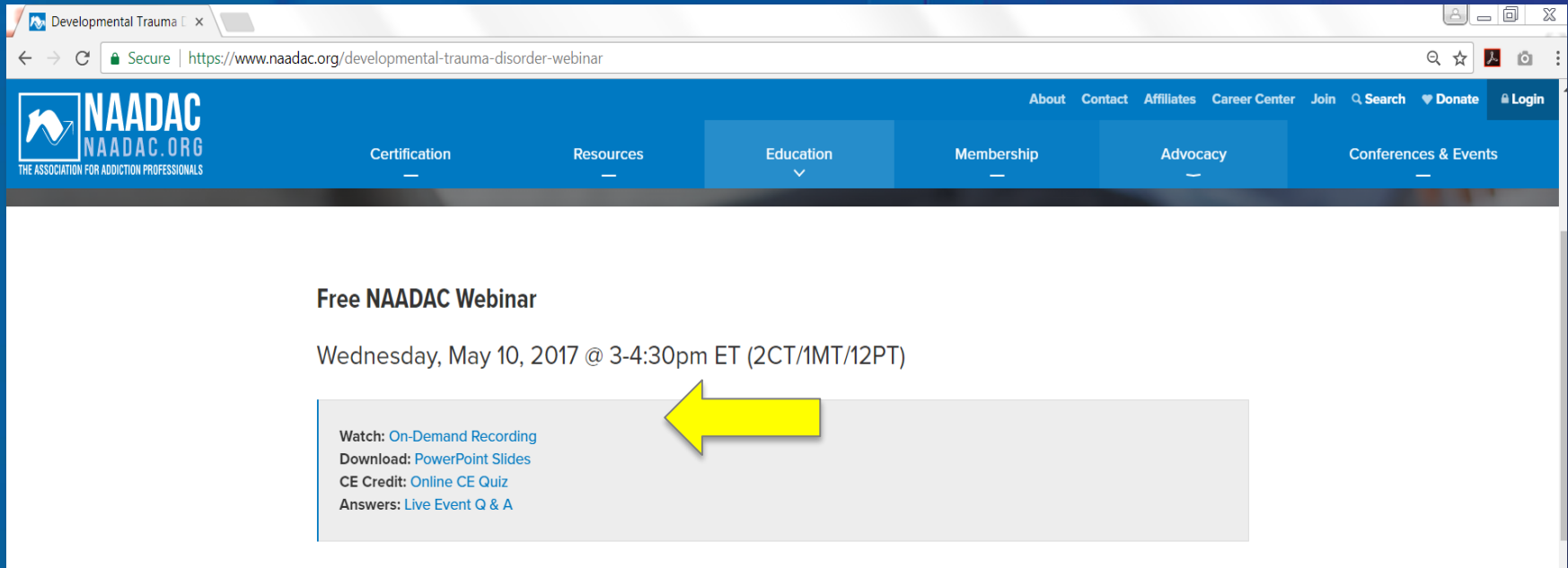
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**Free NAADAC Webinar**

Wednesday, May 10, 2017 @ 3-4:30pm ET (2CT/1MT/12PT)

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**Available:**

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**CE Certificate for  
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**Members:**

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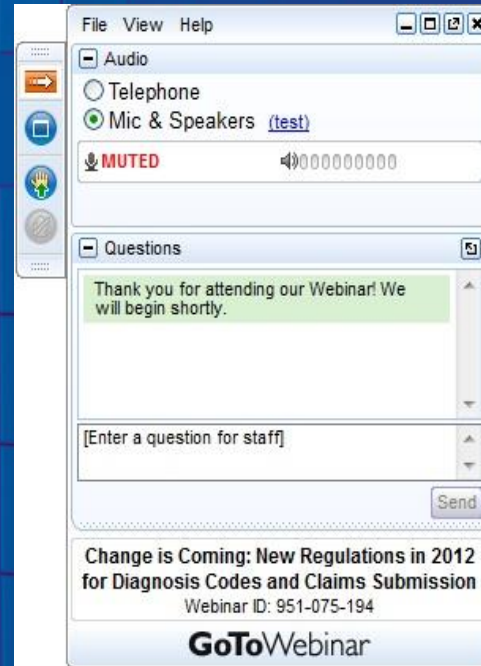
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# Using GoToWebinar – *(Live Participants Only)*

- Control Panel
- Asking Questions
- Audio (phone preferred)
- Polling Questions



# Webinar Presenters



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# Webinar Learning Objectives

1

LO #1 identify three advantages and one caution of faster than normal breathing interventions with trauma and addiction recovery

2

LO #2 name two physiological and two psychological effects of slow and fast breath modulation

3

LO #3 be conversant with three breathwork tools for use during and after counseling sessions

Breathwork is the science and art of breath awareness and breath modulation. It is directed toward releasing dysfunctional patterns of physical, emotional, and mental functioning and bringing greater harmonious integration of one's network of life systems from the neurological to the spiritual—literally to feel more comfortable in one's skin. Therapeutic Breathwork brings together time-honored healing traditions with contemporary breakthroughs in mind-body therapies. The theory and researched physiological correlates are presented along with how caregivers can begin effectively using some of these techniques immediately. Applications with addiction recovery, anxiety, depression will be given.

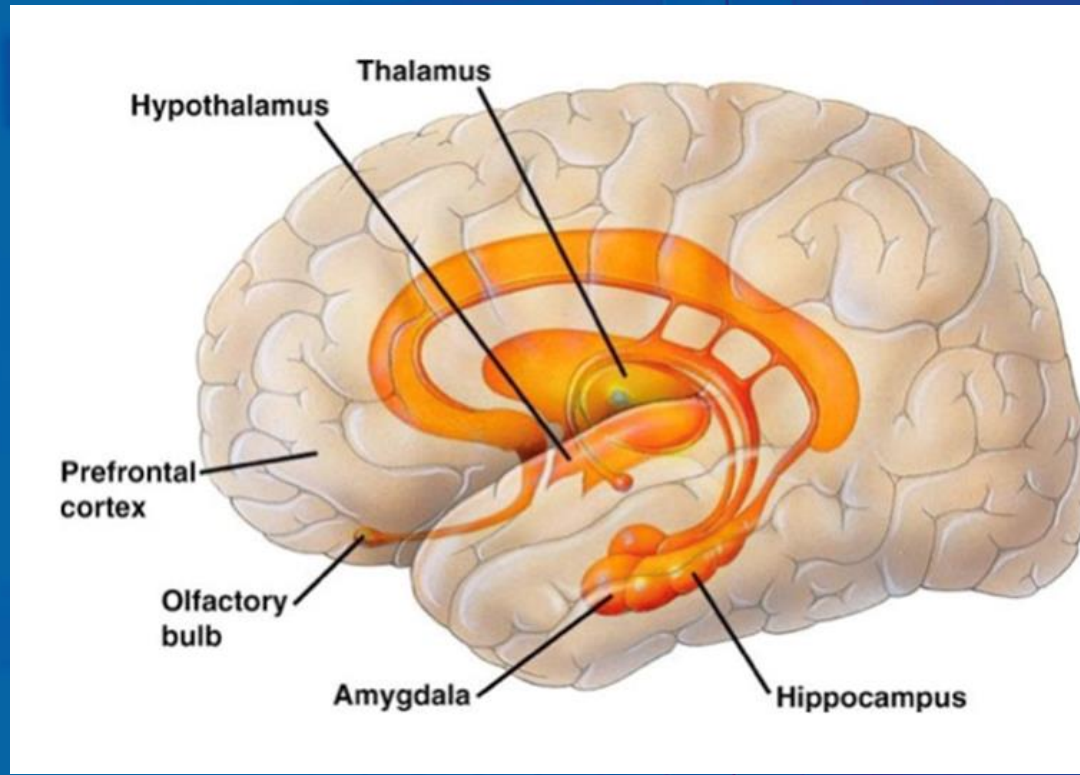


Have you employed slower than normal breathing techniques in your practice? Y/N



Have you employed faster than normal breathing techniques in your practice? Y/N

# Limbic System

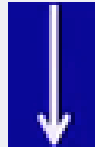


# Hierarchical Model of the Polyvagal Theory by Stephen Porges

**Myelinated (supra Diaphragmatic) Vagus**



**Sympathetic Nervous System**



**Unmyelinated (sub-diaphragmatic) Vagus**

# Physiological and Psychological Effects of Faster and Slower Than Normal Breathing

## **Physiological Effects of Slower and Faster Than Normal Breathing:**

Slower than normal breathing helps regulate heart rate variability, lowers blood pressure and engages the parasympathetic nervous system.

Faster than normal breathing engages the sympathetic nervous system, heightens activity in the limbic system and increases the heart rate.

## **Psychological Effects of Slower and Faster Than Normal Breathing:**

Slower than normal breathing can help focus awareness in the present, lead to calmness of the mind and reduce anxiety.

Faster than normal breathing can help engage emotional awareness and expression, explore subconscious material and open to transpersonal experiences.



Do you use grounding techniques with your clients? Y/N





Do you use visualization or journeying with your clients? Y/N

# Talking In Simple Terms

- Keep it Simple
- Less is more
- Educate little by little
- Speak as if you were painting a picture
- Build connection

# Creating A Safe/Sacred Place

- Begins with initial contact with the client
- Create a physical space( most often your office) that is warm and inviting
- Help you client to visualize a place where they can go if they become flooded or over activated in the Breathwork session.

# Creating A Safe/Sacred Place (continued)

- An easy way to help you clients begin to visualize a safe or sacred space is to ask them to close their eyes...
- Tell them the two of you are going on a journey together
- Ask them to see a place that they feel peaceful
- A place that helps them to feel safe and at ease
- Ask your client to let you know when they see it so you can travel there together
- Ask them to describe their space in detail: sights, sounds, smells

# Establishing A Resource List

- Resources are important for your client to create and have outside of the Breathwork session.
- People
- Places
- Activities

# Reinforcement Tools

- Positive Intentions
- Affirmations
- Drawing (symbolizations)
- Mindfulness Practices
- Journaling
- Short periods of daily breathing, practicing a connected breath

# Case Study: Judi

- 56 year old woman
- Long history of substance abuse: Alcohol, Opioids, Heroine
- Trauma
- Anxiety
- Depression
- Co-dependency in relationships
- Shame
- Guilt
- Combined therapy: Brain Spotting and Breathwork

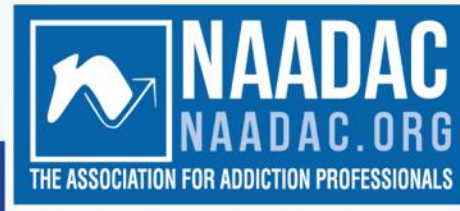
# Training Your staff

- Creating a new avenue for access to care
- Promotes collaboration
- Consistent meeting time for staff to support one another, practice, and share their experiences with using Breathwork in their practice
- Promotes continues self-care for counselors



## Benefits of Faster Than Normal Breathing in trauma and addictions recovery:

1. When correctly modulated (e.g., relaxation on the exhale, staying in present body awareness, safe environment...) sympathetic nervous system activation can help reprogram and reintegrate traumatic responses faster than talk therapies or that talk therapies cannot reach.
2. Clients learn to self regulate using breath modulation when potentially re-traumatizing stimulation occurs or when they are activated.
3. Clients with sufficient training can use the technique prophylactically to recalibrate their body and mind increasing their self confidence and opening new growth potential.



## Cautions for use of Faster Than Normal Breathing in trauma and addictions recovery:

1. Client must have the cognitive capacity and maturity to understand the process and what the technique offers for them, and their willingness to engage.
2. Client must have the ability to integrate deep-level emotional and paradigm shifting work,
3. Client must have the physical capacity and willingness to engage in techniques that could induce non-ordinary states of consciousness

# Breathwork Techniques in Trauma and Addictions Recovery



# Slower Than Normal Breathing Techniques:

1. Breath Awareness - Consciously watching the process of inhaling and exhaling for a dedicated time or simply noticing how one is breathing at the moment.
2. Circular Breathing - Inhaling up the back of the body and exhaling down the front continuously.
3. Coherent Breathing 5-6 breaths per minute for 4 minutes or more.
4. Mindfulness Breathing - Benevolently being aware of breathing and movement in daily life.
5. Yogic Breathing - Modulating the length of inhalations and exhalations and pauses in between for various effects.

## Faster Than Normal Breathing Techniques:

1. Twenty or 100 connected breaths without pause between inhale and exhale then relaxing and integrating
2. Breathwork session of 30-60 minutes of connected breathing with practitioner
3. Yogic techniques, e.g., *bhastrika* (bellows breath), *Kapalabhati Breath*, etc. to be undertaken with qualified instruction.



If you have used breathing techniques in your practice have you found them useful? Y/N

## References for: Breath Awareness and Modulation: Healing Trauma and Addiction

Eyerman, J. 2013. *A Clinical Report of Holotropic Breathwork in 11,000 Psychiatric Inpatients in a Community Hospital Setting*. MAPS Bulletin Special Edition Vol XXIII, No. 1 Spring.

Global Professional Breathwork Alliance (GPBA) <http://breathworkalliance.com> The GPBA's principal mission is to be a standard bearer for profession ethics and training standards in the field of dyadic breathwork.

HeartMath Institute. 2015. *Science of the Heart: Exploring the Role of the Heart in Human Performance*. <https://www.heartmath.org/resources/downloads/science-of-the-heart/>

Levine, P. 2008. *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*. Boulder, CO: Sounds True.



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Rajski, P. 2002. *Therapeutic use of breathing with people addicted to alcohol*. International Journal for the Advancement of Counseling 24 (2).

Siegel, D. 2012. *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*, 2nd ed. New York, NY: Guilford





# Therapeutic Breathwork Training For Therapists

Transformations Breathwork Training Program (TBTP)

Jim Morningstar, PhD.

[www.transformationsusa.com/breathworker-training.php](http://www.transformationsusa.com/breathworker-training.php)

~Training center for Therapeutic Breathwork is one of the longest-standing ongoing contemporary breathworker training programs.

~Four Levels of Certification in compliance with the Global Professional Breathwork Alliance of Training and Ethical Standards.

~On site and online courses available.

# Therapeutic Breathwork Training For Therapists

Breathing In and Out

Teri Nehring, MSEd, LPC,MAC,CSAC,ICS

<https://BreathingInAndOut.com>

- ~Trainings tailored to meet the needs of therapists and practitioners working with the healing arts and holistic modalities.
- ~Certified Therapeutic Breathwork Trainer
- ~Trained in Energetic Psychology: significant work with medicine people in the United States and South America
- ~30 years of experience working directly in the counseling field
- ~On-site training available



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Thank You!

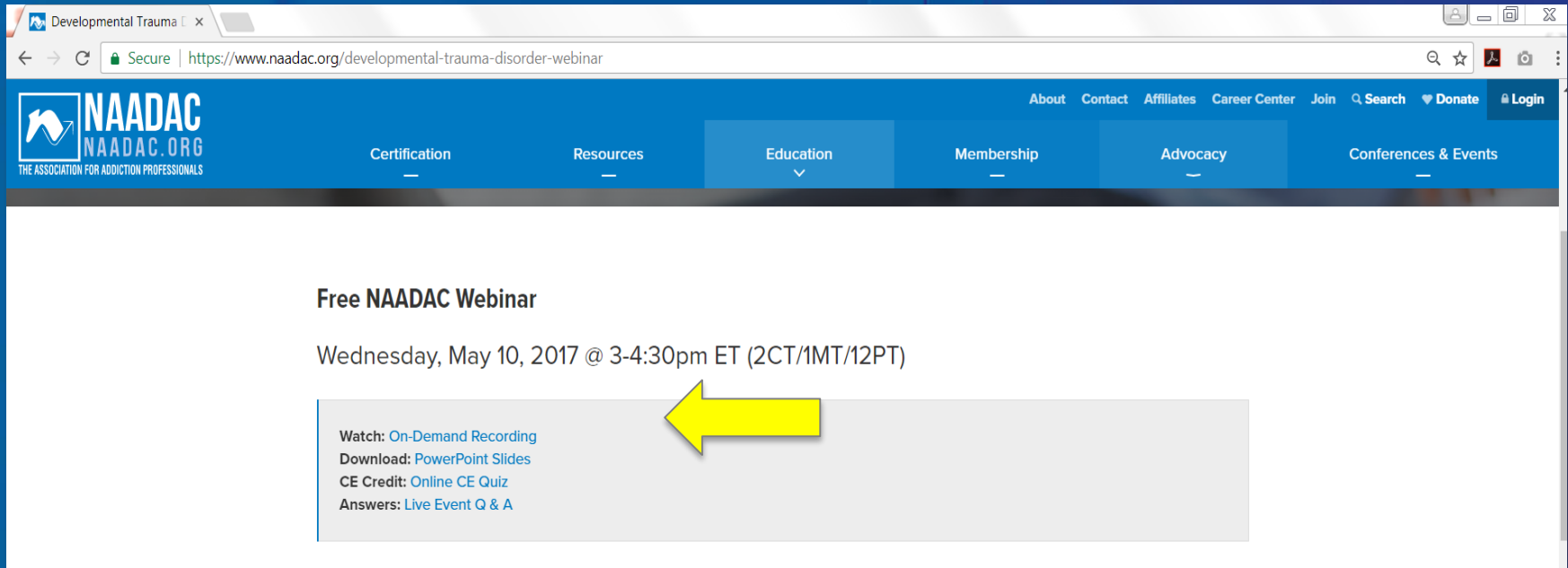


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Developmental Trauma x

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## Upcoming Webinars



September 12, 2018

**Gambling Co-morbidity with Substance Use and Mental Health Disorders**

By Jeffrey Beck, LPC, ICGC-II, BACC, JD



September 26, 2018

**Cognitive Behavioral Therapy for Substance Use Disorders**

By Frederick Dombrowski, PhD, LADC, LPC, NCC, CCMHC, MAC



October 10, 2018

**Overlapping Issues: Domestic & Sexual Violence, Mental Health, Trauma & Substance Use**

By Julie Owens, CDVCII



October 24, 2018

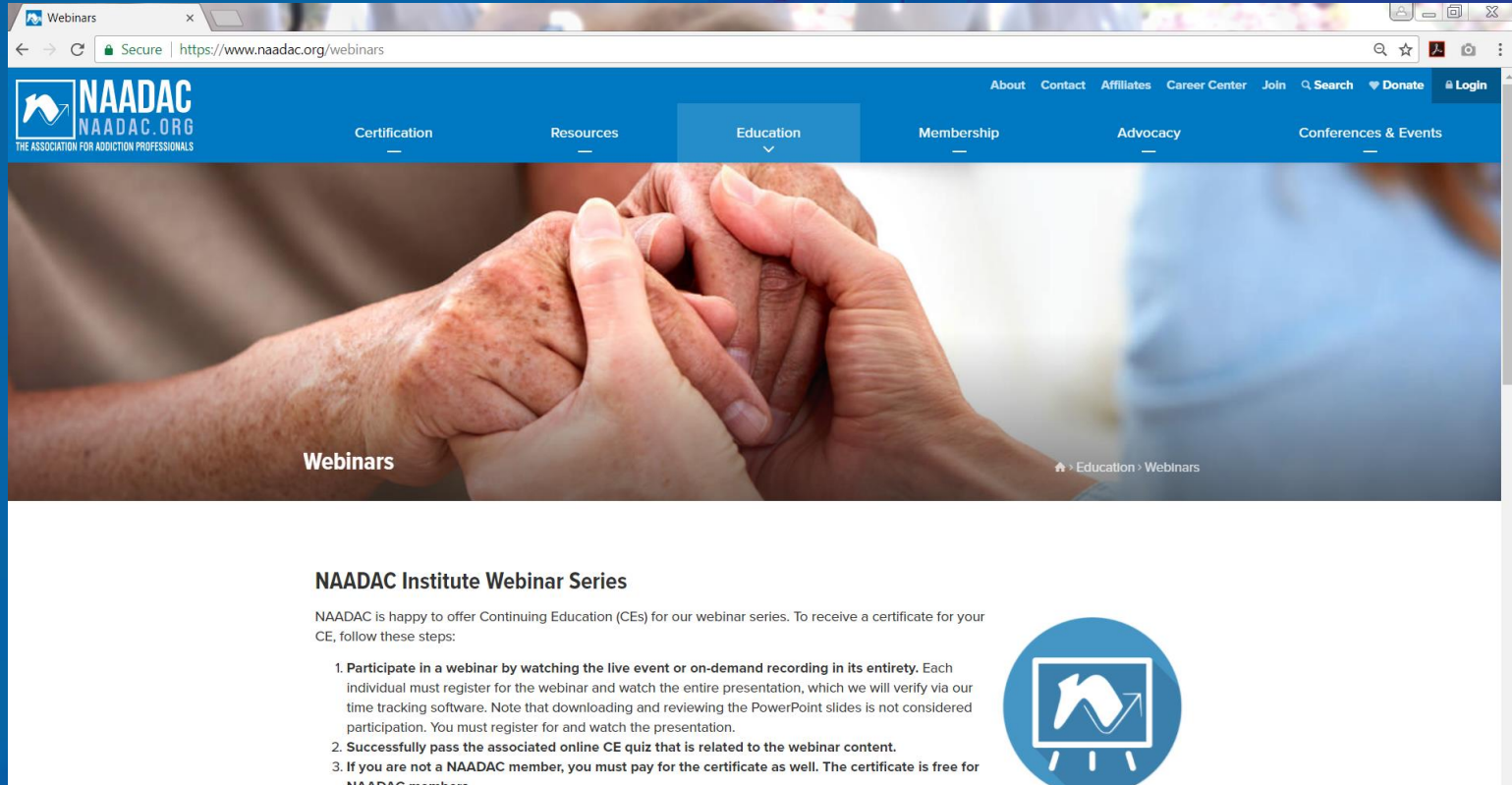
**Delivery of Peer Support Services Within Recovery Residences: An Evidenced Based Practice**

By Whitney Lehman

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## FACE-TO-FACE SEMINARS

NAADAC offers face-to-face seminars of varying lengths in the U.S. and abroad.



[www.naadac.org/education](http://www.naadac.org/education)

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Earn CEs at home and at your own pace (includes study guide and online examination).

## CONFERENCES

NAADAC Annual Conference, October 6-8  
2018, Houston, TX  
[www.naadac.org/2018annualconference](http://www.naadac.org/2018annualconference)

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