

Breath Psychotechniques: transpersonal, health and psychotherapeutic methods of breathwork

Advanced professional training program

The world of modern psychotherapy mirrors the modern world as a whole: time and efficiency are the most important factors. Various psychotherapeutic approaches compete with each other in speed, depth and intensity of the therapeutic effect. Transpersonal psychotherapy and breath psychotechniques are among the leaders of this race.

It is by no means accidental that modern psychotherapy emphasizes a lot the importance of the awareness of the breathing. Most of the traditional spiritual and philosophical systems, aimed at the development of the intrinsic human potentialities, use breathing techniques as a universal tool for personal transformation. To mention just a few: pranayamas in yoga, qigong in the Taoist tradition, focusing on breathing in Buddhism, as well as various forms of breathwork in the martial arts, etc. Nevertheless modern psychotherapy doesn't limit itself to already proven recipes of the past. Ancient knowledge is in the process of creative reinterpretation by modern neuroscience, being enriched with the latest advances of studies of brain and mind in their interplay.

The effect of breathing on consciousness is one of the frontiers of modern science. The program introduces the transpersonal, health and psychotherapeutic techniques of breathing.

The program is intended for psychologists, psychotherapists, and instructors of the traditional health systems. It will be useful for everyone interested in application of breathing techniques and transpersonal knowledge for emotional self-regulation, healthier lifestyle and better quality of life.

The participants of the program will learn how to:

- enter the wonderland of the breathing psychotechniques and apply breathing as a universal tool for personal transformation;
- get in touch with the healing and transpersonal dimensions of the breathing psychotechniques to go beyond one's limitations and master one's own resources and potentialities;
- get access to the inner resources of the organism and mind;
- master the techniques of emotional self-regulation, relaxation and stress management by means of breathing;
- acquire skills in the field of healthier breathing techniques;
- and much more...

The program consists of six modules (parts), 2.5 days long each. Total duration – 170 academic hours, including:

- thematic in-class activities, theory and practice – 120 hours
- independent studies – 30 hours
- supervisions, consultations, tests – 20 hours

The modules of the program:

Module 1. (24-26 of April, 20 academic hours) **Breathing: known and unknown**

Breathing from the point of view of physiology, medicine, psychology and psychotherapy. Breathing and altered state of consciousness. Breathing and emotional regulation. Breathing as a key to the most important indicators of the quality of life: emotional sphere, relaxation, activity, performance, stress resilience.

Module 2. (19-21 of June, 20 academic hours) **Breathing and emotional regulation**

Relationship and interdependence of breathing and emotions. Stress management as a set of skills to manage emotional state. Breathing and relaxation as a way of maintaining an optimal level of awareness and performance.

Modules 3 and 4. (07-09 of August, 25-27 of September, both 20 academic hours)

Breathing and psychotherapy.

Breathing as a universal tool for personal transformation. Introduction to the psychotherapeutic breathing psychotechniques (Holotropic Breathwork, Transpersonal Breathwork, rebirthing, vivation). History of development, similarities and differences of psychotherapeutic breathing techniques. Mapping the internal space. Methods of facilitation and support of breathing sessions.

Module 5. (30 of October – 01 of November, 20 academic hours) **Breathing and unusual states of consciousness**

The concept of unusual and resourceful states of consciousness. Breathing and meditation, fixation, mindfulness. The role of breathing in the oriental mental and spiritual practices. Transpersonal dimension of the breathing psychotechniques. Breathing and spirituality. Breathing and creativity.

Module 6. (27-29 of November, 20 academic hours) **Breathing and health improvement**

Russian breathing techniques for health improvement: myths and reality (methods of Buteiko, Strelnikova, Vilunas, Frolov). Breathing psychotechniques and longevity studies. Traditional oriental health methods of breathwork (pranayama in yoga, qigong in the Taoist tradition, breathing techniques in the martial arts, shamanic breathing psychotechniques). Breathing practices in everyday life.

Trainer of the program:

Olga Mokhina – practicing transpersonal psychologist, full member of the Russian Association of Transpersonal Psychology & Psychotherapy, full member of the Professional Psychotherapeutic League. Director of the psychological center "Vysota" (literally "Height" or "Ascension" in Russian). Head of the Supervisory Board of Volzhsky mental and neurological clinic. Coordinator of the project of the psychological help to the patients with cancer diseases.