

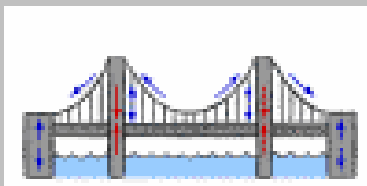
Integral Breath Therapy

The program teaches a unique combination of tools and techniques used with the altered state created through simple breathing processes. In contrast to other methods, you do not lead the client but accompany him on his healing journey. This simple energy therapy is a powerful modality with the ability to expand, explore, release and heal.

Techniques such as Reichian Process, Self Hypnosis, Guided Imagery, Emotional Anatomy, Inner Child Work, NLP, Gestalt, and Behavior Modification are used synergistically to achieve deep and profound healing. Integration and unification results as blocks are cleared and personal power is reclaimed by the individual.

Investment: \$1195

Discounts offered for advanced registration
Retreat Fees may apply



Body-Mind Approach to:

- ◆ Grieving
- ◆ Anxiety
- ◆ Depression
- ◆ PTSD
- ◆ Addictions
- ◆ Self Esteem
- ◆ Relationship Issues
- ◆ Anger Management
- ◆ Somatic Complaints
- ◆ Birth and Death issues
- ◆ Spiritual Experiences
- ◆ Respiratory Problems
- ◆ Repressed memories
- ◆ Individual & Group work

Every change of mental state is reflected first in the breath and then in the body.

— Deepak Chopra

What students say...

This work is so profound ...transformation at its finest.. ~CR

People have heard good things about IBT and I am getting new coaching clients because they hear that I provide it. ~PP

I L O V E D the 6 day training. It was the best training I've ever done. ~RR

I'm not sure if I can even begin to express how profoundly I was affected by the training. I keep saying, 'I feel like my whole life has just changed!' ~KO

In the past, I have hit points with clients where we just get stuck. Now, I just invite them to do an IBT sessions and it opens up a whole new direction in therapy. ~JR

Besides adding new skills to your professional repertoire, this training is designed to facilitate deep personal healing and growth work for the participant.

The simplest and most important technique for protecting your health is breathing. I have seen breath control alone achieve remarkable results: lowering blood pressure, ending heart arrhythmias, improving long-standing patterns of poor digestion, increasing blood circulation throughout the body, decreasing anxiety and allowing people to get off addictive anti-anxiety drugs and improving sleep and energy cycles.

— Andrew Weil, M.D.

Integration Concepts
presents

Integral Breath Therapy Training



Integral Breath Therapy Training (IBT) for Psychotherapists, Counselors, Social Workers, Nurses, Body Oriented Therapists, Hospice Workers, Educators, Yoga Teachers and Coaches.

INTEGRAL BREATH THERAPY

www.IntegralBreathTherapy.com

Toll free 877-491-3355

What is Integral Breath Therapy?

Integral Breath Therapy is a revolutionary therapy that uses the breath to explore, heal and integrate the multidimensional aspects of the human psyche. Based on ancient Eastern disciplines as well as modern Western methods, this holistic modality uses breathing techniques to clear out physical, mental and emotional blocks or stresses.

Integral Breath Therapy is a body-mind modality. With this approach we bridge the gap between thoughts and feelings, between the body and the mind. By going underneath the "story" or repetitive dramas in life, belief systems are revealed along with the reason for their existence. The awareness of these patterns and how they affect one's life is crucial to creating a future that is different from the past.

Integral Breath Therapy is a powerful energy therapy. You will learn to use the power of the natural trance state to bring dynamic awakenings to your clients. It uses the breath and the mind-body connection to access underlying, unresolved issues at the core.

Integral Breath Therapy is a process comprised of a unique blend of technologies that may be used individually or collectively in order to achieve the individual's goals and objectives. It is a safe yet powerful therapeutic tool that works with the whole being to heal, integrate and transform.

It is an ideal tool for working with somatic issues, addictions recovery, respiratory problems, depression and anxiety, grief and loss, PTSD, anger management, relationship and birth issues, weight and body concerns, chronic tension and fatigue, personal growth and more...

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THE TRAINING PROGRAM

Certifications Granted: Breath Therapy (completion of Level One Training)
Advanced Breath Therapy (completion of Advanced Training)
Integration Process Therapy (completion of Master's Program)

Each level is a complete program with continuation optional.
In each training course, you will learn the following...

The importance and benefits of Breath Therapy & How to identify and facilitate physical and emotional release

How and when to use various conscious breathing techniques & How to identify breath patterns and what they represent

level one training

Basic Certification after completing a six-day, 50 hour training and the take-home requirements.

Conduct individual and group sessions & Use movement and imagery techniques

Recognize and facilitate release of the holding patterns in the body & Release personal issues that interfere with your clarity and effectiveness as a therapist

advanced training

Prerequisite: Level One Training— Advanced Certification after completion of requirements.

Work with Breath Therapy in water & The unconscious death urge

Advanced principles and techniques of Breath Therapy & The use of music (Holotropic style) in Breath Therapy

MASTER'S PROGRAM

Prerequisite: Advanced Training— A system of three modules taught over one year with one module elective.

Reichian Character Structures Releasing Body Armor & Incorporate Energy Healing with Breath Therapy

PsychoSpiritual / Soul Therapy & Integration Process Therapy

Integral Breath Therapy

The Integral Breath Therapy facilitator training is a six day focused program designed for professionals looking for personal as well as professional transformation. This training is designed to teach the therapeutic skills necessary to integrate this therapy into your existing modality. You will learn: the following:

- ◆ About the breath and its relationship to life, death, and disease
- ◆ The history of Breath Therapy and its contemporary applications
- ◆ About Breath Therapy as physical, psychological, and emotional process
- ◆ To identify and use "breathing patterns" as a diagnostic tool
- ◆ About the Mind-Body Connection to health / healing
- ◆ To facilitate physical and emotional release
- ◆ The basics of pre- and perinatal psychology to heal birth Issues
- ◆ The importance of Emotional Anatomy and emotional development
- ◆ The Trauma vs. Shock model for healing dissociation
- ◆ To identify and release chronic holding patterns and body armor
- ◆ To incorporate imagery and Inner Child work



Carol Lampman, Dir., ACHt, BTT is the founder and director of Integration Concepts. She is a Holistic Therapist with a background in the Medical Profession. She has trained in Reichian Process work, Hypnotherapy, the Hendricks Body Centered Method, as well as Integrative, Cathartic, and Rebirthing Breathwork.

Breathe!