

## Why should I take Integral Breath Therapy (IBT) Training?



*There are many reasons why this Body Mind Oriented training would benefit a Therapist or other qualifying professional, but the most important one is the level of practice that the student is given as part of this training program. The best way to study a new method is from the inside out through a personal, first-hand experience of the process. An understanding of the breath and its unique ability to clear, heal and integrate is primary to training proficient Therapists / Facilitators. If you are interested in personal as well as professional development, you are invited to join us. ~ Carol A. Lampman*

### **Distortions in breathing as a diagnostic tool....**

Imagine watching a client breathe for just a few minutes and being able to discern if they had been physically or sexually abused at a young age, or knowing that they suffer from anxiety or depression. Through the observation of the breath and understanding the holding of the body and its effects on the breathing process, is a powerful diagnostic tool for the therapist / facilitator. This information provides the facilitator with crucial information that can be used as part of the therapeutic process.

### **Brief Therapy - Going underneath the story.**

Most people in today's world are looking for a quick solution to their problems. Generally speaking, people are not unhappy for the reason they think. IBT includes the tools and techniques to allow the Therapist / Facilitator to access the emotions, go beyond the words and underneath the story to reach deeper levels of consciousness. The story itself is not so important but how the client feels is crucial to accessing the underlying issue which is the cause of the distress.

### **Beyond Diagnosis**

This natural and organic method has been proven to be completely safe when used as taught. There is no need for concern on the part of the Therapist / Facilitator as the client will not go to difficult or buried trauma until they are ready. The client is the person in charge of the process which creates a safe space for growth and healing. Along with the support of the therapist / Facilitator, the client moves quickly through their issues.

### **Integration and Wholeness...**

The IBT process works to heal and integrate the four levels of our being: The Body – The Emotions – The Mind – and Spirit. We cannot separate these individual parts from the whole and the work needs to happen on each level in order for healing to be complete. The use of the Breath connects and integrates these levels to reclaim health and the ability to return to wholeness.

### **The Power of Beliefs**

Our system is connected on all four levels and the work is not finished until the emotions are addressed along with the beliefs that hold them in place. Many clients will ask, "Why is this happening to me again?" By using simple techniques along with the breath, we are

able to access and explore the origin of upsetting current events. Once the beliefs that have been creating these repeating experiences are exposed, they can be rapidly changed.

### **Reprogramming the bio-computer...**

The key to success here is that reprogramming happens in an altered state. It clears the system at the level of the body and emotions as well as the mind. This results in rapid change because this process creates a shift, healing at the level of cause and effect. It takes the client directly to the source of the problem and provides the opportunity to move the old program out and install the new program into the system. By releasing the held energy and healing at the level of the core belief, the structure collapses as there is nothing left to hold it in place.

### **Somatic Issues...**

The body is a living autobiography. It remembers everything and old emotions that are unexpressed are still held in the body. The body refuses to be ignored and will act out through the manifestation of Dis-ease. These emotions can be easily accessed and safely released so that the body can return to its natural state of health and wholeness. It has healed heart disease, asthma, high blood pressure, back pain, chronic illnesses and more.

### **Emotional Anatomy...**

If the client is overly emotional or out of touch with their emotions, they will not be balanced or centered in their life. The IBT modality balances the extremes, quickly and safely. It supports the client in creating containment as well as the process of opening to important emotional states. Without access to healthy emotions and emotional expression, the client will not be able to make healthy decisions or create and maintain intimate relationships.

### **Stress Management**

Many people in today's hectic world live at a level of high anxiety. Fritz Perls says, "Anxiety is Excitement without the breath. It is already proven that specific breathing techniques access and clear energy held in the nervous system, which reduces stress levels, creates a sense of well-being and builds self-esteem.

### **A Self -Development Tool...**

We believe that the client should be fully engaged in their personal growth process. You can teach specific breathing exercises along with various self-empowerment tools to your clients for use outside of the sessions. The 300 page manual is filled with resources, exercises and processes that can be used as homework in order to support the growth process between sessions.

### **Benefit to the Therapist / Facilitator**

This modality can be integrated into the facilitators practice very quickly after the first level of training. It can be combined or used in conjunction with the other methods, tools and techniques already employed by the therapist. It is a powerful addition for trained therapists and an appropriate addition for those who work with the body for physical healing and educators / coaches who support the public in the process of growth and change.