



Master's Level Training For Integral Breath Therapy Students

With Carol A. Lampman ,
Director ,Integration Concepts

This program is oriented to those who feel called to go deeper into the experience of the Breath for their own development and deepen their understanding of the Breath Therapy Modality from a professional perspective.

This level is designed for those who are dedicated to the field of Breathwork and are working professionally as a Breath Therapist or incorporating Integral Breath Therapy into their current clinical practice..

In every program, we will focus on the breath as a vehicle for discovering the body's wisdom, and use the body as the vehicle for growth and change.

This program is comprised of 4 individual modules taught over 18 months by a qualified staff specializing in the training and development of holistic therapists, Health Care Practitioners, Teachers and Healers.

The focus is of this training is divided between increasing skill levels as a practitioner working with individuals and groups, clearing out personal issues, "Self" care and commitment, advanced forms and techniques of Integral Breath Therapy, the power of breath as an energy therapy, and Psycho-Spiritual or soul work.



*No bird soars too high
if he soars on his own wings.
~Ralph Waldo Emerson*

*The breath is the key
to the
mystery of all of life.*

We will be using the talents of the group to learn and grow together in an atmosphere of mutual care and support.

Master's Level Training Dates

2021 Dates

Online # 1

March 6 & 20

April 10 & 24

May 8

Onsite #2

Mar 20-24 Florida
Rescheduling

Oct 14-18 Florida

2022 Dates

Onsite #4

March 24-27

Tucson, AZ

Special Interest

In every program we will focus on discovering the body's wisdom, using the breath and the body as the vehicle for growth and change.

- Meditation ... Active and passive forms
- Energy Therapy
- Movement Therapy
- Rituals and Spiritual Practices.

Integration Process Therapy Training Staff



Carol Lampman is a Certified Clinical Hypnotherapist with a background in the medical field. She is trained in various forms of Breathwork including Integrative, Cathartic and Rebirthing Breathwork, Reichian Process work, Release Therapy, and the Body-Centered Transformation Method.

Carol is an IBT Teacher and facilitator, Certified Breathwork Trainer, and developer of the Professional Integral Breath Therapy (IBT) series of Training Programs.

Integration Process Therapy .. The Master's level Modules

Module #1

The Physical / Emotional Work

Application of Reich's work to Integral Breath Therapy. The basics of Character Structures, the work of Reich and its variations:

- ~Character Structures simplified
- ~Bioenergetics (Lowen)
- ~Emotional Anatomy (Kelemen)
- ~Core Energetics (Pierrakos)
- ~Grounding into the Physical
- ~Pressure points for release and integration

Module #2

Energy and Energy Therapy

Incorporating the understanding of the energy field and its relationship to the Breath.

Learn more about:

- ~The Subtle Energy Field
- ~ Boundaries
- ~Energy Healing as a therapeutic tool
- ~Voice Dialogue
- ~Bioenergetic Exercises
- ~Sand Tray Therapy



These techniques are natural, organic, safe and more powerful because of their orientation to the altered states of Breath Integral Therapy!

Module #3

Soul Therapy / Psycho-Spiritual

The intimate connection between Breath energy and Spirit.

Learn to work with:

- ~Thought forms and attachments
- ~The breath creates energy vortexes
- ~Clearing and energizing vortexes
- ~Detachment work and Cording
- ~Shadow Work
- ~Dream Dialogue

Module #4

The Integration Process

Breathing, Releasing, and Integrating...

- ~Psycho-Spiritual Work
- ~Various Soul Retrieval formats
- ~Techniques for Reclaiming and Integrating Disowned Parts.
- ~Advanced Breathing—Pranayama
- ~Accessing deeper and more expanded levels of consciousness
- ~Personal Spiritual Practices

Cost of the Master's Program

**\$2995– Advanced
Registration**

Online Deposit \$395

Am I ready for this step? Ask yourself the following:

Do I possess the following:

- ~ A commitment to personal and Professional transformation.
- ~ An understanding and acknowledgement of Breathwork as an important component to that transformation.
- ~ The willingness to be rigorously honest with self and others.
- ~ The willingness to challenge self and others on the issues of false ego, false identity and self-imposed limitations

- ~ A commitment to personal and professional integrity.
- ~ Application of appropriate psychological and spiritual growth to bring about body, mind, and spirit Integration



The deeper we live the life of our bodies, the deeper is the upwelling of love... ~ Kelemen

What Students say about the Master's Program...

Stunning.... Way beyond great!....So much is provided, to explore it all could go on and on....This year has been tremendous for me.... Thank you for your dedication, ability, love and wisdom... The modules were supremely designed... I have thoroughly enjoyed the program and the way it was presented.... I was not bored for a single moment.

*he soul should always stand ajar.
Ready to welcome the ecstatic experience.
~ E. D.*

The Journey by Mary Oliver

One day you finally knew what you had to do, and began, though the voices around kept shouting their bad advice— though the whole house began to tremble and you felt the old tug at your ankles. “Mend my life!” each voice cried. But you didn’t stop. You knew what you had to do, though the wind pried with its stiff fingers at the very foundation through their melancholy was terrible.

It was already late enough, and the

wild night, and the road full of fallen branches and stones.

But, little by little, as you left their voices behind, the stars began to burn through the sheets of the clouds, and there was a new voice, which you slowly recognized as your own, that kept you company as you strode deeper and deeper into the world, determined to do the only thing you could do — determined to save the only life you could save.



The Master’s Course Support Groups

When we are no longer able to change a situation, we are challenged to change ourselves.

~Victor Frankl

During the 18 months of the Master’s Program, you will actively participate in a Support Group. This group will not be focusing on your professional success. While these issues might come up in your support group, it is not the purpose.

If you take care of and resolve the personal issues that are holding you back in your life, the natural outcome will be greater success in all parts of your life... Your relationships improve, careers

careers move forward, there is increased joy, Improved health and wellness, peace of mind, relaxation, passion for life, purpose for being, achievement... whatever the desire for change is.

This group will help you stay focused on your desired outcome for the Program. They will firmly, yet lovingly hold your feet to the fire. And you will do the same for them.

A Matter of Choice

In order to create the life of your dreams, there is a basic truth that needs to be understood. This simple, yet profound truth cannot be underestimated, ignored or denied.

Every cause has an affect and every choice has a consequence.

This straightforward statement is the key to accessing and utilizing your personal power. As a being of free will, you are orchestrating your life, moment to moment, through the choices you

make. You are choosing your experiences, your actions, your reactions, and the chaos or joy of your life.

Your choices, combined with the resulting actions and reactions, elevate you to joy and ecstasy or throw you into darkness and despair.

What are you choosing? Breathe and know that you are powerful beyond measure. Then, choose from your heart





www.IntegrationConcepts.net
877.491.3355

Our Mission:

We believe that each person carries the potential for greatness; the expression is unique to each person. Our mission is to hold this vision for you until you can connect to it within yourself.

We will hold your feet to the ground while lifting your heart to the heavens.

Our Vision:

To create a network of qualified professionals and teachers to bring forth the transformation and healing modalities of The Integration Process and Integral Breath Therapy.

The Breath can take you deep inside
to explore a Self that's vast and wide.
Releasing tension and so much fear,
there is endless joy under every tear.
Learn to forgive and heal your pain.
No room for guilt. No time for shame
Our thoughts and decisions about our life
create peace and joy or stress and strife.
Don't spend your time looking all around,
it's inside in the stillness God is found.
With a restless ego, you're asking how
to stay in the moment, be in the now.
Breathe in deep, Breathe out long.
Let your heart be filled with song.
A sacred journey is waiting for you.
A path to the heart that tried and true.
Simply surrender and you will see
the Spirit of Breath will set you free.
~ Carol A. Lampman



Bridging the Gap between Body and Mind.

Breathe!

Carol A. Lampman

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