

Breath-Body-Mind For Transformation and Well-Being

March 22-24, 2019

Presenters: Richard P. Brown, MD and Patricia L. Gerbarg, MD

The workshop includes simple practices, primarily Voluntarily Regulated Breathing Practices (VRBPs) with coordinated movements, that are easy to learned for relief of stress, anxiety, depression and PTSD. The practices, which derive from yoga, qigong, martial arts, meditation, and modern neuroscience, can be modified for different settings--private offices, clinics, hospitals, groups, schools, military bases, and disaster sites.

Dr. Gerbarg will report on the research evidence that specific VRBPs in combination with other practices resulted in significant rapid improvements in psychological and physical symptoms in studies of generalized anxiety disorder, veterans with PTSD, healthcare providers, bowel disease and survivors of mass. disasters: The research includes experiences relating to the 2004 Southeast Asian Tsunami, 9/11 World Trade Center attacks, Gulf Horizon oil spill, and war and slavery in Sudan, and refugees from Syria, Iraq, Afghanistan, Iran and Pakistan in shelters in Berlin. In addition, the Chemung County Project will be reviewed in which an economically disadvantaged community is developing successful Breath-Body-Mind programs for children in schools, after school programs, and mental health facilities. Data from a mass resonance spectroscopy study of effects on brain GABA levels, heart rate variability, and depression in patients with Major Depressive Disorder will be also presented.

The presentation will include developments in understanding how VRBPs rapidly improve sympatho-vagal balance, emotion regulation, and symptom resolution in a wide variety of disorders and patient populations. The evolving neurophysiological theory incorporates concepts of Polyvagal Theory (Stephen Porges), interoception, interactions between the autonomic nervous system, gamma-aminobutyric acid (GABA) pathways, emotion regulatory circuits, neuroendocrine response, and social engagement networks. Polyvagal theory asserts that physiological states characterized by increased vagal influence on heart rate variability (HRV) support social engagement and bonding and inhibit defensive limbic activity. A specific feature of trauma-related disorders--disconnection, disruption of bonding--will be explored.

Dr. Brown will guide participants through rounds of movement with VRBPs, including Coherent Breathing and Breath Moving. The gentle movements can be done standing or sitting, and are suitable for adults and children. Awareness and mindfulness of breath and changes in mental and physical states is cultivated. Attendees enhance learning by participation in group processes.

Clinical issues, indications, contraindications, risks, benefits, and guidelines for augmenting psychotherapy with VRBPs will be included. Cases illustrate restoration of connectedness/bonding through VRBPs that shift the individual from states of fear and immobilization to states of safety and bonding. Cases include a victim of sexual abuse, a former US Air Force U2 pilot, a second generation Holocaust survivor, and a healthcare worker in Sudan. Resources for skill development are given.

Purpose/Goal of Program:

- Educate healthcare professionals regarding the scientific basis for the effects of safe and effective breathing and movement practices on emotion regulation, cognitive function, and social engagement.

- Enable healthcare professionals to experience the effects of these practices through participation in gentle exercises with self-reflection and awareness.
- Educate healthcare professionals in a wide range of potential therapeutic applications of these practices in diverse settings and clinical conditions.
- Provide tools for further learning and skill development towards integrative these practices with clinical work and applying these practices to self-care, stress reduction, and prevention of burnout.

Program

Friday, March 22, 2019

7:30pm–9:00pm - Introduction; Beginning Practices; and Basic Scientific Principles

Learning Objectives:

- *Recognize how Coherent Breathing with Breath Moving can reduce or prevent symptoms of stress, including anxiety, depression, PTSD and burnout.*
- *Recognize and practice coherent breathing.*
- *Recognize stress-reducing breath practices: breath moving and "Ha" breath. and practice these techniques.*

Saturday, March 23, 2019

7:00am-8:00am - Morning Yoga
(No CE Credit)

9:00am-12:00pm - Round I: Movement—Qigong 2 Golden Wheels; Movement & Breathing—Qigong 4-4-6-2; Breathing— Coherent, Breath Moving, Combined Coherent Breathing and Breath Moving (CCUBM); “Ha” Breath, Body Scan,
Round II: Same as Round I Plus Tapping Practices and Begin Open Focus Attention
Q&A

Learning Objectives:

- *Recognize and practice coherent breathing.*
- *Recognize the stress reducing breath practices: breath moving and "Ha" breath. and practice these techniques.*

1:00pm-5:00pm - Neuroscience of the Effects of Breathing Practices on Stress, Anxiety, PTSD, and Depression. Clinical studies of Mind-Body Programs for PTSD (Including Mass Disasters and Military). Round III: QiGong Breath for Calmness, Energy, Strength: 4-4-6-2. Same as Round I plus Open Focus Meditation with heart focus Group process; Q&A

Learning Objectives:

- *Explain how to use Coherent Breathing with Breath Moving to reduce or prevent symptoms of stress, including anxiety, depression, PTSD and burnout.*
- *Discuss the neurophysiological basis for the effects of Voluntarily Regulated Breathing Practices (VRBPs) on the autonomic nervous system sympatho-vagal balance.*
- *Summarize the research evidence for the use of breath-based mind-body practices for reduction of symptoms of stress, anxiety, and PTSD.*
- *Use practice tools and further educational resources to support regular practice of voluntarily regulated breathing practices (VRBPs) for personal stress management and skill development, as well as to maintain improvements attained through breathing, movement, and meditation practices learned in the workshop.*
- *Identify suitable patients who could benefit from VRBPs.*

- Obtain information on additional training to teach VRBPs safely and effectively in order to alleviate symptoms of anxiety, depression, PTSD, pain, and stress-related medical conditions.
- Describe the use of VRBPs for relief of anxiety, depression and PTSD in survivors of mass disasters.
- Explain the effects of VRBPs on social engagement systems and emotion regulation.

7:30pm-8:30pm – Breathing, Movement, Music (Evening Sampler)

Learning Objectives:

- Practice coherent breathing.
- Use stress reducing breath practices: breath moving and "Ha" breath. and practice those techniques.
- Practice combining the breathing and movement techniques learned in this workshop with music.

(No CE credit)

Sunday, March 24, 2019

9:00am-11:00am - Movement, Breathing and Open-Focus Attention Training
Home Practices: Review, and Further Learning Instructions; Q&A; Farewells

Learning Objectives:

- Explain how to use Coherent Breathing with Breath Moving to reduce or prevent symptoms of stress, including anxiety, depression, PTSD and burnout.
- Practice coherent breathing.
- Recognize and practice stress reducing breath practices: breath moving and "Ha" breath.
- Use practice tools and further educational resources to support regular practice of voluntarily regulated breathing practices (VRBPs) for personal stress management and skill development, as well as to maintain improvements attained through breathing, movement, and meditation practices learned in the workshop.

Psychology – 9.5 CE Credits

Kripalu Center for Yoga & Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Kripalu Center for Yoga & Health maintains responsibility for this program and its content.

All programs eligible for Psychology CE credits are given full credit (excluding breaks/meals) unless otherwise noted in the schedule above.

CE credits for psychologists are only available for workshops or sessions that are at least one hour in length.

As an APA-approved sponsor of continuing education, Kripalu Center for Yoga & Health is committed to the identification and resolution of potential conflicts of interest in the planning, promotion, delivery, and evaluation of continuing education. Consistent with concepts outlined in the APA Ethical Principles of Psychologists and Code of Conduct, potential conflicts of interest occur when an individual assumes a professional role in the planning, promotion, delivery, or evaluation of continuing education where personal, professional, legal, financial, or other interests could reasonably be expected to impair his or her objectivity, competence, or effectiveness.

(Note All programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted on this program's webpage.)

Social Work – 12 CE Credits

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

For additional CE information, please visit <https://kripalu.org/continuing-education-credits>