

Webinar-based Certification Program

CERTIFIED RESPIRATORY FITNESS EDUCATOR

Offered by the Behavioral Physiology Institute, in Santa Fe, New Mexico

Everyone agrees that good respiration is fundamental to good health and optimal performance, but unfortunately only a few who do “breathing” training could really tell you why. Although breathing is reflexive in nature and is fundamental to every cell in the body, dysfunctional breathing is common place and accounts for 60 percent of the ambulance runs in the USA. And, fewer people yet could tell you why. One would think that with more than 1200 books currently in print in the USA on the subject of breathing that the answers would be common knowledge, but not so. Why? What’s the answer? We believe that it is rooted in both the philosophical and the practical separation of behavior from physiology, of learning from physiological functioning.

Few people, lay or professional, know that (1) breathing directly regulates body chemistry, including pH, electrolyte balance, blood flow, hemoglobin chemistry, and kidney function, and that (2) breathing is a behavior subject to the same principles of learning as any other behavior, including the role of motivation, reinforcement, emotion, attention, perception, and memory. Bringing together these two simple facts means integrating the biological and behavioral sciences in profoundly practical ways relevant to the lives of millions who have unwittingly learned breathing behaviors that compromise respiration and acid-base balance. This is the basis of the Institute certification program.

Behavioral Physiology Institute has developed CapnoLearning®, a client-centered learning program based on the application of principles of phenomenological exploration, behavioral analysis, behavior modification, biofeedback, awareness training, and cognitive learning. CapnoLearning is about learning breathing behaviors that facilitate optimal respiration and its associated regulation of acid-base physiology. It involves the use of capnographic instrumentation which provides real-time information about carbon dioxide (CO₂) retention in the alveoli of the lungs, information for evaluating learned breathing behaviors that interfere with reflexive regulation of respiratory chemistry. Clients discover how they have learned to breathe, how their breathing affects them, and how to effectively self-regulate breathing behavior based on learning rather than prescriptive breathing exercises.

Millions of people, worldwide, teach and learn about breathing, but unfortunately, little of what is practiced is rooted in the textbook sciences of pulmonary physiology, acid-base physiology, behavioral analysis, behavior modification, cognitive learning, biofeedback, and the psychology of respiration. Unfortunately, misinformation, misconceptions, pseudoscience prescriptions, and ignorance about breathing and how it affects respiration have predominated with little attention, if any, paid to these immensely rich literatures and their relevance to breathing behavior.

Failure to directly address breathing as learned behavior, and how it regulates fundamental body chemistry, means leaving out the most fundamental, practical, and profound factors that account for (1) the far-reaching effects of maladaptive breathing habits, as well as for (2) the surprising benefits of learning breathing behaviors that optimize respiration. CapnoLearning represents an effort to address both of these considerations.

PROGRAM OBJECTIVES

Participants learn how to:

- explain respiratory physiology basics to clients and colleagues
- demonstrate the role of learning in dysfunctional breathing
- interview about breathing based on phenomenological exploration
- perform capnographic psychophysiological evaluations
- introduce guided breathing explorations for awareness learning
- complete a comprehensive breathing behavioral analysis
- implement awareness techniques for learning breathing mechanics
- use CO₂ biofeedback for respiratory fitness learning
- apply behavior modification principles to breathing behavior
- help clients to learn new thinking, beliefs, and interpretations
- provide short-term solutions for managing breathing challenges

WHO CAN BE CERTIFIED?

The Certified Breathing Practitioner program is open to qualified educators, consultants, counselors, teachers, coaches, therapists, and practitioners. A minimum of a B.A. or B.S. degree in an appropriate field, or equivalent, is required.

Each applicant is required to submit a resume, or to complete an **Institute Application Form**: (1) formal education, including degrees and certifications, (2) professional education, such as workshops and courses, (3) professional experience and background, and (4) intended objectives for seeking certification. The application may be downloaded at www.bp.edu/eventmaterials.htm.

CERTIFICATION REQUIREMENTS AND FEES

The requirements for Certification include 75 hours of training and experience, for \$2,000.00, as follows:

- (1) Webinars (4 workshops), 30 hours: \$500.00
- (2) Tutorial Training (5 sessions), 5 hours: \$700.00
- (3) Case Conference, 10 hours: \$300.00
- (4) Practicum experience, 30 hours: \$500.00
- (5) Essay Report.

1. WEBINARS: (30 hours), \$500.00
Four 1-day workshops, \$125.00 each

Workshop-1

RESPIRATORY FITNESS: Behavioral Physiology.

Learn about the practical applications and the far-reaching implications of integrating respiratory physiology with behavioral science. This interactive didactic workshop establishes the foundation for learning to provide breathing learning services to clients, including: cellular, internal, and external respiration; acid-base regulation, electrolyte balance, kidney physiology; ventilation, breathing mechanics, measurement, technology; behavioral hypocapnia, physical symptoms, psychological changes, behavioral deficits; breathing as a learned behavior, triggers and reinforcements for learned breathing behaviors; behavioral analysis, behavior modification, cognitive learning, awareness training, biofeedback, and phenomenological exploration.

Workshop-2

DYSFUNCTIONAL BREATHING: A Behavioral Analysis.

Learn to assist clients in learning about their own breathing habits and how those habits may be affecting them. This hands-on workshop provides specific strategies for doing detailed behavioral detective work essential to pinpointing the history of learned breathing behavior along with the factors that may be sustaining it. Participants learn how to do information gathering, interviewing, testing, and capnographic psychophysiological analysis, including: personal history taking, breathing symptom analysis, breathing mechanics analysis, phenomenological exploration, secondary gain learning, vicious circle learning, behavioral trigger identification, reinforcement factor analysis, effects of breathing manipulation, memory and imagery challenges, en vivo testing, breathing mechanics challenges, standardized challenges, guided breathing exploration, intentional overbreathing (ABA design), fitness training & sports, anaerobic testing, and brief evaluation guidelines for referrals by colleagues and affiliates.

Workshop-3

ADAPTIVE BREATHING: Behavior Modification.

Learn to assist clients in overcoming dysfunctional breathing habits and learning new breathing habits that promote and maintain respiratory fitness. In this hands-on workshop, participants learn to provide learning services in person and over the Internet, and to guide clients in doing en vivo learning and testing in the field between sessions. These learning services include: teaching short-term interventions, cognitive-conceptual learning, cognitive-operant learning, phenomenological learning, desensitization to breathing mechanics, desensitization to hypocapnic symptoms, breathing-mechanics awareness training, negative practice, deactivating behavioral triggers, extinction of maladaptive breathing behaviors, acquisition of new breathing behaviors, withdrawal of old reinforcements, creating new reinforcements, respiratory reflex awareness training, biofeedback training, internalizing the locus of stimulus control, state-dependent learning, generalization training.

Workshop-4

BREATHING BUSINESS: Efficacy, Relevancy, Economics.

Learn about an innovative new economic paradigm, a business based on exceptional efficacy, relevancy, and economics, the breathing fitness business. Usually, professionals learn all about their trade, but generally learn nothing about the business of their trade. This workshop meets this practical challenge head on: participants learn how to integrate breathing training services into their existing business, or to set up a complementary business in parallel to their existing one.

Learn about creating business identities; setting up a network-infrastructure for offering breathing services; setting up multiple kinds of boards for credibility, network marketing, and referrals; forming partnerships with colleagues and allied businesses; establishing affiliations with educational institutions, corporate entities, healthcare provider organizations, and professional organizations; defining breathing services, determining fees, creating passive income, and organizing classes; marketing strategies, sales, advertising; minimizing overhead, setting up Internet-based services, and understanding equity vs. income.

2. TUTORIAL TRAINING: 5 hours, \$700.00

Trainees are required to be recipients of the same services they will provide, including assessment and coaching. Trainees learn to do Internet coaching through remote operation of instrumentation used by clients in the field. Appointments: education@bp.edu.

3. CASE CONFERENCE: 10 hours, \$300.00

Trainees attend two 5-hour web-conferenced Case Conference sessions, during which time they present at least two cases of their own. See schedule at: <http://pedu.webex.com> (not www).

4. PRACTICUM: 30 hours, \$500.00

Trainees are required to do 10 breathing behavioral analyses with 10 clients, and five breathing behavior modification sessions with four clients in their own professional settings, or over the Internet. These sessions are documented on the Practicum Record Form, which can be obtained at www.bp.edu/eventmaterials.htm.

5. ESSAY REPORT:

Certification trainees are required to complete an exercise report based on both the Workshop Series and their practicum experience. The objective is to assist trainees in articulating what they have learned about, rather than testing them about what they have not.

REGISTRATION REQUIRED

For Webinars and Case Conference

<http://bpedu.webex.com> (NOT www) or 1.505.216.7715

WEBINARS (2012): \$500.00 (\$125.00 each)

Physically hosted in Santa Fe, New Mexico
Broadcasted from the Institute Broadcasting Studio

Thursday-Sunday: Jan 26-29, June 28-July 1, October 11-14

Saturday-Tuesday: March 24-27, August 11-14, December 15-18

First three days: 09:00 - 18:00. Last day: 09:00 - 16:00

Webinar sign-in, first day: 08:00, last three days: 08:30

Workshop 1: Respiratory Fitness (day 1)

Workshop 2: Dysfunctional Breathing (day 2)

Workshop 3: Adaptive Breathing (day 3)

Workshop 4: Breathing Business (day 4)

Special Webinar Dates

January 15-18, 2012: 13:00-22:00 GMT (Israel)

May 4-7, 2012: 17:00-02:00 GMT (Asia).

Instrument rental option: \$275.00

If you do not own instrumentation, you may rent.

Ten days rental, includes shipping to you (USA only)

CASE CONFERENCE (2012): \$300.00 (\$30.00/hour)

Broadcasted from the Institute Broadcasting Studio

Registration and dates at <http://bpedu.webex.com>

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Info at: www.bp.edu Register at: <http://bpedu.webex.com>