

Behavioral Physiology Institute

WEBINAR WORKSHOP SERIES

Respiratory Fitness, Acid-Base Regulation, and Behavior Modification

Presented by Peter M. Litchfield, Ph.D. and Sandra Reamer, MFA, CBFT, CST

The **Webinar Respiratory Fitness Workshop Series** is comprised of **four 1-day breathing workshops** offered Saturday-Tuesday and Thursday-Sunday, seven times during 2012. The Series is for professionals interested in learning about (1) the physiology of dysfunctional breathing habits, (2) the identification of dysfunctional breathing behaviors and the factors that trigger and sustain them, (3) self-regulation methods and technology for helping clients to learn new breathing habits consistent with healthy respiratory biochemistry, and (4) the business of providing breathing learning services.

Here are descriptions of the four 1-day workshops:

WS-1 (Day 1) RESPIRATORY FITNESS: Physiology and Psychology.

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.

WS-2 (Day 2) DYSFUNCTIONAL BREATHING: 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.

WS-3 (Day 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.

WS-4 (Day 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.

REGISTRATION

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

Contact: eduction@bp.edu, 1.505.216.7715, 1.505.946.8919

CEU credits: Applied for at the National University of Health Sciences in Chicago, Illinois.

Fees: \$500.00 for the series, \$175.00 each for less than four

Credit cards: Visa, MasterCard, Discovery, American Express

LOCATIONS, DATES, TIMES 2012

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

Thursday-Sunday: Jan 26-29, June 7-10, 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: Learning Adaptive Breathing (day 3)

Workshop 4: Breathing Business (day 4)

Weekend option

Take WS-1 and WS-2 on Saturday - Tuesday dates.

Take WS-3 and WS-4 on Thursday - Sunday dates.

Instrument rental option: \$275.00

If you do not own instrumentation, you may rent.

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

SPECIAL Middle East Webinar:

Jan 15-18 (Mon-Wed), 13:00-22:00 GMT

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