



Australian Breathwork Association

Incorporated NSW

MEMBERSHIP UPGRADE FORM

Upgrade from Associate to Professional Member Upgrade Professional Training Standard

Name: _____ Membership No: _____

Name on Membership Certificate: _____
(Please print clearly if different from above)

Postal Address: _____
State: _____ Postcode: _____

Email: _____

Website: _____

Telephone: Home: _____ Mobile: _____

To upgrade from Associate to Professional Member

Please tick category you are applying for ✓

Practitioner Group Facilitator Trainer

Assurance of professionalism

I have read the ABA standards <http://www.australianbreathworkassociation.org/membership-standards.html> and I believe that I have the necessary qualifications.

I understand that I must abide by the ABA [Code of Ethics](#), undertake Continuing Professional Education and Clinical Supervision reporting annually when I renew membership.

I include copies of:

Breathwork Training Qualification – Name: _____

Year: _____ Number of hours _____ Trainer Name: _____

First Aid Certificate Current to: _____

Professional Indemnity Insurance Current to: _____

I commit to

Undertake/Am Undertaking Continuing Professional Education

Undertake/Am Undertaking Supervision - Peer Support and Review

To Upgrade Professional Training Standard:

From _____ to _____

Breathwork Training Standards from ABA Constitution *Tick the appropriate check boxes below*

Practitioner

Is your trainer an ABA Endorsed Trainer. Yes No

Refer list on website <https://www.australianbreathworkassociation.org>

If NO

A Breathwork Practitioner has the demonstrated ability to conduct Breathwork consultations for individual clients. A Breathwork Practitioner may deliver Breathwork groups under the supervision of an ABA Breathwork Trainer. This ability must be demonstrated by the successful completion of a Breathwork Practitioner Training course of a minimum of 450 hours with assessment of knowledge and skills. The trainings must include theory, personal experience and professional practice working individually with clients.

Theory: Refer to Practitioner theory subject material in ABA-GB-006 ABA Training Standards, and;

Personal Experience: must include a minimum number of 30 Breathwork sessions as sitter, and 30 Breathwork sessions as breather; and

Professional Breathwork Preparation: must include a minimum of 20 client consultations, facilitated by the student under the supervision of an ABA Breathwork Trainer.

Please provide evidence of training and training content outline

Please contact the Membership Officer membership@australianbreathworkassociation.org.au for next steps

Group Facilitator

fulfilled the requirements for Practitioner; and

completed an additional 80 hours of Group Facilitator training conducted by an ABA Trainer with Breathwork groups of more than 2 breathers. This training includes modules which provide the Practitioner with professional skills, knowledge and experience in supporting Breathwork groups. The Training will include components of theoretical study, practical application of Breathwork, co-facilitation of Breathwork groups and Supervision; and

conducted a minimum of 20 Breathwork groups as sole leader.

Trainer

fulfilled the requirements for Group Facilitator; and

completed a nationally recognised Certificate IV in Assessment and Workplace Training, or equivalent Trainer or Teaching Training qualification e.g. Diploma Education; and

- sat for a minimum of 1000 professional standard one-on-one Breathwork consultations as a Breathwork Practitioner; and
- completed a formal Breathwork Trainer Training or completed a Trainer understudy with an Approved ABA Trainer, or has conducted at least one Breathwork Training as a Trainer under the supervision of an ABA Trainer. Trainer name_____

By filling in this form and returning it to ABA you acknowledge that you have truthfully answered the questions. This document then has the force of an affidavit.

Save this document before sending with attached evidence.

Signature: _____ **Date** _____

Membership Officer: Margaret Schooneveldt

For Further Membership Details:

E. membership@australianbreathworkassociation.org.au **W.** www.australianbreathworkassociation.org.au