



Australian Breathwork Association

Breathwork Training Standards

www.australianbreathworkassociation.org

Change Record

Revision	Date	Change
1.0	2/10/17	Final Document for ratification by ABA Committee and first Issue – Ratified 18/10/17
2.0	11/6/18	Formatted and numbered as part of standardising all ABA documents

Related Documents

Version	Document	Description
18/12/16	NA	Australian Breathwork Association Constitution
5/5/17	NA	Australian Breathwork Association Constitution Section 6 Training Standards Only
11/8/17	NA	GPBA website Module 11 - http://breathworkalliance.com/about-ibta/training-standards
Current	ABA-GB-001	ABA Constitution
Current	ABA-GB-009	ABA Code of Supervision
Current	ABA-GB-010	ABA Code of Continuing Professional Education (CPE)

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Purpose and Scope

The purpose of this document is to outline the minimum training standards required for professional membership and training endorsement by the Australian Breathwork Association (ABA).

In the context of this document Breathwork includes any modality where breathwork practitioners offer conscious connected breathing as a primary form of transformation, in line with the ABA training standards and curriculum.

Training Standards

Practitioner

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.

1. Theory: Refer to Practitioner theory subject material in this document; and
2. Personal Experience: must include a minimum number of 30 Breathwork sessions as sitter, and 30 Breathwork sessions as breather; and
3. Professional Breathwork Preparation: must include a minimum of 20 client consultations, facilitated by the student under the supervision of an ABA Breathwork Trainer.

Practitioner Theory Subject Material

The requirements and guidelines outlined here for the ABA are in alignment with International Standards and have been adapted from the Global Professional Breathwork Association, Item 11 – Modules (2003)

A Breathwork practitioner training SHALL cover the content included in the following nine units of learning.

Please note that:

- a. trainers are free to choose the depth of coverage of each topic i.e. it can be in depth or very rudimentary.

- b. the unit purpose and intention contains the guiding principles and context for the topics.

The units are not listed in any particular order and the order does not indicate any value judgment or priority.

How to interpret the following Practitioner Theory UNIT's:

Where examples have been offered in the UNIT content they are intended as examples only and the trainer can include, delete or add their own topics in line with their own Breathwork style.

When interpreting the content of a UNIT please refer to Unit Purpose and Scope to provide context for that topic.

UNIT 1: Practitioner Attributes and Qualities

Unit purpose and intention: To clarify the necessary personal attributes and qualities that allow and enable a practitioner to support the Breathwork process. (Students need to understand that these qualities are required as a Practitioner).

- Capacity for Self-care - personal and professional
- Open heartedness and compassion
- Clarity of intention
- Trusting Intuition
- Presence (holding the space)
- Awareness
- Self-esteem
- Self-compassion
- Personal Motivation
- Responsibility and self-responsibility
- Social and cultural sensitivity
- Independence/ Autonomy

- The ability to be active within the training environment and within a community or group of people in the Breathwork community.
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UNIT 2: The History and Development of Breathwork

Unit purpose and intention: To situate Australian Breathwork in its historical and professional context.

- History of Breathwork, to the extent honoring and acknowledging the place of the following in the modern Breathwork context – for example, yoga, Babaji, Sondra Ray, Leonard Orr, Stan Grof, shamanic and indigenous practice –Breathwork Trainer’s Lineage
- National body – ABA
- International professional bodies – for example GPBA, IBF
- Breathwork Research and Breathwork Literature

UNIT 3: Breathing Mechanics - how does the breath work

Unit purpose and intention: To provide basic knowledge of the anatomy of breathing and those elements which enhance or inhibit breathing.

- A rudimentary understanding of the anatomy and physiology of the respiratory system
- Contraindications for certain Breathwork styles
- Client Suitability
 - Conditions pertinent to breathing safety, for example heart conditions, kidney conditions, etc
- Awareness of client medical conditions and potentially mind altering medications
Analysis of breathing – for example, tetany, hyperventilation
- Elements of the Breathwork experience – for example, prana, chemical changes, armouring, altered states
- Benefits and limitations

UNIT 4: The Business of Breathwork

Unit purpose and intention: To ensure understanding business requirements in a Breathwork Practice.

- Establishing a practice
- Professionalism
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- Record keeping – for example client records
- Referral protocol – for example, when, where and if to refer
- Financial responsibility and a rudimentary awareness of Account keeping
- Clarity with payment for Breathwork sessions
- Marketing as a Practitioner
- Legal requirements – for example privacy act, child protection act, mandatory reporting
- Insurance
- Venue – for example privacy, parking, accessibility

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UNIT 5: Breathwork and Breathwork Sessions

Unit purpose and intention: To provide a comprehensive description of the elements involved in Breathwork.

(This unit will be adapted to suit the particular type of Breathwork being taught)

- Conscious Connected Breathing (CCB) technique
- Variety of Breathwork techniques, styles and approaches, for example, rebirthing, vivation, holotropic, five elements
- Types of Breathwork for example dry, water, mirror, eye gaze, group
- Cycles and Stages of a Breathwork session - CCB, activation, resolution and integration
- Content of a Breathwork session including:
 - Pre and Perinatal experiences
 - Family of origin issues
 - Impact of belief structures
 - Existential issues
 - Transpersonal experiences
- Boundaries and permission
- Touch, movement and verbal interventions
- Consultation, interviews and record keeping
- Energy Theory and practice: Reading energy, and the role of energy as a vehicle for thoughts and emotions, moving energy with the breath - theory and practice
- Physical changes during breathing cycle, for example, pain, yawning, ecstasy, tetany, suspended breath, breathing deviations
- Staying with the client throughout – physically, intellectually, emotionally, energetically and intuitively

UNIT 6: Breathwork within Theoretical, and Cultural Context

Unit purpose and intention: To situate Breathwork in the broader mental health, personal growth and spiritual cultural contexts.

- Situate Breathwork within the follow:
 - Creative power of thought and beliefs
 - Main schools of psychological thinking - for example psychodynamic, behavioural, person centred, transpersonal, Buddhist, yogic
 - Theories of human development and behaviour - for example Freud, Erickson, Rosenberg, Jung, Grof, Maslow, Piaget, Greer
 - Shamanic and indigenous practice
 - Spiritual and/or Religious practices and philosophies
 - Personality theories

- Body Psychotherapies, for example somatic experiencing

UNIT 7: Communication and Counselling

Unit purpose and intention: To ensure all Breathwork practitioners have effective interpersonal and communication skills when working with clients and colleagues.

To ensure that the Breathwork practitioner has the ability to distinguish between general communications, advising, helping and counselling.

- Communication
 - Active listening
 - Body language and what happens to the body during expression, for example eye contact
 - Respecting, understanding and working effectively with diverse cultural, socio-economic and religious populations
 - Identifying communication and learning styles and patterns, for example auditory, visual and kinaesthetic
 - Transference and projection
 - Awareness of the power of language
 - Summarising, paraphrasing, questioning, mirroring
 - Clear communication of what we are doing, why we do it and where we are coming from in a Breathwork session
 - Authenticity and transparency
 - Conflict resolution
- Counselling
 - Creating a safe and trusting environment
 - Establishing confidentiality
 - Congruence and incongruence
 - Facilitating disclosure
 - Difference between counselling, advising and helping
 - Awareness of other facilitation and counselling techniques and approaches - for example Inner Child, Transactional Analysis, Neuro Linguistic Programming, Gestalt, Voice Dialogue
 - Referral Protocol: Knowing when and how to refer clients

Unit 8: Presenting Issues

Unit purpose and intention: To ensure the basic understanding of, and the ability to identify, a range of presenting issues. Note: Breathwork practitioners do not diagnose.

- Relationship between the body and the emotions.
- Depression

- Fear and anxiety
- Phobias
- Grief and sadness
- Addiction
- Anger
- Guilt and shame
- Dissociation
- Varieties of Abuse
- Relationship with Self, for example low Self-acceptance, Self-love
- Relationships, for example family, parents, siblings, children, friends, work colleagues, partners
- Sex and sexuality
- Spirituality and spiritual crises

UNIT 9: Client-Practitioner Relationship

Note: This Unit is underpinned by the ABA Code of Ethics and Code of Breathwork Practice.

Unit purpose and intention: To ensure students are familiar with the ABA Code of Ethics and Code of Breathwork Practice, and its application. This involves the capacity to apply the ABA's ethical principles in Breathwork practice which include:

- Professional care
- Working within personal capability in practice
- Confidentiality
- The use of client information
- Practice with children and young people
- Boundaries in Breathwork practice
 - Power and influence
 - Personal freedom and self determination
 - Ethical practice, including fair treatment, appropriate professional relationship
 - Clear communication of extent and limits of practitioner availability
- Supervision and on-going professional education
- Complaints
- Professional conduct and working collaboratively with other practitioners
- Honesty and integrity
 - Referrals
 - Practitioner/client agreements
 - Conflicts of interest
 - Data collection
- Clarity about the different roles and approaches as a breathwork practitioner, facilitator and therapist

Group facilitator

An ABA Breathwork Group Facilitator has fulfilled the requirements for Practitioner and has demonstrated the ability to facilitate group Breathwork sessions of two or more breathers.

This ability may be demonstrated through the successful completion of Breathwork Group Facilitator training of a minimum of 80 hours, conducted by an ABA Trainer.

The training must include theoretical study, personal experience and professional preparation for conducting Breathwork groups.

1. Theory: modules which provide the practitioner with knowledge of group Breathwork practice.
2. Personal experience: supporting and co-facilitating Breathwork groups under supervision.
3. Professional Breathwork preparation: 20 Breathwork group sessions as sole leader, supervised by an ABA Trainer or Group Facilitator.

Trainer

An ABA Breathwork Trainer has fulfilled the requirements of Group Facilitator, and has the demonstrated ability to train Breathwork Practitioners and/or Breathwork Group Facilitators.

This ability may be demonstrated through the successful completion of:

1. Theory: Australian government accredited vocational Training and Assessment qualification or Teaching Training qualification, for example Diploma of Education.
2. Personal experience: Sitting for a minimum of 1000 professional standard one-on-one Breathwork consultations as a Breathwork Practitioner.
3. Professional Practice: Breathwork practitioner training &/or Breathwork Group Facilitator training through:
 - a. understudying to an approved ABA Trainer, *or*
 - b. conducting at least one Breathwork Practitioner Training as a Trainer under the supervision of an ABA Trainer.