



Dr Rosalba Courtney DO PhD
Integrative Breathing Therapy programs

INTRODUCTION TO INTEGRATIVE BREATHING THERAPY - NASAL AND UPPER AIRWAY FOCUS - SCHEDULE

This course provides a practical and clinically focused introduction to Integrative Breathing Therapy (IBT) with a focus on nasal and upper airway rehabilitation. The course will focus on the role of breathing dysfunction and breathing retraining in upper airway and oral motor function, craniofacial development and sleep disordered breathing.

TARGET AUDIENCE:

This course is relevant for speech and language pathologists, orofacial myofunctional therapists, dentists, physical therapists, osteopaths, chiropractors, integrative medicine practitioners, Buteyko practitioners and naturopaths interested in restoring nasal breathing and improving the function of the upper airway.

Online two session course

6-9pm Tues 15 Dec New Jersey time (8-11am Wed 16 Dec Sydney time)

- **Introduction and overview of Integrative Breathing Therapy (IBT)**
 - Understand-IBT models of functional and dysfunctional breathing plus multidimensional model of dysfunctional breathing.
 - Clinical applications of IBT for assessment and treatment.
- **Integrative and functional approaches to nasal rehabilitation**
 - Review of structural and functional consequences of mouth breathing. Impacts on health and conditions aggravated by mouth breathing. Mechanisms and overview of nasal functions and their relevance to nasal rehabilitation. Understanding the concept of the unified airway and how the nose connects to the whole breathing system. Learn how breathing pattern disorders, hyperventilation and psychological factors impact on nasal breathing
- **Nasal rehabilitation practical and interactive**
 - Assessment and treatment of the nose breathing patients. Techniques and protocols for nasal breathing assessment.
 - Protocols for functional nasal rehabilitation

6-9pm Thurs 17 Dec New Jersey time (8-11am Fri 18 Dec Sydney time)

- **Breathing pattern disorders and their impact on posture, pain and functional movement**
 - Functional and dysfunctional breathing patterns. How breathing and posture are inter-related. Breathing and musculoskeletal pain syndromes for neck, back and the TMJ.
 - Assessing and correcting breathing pattern (Practical and Interactive)
 - The MARM. Functional and integrative breathing pattern correction.
- **The tongue, the upper airway and whole body breathing**

- Learn respiratory mechanisms that impact on the tongue and upper airway. Breathing and airway regulatory functions of cranial nerves including hypoglossal, glossopharyngeal and vagal nerves. How hyperventilation and breathing pattern disorders affect the upper airway. **Practical breathing technique**- Techniques for improving integration of tongue and upper airway with the whole breathing system.

Finish