



# The Integrative Breathing Therapy Professional Training Course

The full professional Integrative Breathing Therapy course. Online, over 6 months, with weekly tutoring. A multi-dimensional approach to assessing and treating dysfunctional breathing. Comprehensive and evidence based. Theoretical and practical.

The course begins with an orientation online session on June 6, followed by 17 weeks of theoretical and practical training, with weekly live online tutorials with Dr. Rosalba Courtney DO, PhD. The weeks of 8 August and 17 October are study breaks.

The next 7 weeks are clinically focused as you treat patients and participate in online live weekly mentoring online sessions with Rosalba. Course finishes on 12 December 2023.

At this stage you will have the foundational skills to apply IBT assessment and treatment to your patients. For certification you will need to complete 5 case studies of your own patients. To best support you we will continue with mentoring tutorials from Feb-May 2024 to provide ongoing support and assistance as you implement IBT therapy into your practice.

Date 2023	Week Number	Topics	Course Components
June 6		Orientation	Online meeting
June 13	Week 1	<b>Intro Breathing Training/ Therapy</b> - Multidisciplinary approaches, history and context <b>Functional and Dysfunctional Breathing</b> - Exploring definitions and terminologies. Courtney Multidimensional Model. Primary and secondary functions of breathing, the <b>EARRS</b> Model.	Course reading material Recorded lectures Tutorial
June 20	Week 2	<b>Physiology of Breathing - 1</b> - Structure of respiratory system - Ventilation - Diffusion - Circulation	Course reading material Recorded lectures Tutorial
June 27	Week 3	<b>Physiology of Breathing - 2</b> Gas transport, pH, control of ventilation, factors disrupting breathing regulation and control	Course reading material Recorded lectures Tutorial
July 4	Week 4	<b>Mechanics and Functional Anatomy of Breathing</b> - Functional anatomy of breathing, - Mechanics of respiration and the breathing cycle, impact of respiratory disease	Course reading material Recorded lectures Tutorial

July 11	Week 5	<b>Thoracic and Extra-Thoracic Breathing Pattern Disorders</b> - Clinical presentation - Co-morbidities - Differential diagnosis	Course reading material Recorded lectures Tutorial
July 18	Week 6	<b>Evaluating Breathing Pattern Disorders</b> - History taking - Breathing Symptom questionnaires - The NQ, the SEBQ	Course reading material Recorded lectures Tutorial <b>Personal practice</b>
July 25	Week 7	<b>Physical Examination</b> Observation, Postural evaluation, Hi Lo, MARM and BPAT	Course reading material Recorded lectures Tutorial <b>Personal practice</b>
Aug 1	Week 8	<b>Treatment of Breathing Pattern Disorders and the Biomechanical Dimension of Breathing</b> - the Breathing Basics protocols. - Inspiratory muscle training	Course reading material Recorded lectures Tutorial <b>Personal practice</b>
Aug 8	Week 9	<b>Breathing Rhythms, Frequencies and Oscillations</b> - Their effects on homeostasis and physiological function  <b>Therapeutic Rhythms and Frequencies of Breathing</b> - Resonance frequency breathing	Course reading material Recorded lectures Tutorial <b>Personal practice</b>
Aug 15	Week10	<b>Nasal Structure, Function of the Nose and Adverse Effects of Mouth Breathing</b> - Anatomy, physiology, pathology and functional nasal issues	Course reading material Recorded lectures Tutorial <b>Personal practice</b>
Aug 22	Week 11	<b>Nasal Rehabilitation</b> - Assessing the patient - Exercises and protocols	Course reading material Recorded lectures Tutorial <b>Personal practice</b>
Aug 29	Week 12	<b>Upper Airway Rehabilitation</b> - Assessing the patient - Exercises and protocols	Course reading material Recorded lectures Tutorial <b>Personal practice</b>

Sept 5	Week 13	<b>Hyperventilation Disorders - Pathophysiology and Assessment</b> - Assessment of hyperventilation disorders - capnometry, breath holding time, symptoms	Course reading material Recorded lectures Tutorial <b><i>Personal practice</i></b>
Sept 12		<b>Break</b>	<b>Break</b>
Sept 19	Week 14	<b>Hyperventilation Breathing Techniques</b> - Treating hyperventilation - Buteyko, CART, psychological components of training	Course reading material Recorded lectures Tutorial <b><i>Personal practice</i></b>
Sept 26	Week 15	<b>Hypoxia and Hyperoxia</b> - Adaptive and maladaptive responses to hypoxia and hyperoxia. - Hypoxia training - breathing techniques and Intermittent Hypoxic Training - Hyperoxia therapies - breathing techniques, mild hyperbaric oxygen	Course reading material Recorded lectures Tutorial <b><i>Personal practice</i></b>
Oct 3	Week 16	<b>Introduction to Psychophysiology of Breathing - Background</b> - Effects of mental and emotional states on breathing patterns, regulation and control. Effects of breathing on the brain and psychology. - Mindful breath and movement and indirect breathing practices	Course reading material Recorded lectures Tutorial <b><i>Personal practice</i></b>
Oct 10	Week 17	<b>Trauma, Breathing the Autonomic Nervous System</b> - ANS and the maladaptive stress response. Vagal theories - CAN and Polyvagal. Mind-body techniques to support breathing regulation for dysautonomia, vagal support and regulation. - Psychophysiological techniques in breathing training targeting the ANS.	Course reading material Recorded lectures Tutorial <b><i>Personal practice</i></b>

Oct 17		<b>Course break - time to finalise your Grand Rounds written literature review and prepare you tutorial presentation</b>	
Oct 24	Week 18	<b>Clinical Focus/Grand Rounds</b> IBT Assessment	<b>Case mentoring tutorial</b>
Oct 31	Week 19	<b>Clinical Focus/Grand Rounds</b> Nasal Rehab	<b>Case mentoring tutorial</b>
Nov 7	Week 20	<b>Clinical Focus/Grand Rounds</b> Breathing Basics	<b>Case mentoring tutorial</b>
Nov 14	Week 21	<b>Clinical Focus/Grand Rounds</b> Reduced Volume Breathing - Basics and Variations	<b>Case mentoring tutorial</b>
Nov 21	Week 22	<b>Clinical Focus/Grand Rounds</b> Resonance Frequency Breathing - Basics and Variations	<b>Case mentoring tutorial</b>
Nov 28	Week 23	<b>Clinical Focus/Grand Rounds</b> Resonance Frequency Breathing - Mind Body Focus	<b>Case mentoring tutorial</b>
Dec 5	Week 24	<b>Clinical Focus/Grand Rounds</b> IBT Re-assessment	<b>Case mentoring tutorial</b>
Dec 12	Week 25	<b>Wrapping up and Where to from Here!</b>	