



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	Intro Breathing Training/ Therapy - Multidisciplinary approaches, history and context Functional and Dysfunctional Breathing - Exploring definitions and terminologies. Courtney Multidimensional Model. Primary and secondary functions of breathing, the EARRS Model.	Course reading material Recorded lectures Tutorial
June 20	Week 2	Physiology of Breathing - 1 - Structure of respiratory system - Ventilation - Diffusion - Circulation	Course reading material Recorded lectures Tutorial
June 27	Week 3	Physiology of Breathing - 2 Gas transport, pH, control of ventilation, factors disrupting breathing regulation and control	Course reading material Recorded lectures Tutorial
July 4	Week 4	Mechanics and Functional Anatomy of Breathing - 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	Thoracic and Extra-Thoracic Breathing Pattern Disorders - Clinical presentation - Co-morbidities - Differential diagnosis	Course reading material Recorded lectures Tutorial
July 18	Week 6	Evaluating Breathing Pattern Disorders - History taking - Breathing Symptom questionnaires - The NQ, the SEBQ	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
July 25	Week 7	Physical Examination Observation, Postural evaluation, Hi Lo, MARM and BPAT	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
Aug 1	Week 8	Treatment of Breathing Pattern Disorders and the Biomechanical Dimension of Breathing - the Breathing Basics protocols. - Inspiratory muscle training	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
Aug 8		Break	Break
Aug 15	Week 9	Breathing Rhythms, Frequencies and Oscillations - Their effects on homeostasis and physiological function Therapeutic Rhythms and Frequencies of Breathing - Resonance frequency breathing	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
Aug 22	Week10	Nasal Structure, Function of the Nose and Adverse Effects of Mouth Breathing - Anatomy, physiology, pathology and functional nasal issues	Course reading material Recorded lectures Tutorial <i>Personal practice</i>

Aug 29	Week 11	Nasal Rehabilitation - Assessing the patient - Exercises and protocols	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
Sept 5	Week 12	Upper Airway Rehabilitation - Assessing the patient - Exercises and protocols	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
Sept 12	Week 13	Hyperventilation Disorders - Pathophysiology and Assessment - Assessment of hyperventilation disorders - capnometry, breath holding time, symptoms	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
Sept 19	Week 14	Hyperventilation Breathing Techniques - Treating hyperventilation - Buteyko, CART, psychological components of training	Course reading material Recorded lectures Tutorial <i>Personal practice</i>
Sept 26	Week 15	Hypoxia and Hyperoxia - 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 <i>Personal practice</i>
Oct 3	Week 16	Introduction to Psychophysiology of Breathing - Background - 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 <i>Personal practice</i>

Oct 10	Week 17	Trauma, Breathing the Autonomic Nervous System - 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 Personal practice
Oct 17		Course break - time to finalise your Grand Rounds written literature review and prepare you tutorial presentation	
Oct 24	Week 18	Clinical Focus/Grand Rounds IBT Assessment	Case mentoring tutorial
Oct 31	Week 19	Clinical Focus/Grand Rounds Nasal Rehab	Case mentoring tutorial
Nov 7	Week 20	Clinical Focus/Grand Rounds Breathing Basics	Case mentoring tutorial
Nov 14	Week 21	Clinical Focus/Grand Rounds Reduced Volume Breathing - Basics and Variations	Case mentoring tutorial
Nov 21	Week 22	Clinical Focus/Grand Rounds Resonance Frequency Breathing - Basics and Variations	Case mentoring tutorial
Nov 28	Week 23	Clinical Focus/Grand Rounds Resonance Frequency Breathing - Mind Body Focus	Case mentoring tutorial
Dec 5	Week 24	Clinical Focus/Grand Rounds IBT Re-assessment	Case mentoring tutorial
Dec 12	Week 25	Wrapping up and Where to from Here!	