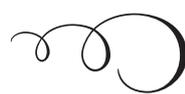


A SPECIAL INVITATION

To Attend Inspiring Workshops To Advance Your Clinical
Skills And Build Your Practice.

 Become a **Certified Breath Practitioner**. 
Dr Robert Kissner & Mr Gerry Gajadharsingh DO

We are pleased to offer a One Day Core Basic “Breathing, Breathing Therapy, and Capnography in Clinical Practice” Course *Level I* and an Advanced Practice Course, “Breathing, Breathing Therapy and Capnography in Clinical Practice” *Level II*. These workshops will allow participants, who choose to do so, to obtain credits towards becoming a Certified Breathing Practitioner (CBP) through Lifelogix Inc of Vancouver, Canada. Becoming a Certified Breath Practitioner is about integrating knowledge of respiratory chemistry with the mechanics of breathing, where the emphasis is on the dynamics required to achieve good body chemistry.

Basic Core Training:

Breathing, Breathing Therapy and Capnography in Clinical
Practice *Level I*

Saturday 14th May, 2016

Advanced Clinical Practice Training:

Breathing, Breathing Therapy and Capnography in Clinical
Practice *Level II*

Saturday 15th May, 2016

9:00 until 17:00 each day.

London Marriott Hotel Kensington
Gallery 3
147C Cromwell Road
London
SW5 0TH

AN OVERVIEW:

Good respiration is fundamental to healthy physiology and psychology. Changes in respiratory chemistry can have profound effects on body system function. Breathing impacts body pH electrolyte balance, blood flow, hemoglobin chemistry, and kidney function, and breathing influences postural stability and motor control. Additionally many patients with medically unexplained symptoms will have a breathing pattern disorder as a part of, if not sometimes the main part of, their problem.

In recognition of these facts, as well as part of a whole person emphasis, a number of health professionals are incorporating breathing, breathing therapy and capnography (technology that allows us to analyze breathing in real time) as a routine part of their professional practice. Since breathing is not only habitual and automatic but also voluntary, breathing therapy allows clinicians to both correct dysfunctional breathing as well as enhance good breathing. Accurate diagnosis is difficult based on questionnaires and symptoms—those, often being the only methods being used. The usual treatment toolbox is often limited to hands on osteopathic work, breathing re-education and supportive exercise. This approach can ignore underlying physiology and chemistry. Capnography, which provides a direct measure of CO₂ in a person's system, is used routinely in critical care settings. It offers an objective measure of respiratory chemistry, providing physiological data on which to diagnose breathing pattern disorders and poor breathing. Capnography can also be used to provide direct information, guide breath retraining and provide living proof of physiological changes and changes in biochemistry. Once the chemistry and mechanics of good breathing are re-established, and physiology and

psychology improve, clients become increasingly likely to have positive responses from other interventions. This course will discuss breathing evaluation in osteopathic medicine and provide practical experiences and demonstrations of breathing therapy and capnography.

Objectives: These workshops will introduce you to the *breathing diagnostic interview*, showing you how to provide objective assessment, diagnose and manage patients who show patterns of intermittent and chronic breathing dysregulation. You will be able to understand the factors that originate and sustain dysregulated breathing. You will be able to educate patients about breathing behaviour and know how to normalize breathing chemistry. You will be able to introduce breath assessment to your practice, educate patients about breath and its impact on physiology and health. You will understand the basics of capnography and explore the benefits of direct measurement of CO₂, using breath retraining to re-establish the correct carbon dioxide levels. You will understand how to use CO₂ feedback methods for assessing and doing breathing retraining and how capnography may be a valuable adjunct to your practice. You will have the basics to introduce it to your practice when you are ready.

These Workshops Cover:

- a) Exploration: Factors that originate and sustain dysregulated breathing chemistry.
- b) Identification: Dysfunctional breathing patterns. When and where?
- c) Phenomenology: The experience of breathing and its effects.
- d) Knowledge-learning: Understanding breathing concepts.
- e) Mechanics-learning: Dynamics for teaching breathing as behaviour.
- f) Somatic-learning: Learning about the effects of good and bad breathing.
- g) State-learning: Psychological, behavioural conditioning, awareness and consciousness.
- h) Capnography using a capnometer to understand breathing and diagnosis and treat breathing pattern disorders.
- i) Applications of capnography to clinical practice and options for working with patients.

Learning Outcomes:

- Integrate knowledge and assessment of breathing physiology into your practice.
- Relate capnography evidence as a diagnostic, prognostic and outcome variable for effective practice
- Develop practical skills in treating dysfunctional breathing with and without capnometry.
- Understand the frequency of deregulated breathing patterns in clinical practice
- Learn practical techniques and approaches to breath re-education for people with asthma, hypertension, anxiety/depression, panic attack disorder, and functional somatic symptoms such as fibromyalgia and medically unexplained symptoms.

CORE TRAINING COURSE PROGRAMME:

Breathing, Breathing Therapy, and Capnography in Clinical Practice - *Level I*

Saturday 14th May 2016

09:00 - 09:15 Registration

09:15 - 09:30 Introduction

09:30 - 10:45

The Functions and Dysfunctions of Breathing
Dysfunctions of Biomechanics of Breathing
Breathing in Postural and Motor Control

11:00 - 11:30

Understanding and Using Capnometry Instrumentation
Using Questionnaires and Conducting an Interview About Breathing Behaviour
Assessing Simple Patterns of Dysregulated Breathing
Perform the Basics of Live Capnography Testing

13:00 - 14:00 Lunch

14:00 - 15:00

Breathing Physiology
Relevance and Significance of Breathing in Acid-Base Balance
Impact of Dysregulated Chemistry on Symptoms and Deficits
Behavioural Origins of Dysregulated Breathing
Psychological Nature of Changes in the Breathing Experience

15:00 - 16:00

Breathing Therapy
Case Presentation
Treatment Strategies
Osteopathic and Other Options

16:00 - 17:00

Hands on practicum in conducting a breathing evaluation and client exploration to restore acid-base balance and regulated chemistry.

Level I Workshop Fee: £175 GBP

ADVANCED PRACTICE COURSE PROGRAMME:

Breathing, Breathing Therapy, and Capnography in Clinical Practice - *Level II*

Level II explores topics in greater depth, with level I serving as an initial orientation. Participants have greater opportunity for personal experience and live demonstrations, case presentations and discussion.

Sunday 15th May 2016

09:00 - 09:15 Registration

09:15 - 09:30 Introduction

09:30 - 10:45

Guided-Breathing Explorations

Case Presentations

Unexplained Medical Symptoms

11:00 - 13:00

Internal and External Respiration

Emotions and Emotional Regulation and Respiration

Breathing is Behaviour: The Behaviour of Respiration

13:00 - 14:00 Lunch

14:00 - 15:00

Origins of Dysregulation

Interviewing and Behavioural Analysis

Testing and Baselines

Mechanics, Mental and Task Challenges

Exercise and Respiration

15:00 - 16:00

Intake and Assessment Practicum

16:00 - 17:00

Integrating Breathing, Breathing Therapy and Capnotherapy into Your Practice

Key Readings

The Best Science and Best Literature

Level II Advanced Course Fee: £175 GBP

Registration Information

To register please call The Health Equation's trainee practice manager Roberta on 020 7631 1414 or email her on info@thehealthequation.co.uk

Due to the specialized nature of this type of course, places are strictly limited and allocated on a first come first served basis.

The Certification Programme

General (Basic Core Training) certification *Level I* and (Advanced Clinical Training) *Level II* courses are available to qualified Educators, Consultants, Trainers, Teachers and Coaches.

We also offer Clinical (Advanced) certification to registered health professionals such as Doctors, Osteopaths, Chiropractors, Physiotherapists, Buteyko Practitioners, Nurses and Occupational Therapists.

The requirements of the Clinical (Advanced) certification program for practicing health professionals are Completion of both Breathing, Breathing Therapy and Capnography in Clinical Practice *Level I* and *Level II*; Attendance at The Health Equation in London for 2 3-hour seminars (minimum of 2 and a maximum of 4 participants per seminar) for more advanced clinical work, with Mr Gerry Gajadharsingh. Finally 2 30 minute Skype conferences with Dr Kissner delivering practicum based on Case presentation of session work with two specific clients.

** Clinical (Advanced) Certification Fee Including 2 3-hour small group seminars at The Health Equation and the final follow up skype consultation with Dr Kissner: £600 GBP*

Course Facilitators:



Mr. Gerry Gajadharsingh D.O. qualified from the British school of Osteopathy in 1987 and was invited back to teach Osteopathic technique at Undergraduate level, a post he held for 10 years. He started his international teaching career under the guidance of Prof Laurie Hartman in 1988 and has lectured at postgraduate level in many countries in Europe, Asia, Australia and Canada on the subjects, Osteopathic Technique, Osteopathic Medicine, Breathing Evaluation and Re-Education. He has presented to the Royal Society of Medicine's Annual GP convention on his integrated approach to medicine. He gained a City and Guilds teaching certificate and Masters Level Modules in Nutrition and Advanced Pathophysiology. He founded The Health Equation, an innovative clinical practice adopting a more integrated approach to healthcare in 2004, based in London's West End, where he works with a multi-disciplinary clinical team. His role at The Health Equation is as Osteopath and Diagnostic Consultant- Complementary Medicine. He receives many complex-challenging patients referred by GP's and Medical Consultants. He is also a Metabolic Balance Nutritional coach and is one of 2 UK approved lecturers for Metabolic Balance. He was introduced to the Lifelogix technology in 2007 and is an Advanced Breath Practitioner and UK Lecturer for Lifelogix Inc.



Dr. Robert Kissner holds a PHD from the University of Chicago. He is a specialist in stress and trauma with an interest in innovative ways to facilitate recovery and encourage resilience. Dr Kissner is Executive Director of FocusBC, an accredited addictions and mental health agency, specializing in working with youth 13-19 of age, with complex needs and co-occurring disorders. The programmes he operates have been judged by outside experts as among the best resources in North America. He is also Principal of LifeLogix Inc., a company specializing in providing innovative science-based solutions for personal and organizational health and has advanced training in neuro- and bio-feedback. He has appeared on various radio and television programmes and has traveled extensively, lecturing on developmental approaches to working with children, addictions, stress and emotions. He has written articles on stress and trauma as well as breath and emotional regulation. Dr. Kissner's interest in breath work and capnography started in 2006 when he recognised that the majority of children he was seeing had dysregulated breathing patterns, and that breath could be used as a prognostic, diagnostic, and living proof of the changes that occur as people grow through their challenges and experience healing. He is a frequent visitor and speaker to medical profession groups in the UK. He has presented at the Royal Society of Medicine and the Royal College of General Practitioners and conducted a special presentation on Health and Wellness to UK Physicians.

Interested In Considering Making Capnometry Part Of Your Practice?

Please email Dr. Kissner rkissner@lifelogix.com for special pricing on Lifelogix capnometers ordered as part of this training.

