



Jim Morningstar: Integrating Breathwork into Psychotherapy



Jim Morningstar is a clinical psychologist, director of Transformations Incorporated, co-director of the Global Professional Breathwork Alliance, and began using Breathwork in his practice in 1976. He has pioneered the development of Therapeutic Breathwork™. His latest book is called, *Break Through with Breathwork: Jump-Starting Personal Growth in Counseling and the Healing Arts* (2017). Tap into Jim's extensive knowledge and experience to find out more about adding this skill to your toolbox and discover the benefits of Breathwork for both therapists and clients.

TOP EMBODIMENT TIP: Breathwork- as a holistic change work tool- is the most obvious and overlooked way to intervene in the most helpful way, and it is literally under our noses.

Client-Therapist Relationship: Rapport Building

- Establishing rapport with your client is key to optimising outcomes. Non-verbally we are communicating a myriad of signals, so how does a therapist intervene in the most useful way? It's under our noses.
- Find out how Breathwork can increase the level of safety and comfort the client has in their body and the environment they share with the therapist.

Start Here: Breath Awareness

- Discover how teaching your client breath awareness is a useful biofeedback tool for self-regulation during sessions, and then translate this into the client's daily life.
- Learn how tuning in to our breathing keeps the systems of the body functioning and signals us about imbalances in our energy while helping us correct them.

Subsequent Sessions:

- This section introduces **slower than normal breathing** or maintenance breathing skills. Also called coherent breathing, mindfulness, & Pranayama. Benefits are well researched.
- Understand **faster than normal breathing** - an elegant way to reprogram traumatic responses by going directly to the limbic system and right brain, instead of trying to enter via the prefrontal cortex.

Discussion:

- Topics: non-ordinary states of consciousness, ethics, spiritual growth, case studies, contraindications, skill of practitioner and much more!

Resources

- ❖ **Books:** [Break Through with Breathwork: Jump-Starting Personal Growth in Counseling and the Healing Arts](#)
- ❖ **Courses:** [Integrative Life Community Building Course and Circles of Community Building Practicum](#)
- ❖ **Website:** [Transformations USA](#)
- ❖ **References:** [Global Professional Breathwork Alliance](#)

Jim Morningstar





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Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

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