



Jessica Dibb, Alice Wells, Jim Morningstar: Panel: Flowering the Potential of the Breathwork Field



The Visionary co-founder and Board member of the Global Professional Breathwork Alliance (GPBA) invites practitioners all over the world into an exchange about integrating excellence, ethics, and professionalism in the field of Breathwork.

TOP EMBODIMENT TIP: Holding Space for Others Needs Our Own Healing, Emotional Stability and Depth.

Jessica Dibb, Co-director of the Global Professional Breathwork Alliance

Awareness: Breathwork as a Powerful Medicine Brings Non-ordinary States and Needs to Be Done Safely and Skillfully.

- Supporting the power of breathwork for all individuals, needs an understanding and alignment with both non-ordinary states of consciousness and understanding how it is an embodied phenomenon.
- In breathwork everything from trauma to non-ordinary states of consciousness can open up very rapidly, e.g. people coming out of a session saying “*That was two years of therapy.*”
- Breathworkers need to create healthy structures and have profound training and healing experiences by themselves.

Jim Morningstar, Co-director of the Global Professional Breathwork Alliance

Vision: Breathwork Schools and Practitioners Worldwide Unite and Commit to specific Ethics and Training Standards.

- It is the practitioners responsibility to hold integration and help the person ground. If the practitioner doesn't have enough training, they can get lost and not be of service to their client.
- The Alliance was founded in 2001 due to the recognition that the potential of the breath needs to be validated in the world. It needs to be shared in a way that the public says “*I see these folks take responsibility.*”
- Professional means that practitioners agree to train themselves properly, operate ethically and self monitor, so as not to require outside political or legal agencies to do it.
- The Global Professional Breathwork Alliance developed ethics and training standards in Breathwork including a restorative justice model. **The Alliance invites all schools and practitioners to join, who are not yet part of it.**

Alice Wells, board member of the Global Professional Breathwork Alliance, Supervisor

Responsibility: Commit to Continue Training, Have Supervision, Practice Team Approaches, Join a Peer Group

- Qualities needed for breathwork include self development, commitment, compassion, discernment, self care and an ability to self-reflect your own shadows.
- Skills and Knowledge are required in trauma, attachment, neuroscience, structure, biology and instincts
- Embodiment: Building a body that is able to embrace everything takes years.

Resources

- ❖ **Website:** www.breathworkalliance.com
- ❖ **Ethical Standards:** [GPBA Ethical Standards for Breathworkers](#)
- ❖ **Training Standards:** [GPBA Professional Training Standards for Breathworkers](#)



- ❖ **Certification:** [Working Principles for the Certification of Breathworkers](#)
- ❖ **Schools:** [Certified breathwork schools](#)

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