

# ANXIETY AND BREATHING TECHNIQUES - ASSIST THE THERAPEUTIC PROCESS

## 1- Day workshop for psychologists with Tess Graham

### Develop skills in working with breathing to enhance clinical outcomes

#### Breathing impacts mind and body function

The connection between acute hyperventilation and anxiety states and symptoms is well known. What is not so well known is that 'overbreathing' is often present in a chronic and hidden form, creating on a day-to-day basis a fundamental disturbance in body chemistry. This 'baseline' dysfunctional breathing pattern drives a sympathetic dominant state, depleting energy, and priming a person for acute stress response. It may be behind a loss of resilience and a failure to respond to a therapeutic intervention in people with anxiety.

Healthy breathing goes beyond slow-diaphragm-breathing. It also incorporates nose-breathing, breathing at the correct rate, rhythm and volume and the optimal O<sub>2</sub>/CO<sub>2</sub> balance when at rest, under stress, and during sleep and activity. This allows balanced body chemistry, efficient function of all body processes and optimal oxygenation.

Canberra Physiotherapist Tess Graham presents a powerful, practical workshop to enable psychologists to enhance their work around breath, help their clients improve their breathing and wellbeing and greatly assist the therapeutic process.

#### You will learn

- Relevant physiology of breathing
- Mechanical, physiological, psychological and biochemical effects of dysfunctional breathing
- The breathing/anxiety/insomnia/sleep apnoea/asthma connection
- Myths and misunderstandings about breathing
- To identify and assess dysfunctional breathing habits
- Techniques to restore regular, comfortable, nose-diaphragm breathing with good posture
- Application of physiologically normal breathing into breath work in psychological therapy
- Strategies to relieve and prevent the stress response, breathlessness, panic attacks, body tension, dizziness, insomnia...
- Strategies for specific conditions, personality types and scenarios you see in practice
- How to monitor and improve your own breathing

#### You will get

- Six hours of theoretical and practical training
- An assessment of your breathing pattern
- Course notes, workbook, a certificate
- Morning tea, tea and coffee throughout day
- Support – a follow-up group mentoring session via Skype (one hour)
- 6 CPD hours

**PRESENTER - Tess Graham:** (BSc, PGD Physio, Dip BM) physiotherapist and breathing educator, has been researching and writing about breathing dysfunction for over 20 years. Through extensive clinical practice she has uncovered the essential principles of good breathing and applied them in the simplest way to achieve extraordinary outcomes. Tess has taught breathing retraining to over 6000 people and has the highly-regarded diploma in the Buteyko Breathing Method from Moscow. People with anxiety disorders make up about one third of her patient base. Tess is the author of *Relief from Snoring and Sleep Apnoea* (Penguin 2012) and the forthcoming *Relief from Anxiety*. Tess speaks internationally on her topic. She is a specialist in both the science and art of breathing.

"This course immediately changed my teaching of breath. The day gave me a greater understanding of the physiology of breathing and detail regarding mechanics, volume and speed. It has helped me answer the question many clients ask, as to, should they breath in/out through their nose or mouth, and then importantly – why? I have carefully integrated what I learnt into my teaching and find that I can confidently work with my clients towards a more efficient breath during their Pilates and daily life. I have seen the benefit to clients, to be a calmer, more rhythmic breathing pattern, requiring less effort and assisting their movements to flow." *Jakki Tobin - physiotherapist, Pilates instructor*