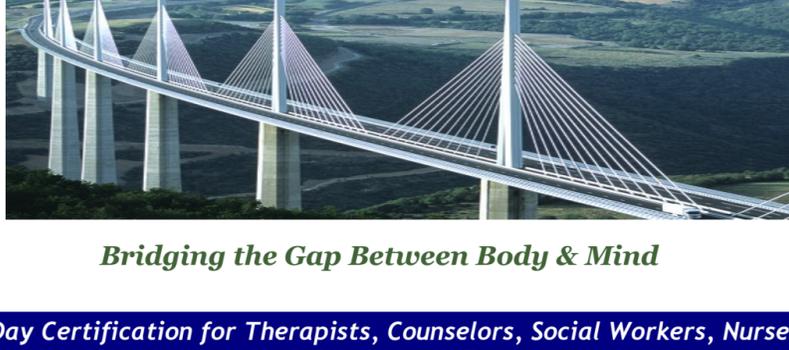


Integral Breath Therapy Facilitator Training



Bridging the Gap Between Body & Mind

6 Day Certification for Therapists, Counselors, Social Workers, Nurses, Hospice Workers, Yoga Instructors, Educators, and Coaches

October 8—13, 2015

[Holmes Conference Center](#)
Agape Building, Holmes, NY

Investment: \$1095
\$895 if registered by 9/8
Retreat fees: \$425-\$725

Includes 350 page manual and 50 CEUs

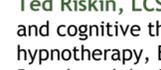
- Become a certified Level 1 Integral Breath Therapy Facilitator
- Learn to use the power of trance state to accelerate your clients' personal growth
- Experience your own deep healing & awakening
- Rest and rejuvenate in 550 acres of beautiful forest

Register at www.IntegrationConcepts.net
877-491-3355

Information

Ted ted@tedriskin.com 828-338-5020
Jane colseminars@comcast.net 609-737-0356

Trainers



Jane Martin, LPC is a therapist in private practice at Volition Wellness Solutions in Princeton, NJ, specializing in Child Psychology and Transpersonal Psychology. She is a certified Imago Relationship Counselor and the founder of Social Harmony, an anti-bullying program for schools, and co-founder of ReTribe, a rite of passage program for teens. She has been practicing meditation for 40 years. www.janemartin.org

Ted Riskin, LCSW is a psychotherapist specializing in relationship issues and cognitive therapy. Along with certifications in Core Energetics, hypnotherapy, Breath Therapy, and EMDR, he is certified in Holotropic Breathwork by Stanislav Grof, MD. He served for five years as President of the Association for Holotropic Breathwork International and eight years as the music editor for *The Inner Door*. Ted is currently a faculty member of the Institute of Core Energetics. He has practiced meditation for the past 36 years and has been active in the human development movement for the past 31. www.tedriskin.com



Founder



Carol Lampman, ACHt, BTT is the founder and director of Integration Concepts. She is a Holistic Therapist with training in Hypnotherapy, Release Therapy, Reichian Process work, and the Hendricks Body Centered Transformation Method, as well as Integrative, Cathartic, and Rebirthing Breathwork. Carol has presented programs, trainings, and workshops for the public in the US, France, Italy, Spain, Venezuela and Israel.

The Breath is the meeting ground between the conscious and unconscious minds. It is the access point that bridges the connection to body, mind, emotions and spirit.
— Deepak Chopra

About the Training

The Integral Breath Therapy facilitator training is a six day focused program designed for professionals looking for personal as well as professional transformation. This training is designed to teach the therapeutic skills necessary to integrate Integral Breath Therapy into your existing modality.

You will learn:

- ◆ About the breath and its relationship to life, death, and disease
- ◆ The history of Breath Therapy and its contemporary applications
- ◆ About Breath Therapy as physical, psychological, and emotional process
- ◆ To identify and use "breathing patterns" as a diagnostic tool
- ◆ About the Mind-Body Connection to health and healing
- ◆ To appropriately facilitate physical and emotional release
- ◆ The basics of pre- and perinatal psychology to heal birth Issues
- ◆ The importance of Emotional Anatomy and emotional development
- ◆ To reprogram beliefs through the Bio-Computer
- ◆ The Trauma vs. Shock model for healing dissociation
- ◆ To identify and release chronic holding patterns and body armor
- ◆ To incorporate imagery and Inner Child work
- ◆ To create space and support for the natural healing process
- ◆ And much more

Facility

This training will take place at the [Holmes Conference Center](#) in the beautiful glass room in Agape Center. Besides adding new skills to your professional repertoire, this training is designed to facilitate your own deep personal healing and growth work. The natural setting of Holmes, with forests, lakes, cliffs, and peaceful walks in the woods, is the perfect place for your own rejuvenation.

Anxiety is excitement without the breath. — Fritz Perls

About Integral Breath Therapy

Integral Breath Therapy is a revolutionary therapy that uses the breath to explore, heal and integrate the multidimensional aspects of the human psyche. Based on ancient Eastern disciplines as well as modern Western methods, this holistic modality uses breathing techniques to clear out physical, mental and emotional blocks or stresses.

Integral Breath Therapy is a body-mind modality. With this approach we bridge the gap between thoughts and feelings, between the body and the mind. By going underneath the "story" or repetitive dramas in life, belief systems are revealed along with the reason for their existence. The awareness of these patterns and how they affect one's life is crucial to creating a future that is different from the past.

Integral Breath Therapy is a powerful energy therapy. You will learn to use the power of the natural trance state to bring dynamic awakenings to your clients. It uses the breath and the mind-body connection to access underlying, unresolved issues at the core.

Integral Breath Therapy is a process comprised of a unique blend of technologies that may be used individually or collectively in order to achieve the individual's goals and objectives. It is a safe yet powerful therapeutic tool that works with the whole being to heal, integrate and transform.

It is an ideal tool for working with somatic issues, addictions recovery, respiratory problems, depression and anxiety, grief and loss, PTSD, management, relationship and birth issues, weight and body concerns, chronic tension and fatigue, personal growth and more...

How Integral Breath Therapy Works

Integral Breath Therapy provides a unique combination of tools and techniques for working with the altered state achieved through simple breathing processes. In contrast to other methods, you do not lead clients but accompany them on their healing journeys. This simple energy therapy is a powerful modality with the ability to expand, explore, release and heal.

Techniques such as Reichian Process, Self Hypnosis, Guided Imagery, Emotional Anatomy, Inner Child Work, NLP, Gestalt, and Behavior Modification are used synergistically during the process to achieve deep and profound healing. Integration and unification results as blocks are cleared and personal power is reclaimed by the individual.

The process provides powerful mind-body approaches to:

- Grieving
- Anxiety
- PTSD
- Addictions
- Self Esteem
- Relationship Issues
- Anger Management
- Somatic Complaints
- Birth and Death issues
- Spiritual Experiences
- Respiratory Problems
- Repressed memories
- Individual & Group work

Every change of mental state is reflected first in the breath and then in the body.
— Deepak Chopra



What Graduates Say

"People have heard good things about Breathwork and I'm getting new clients because they hear that I provide it." — PP (Coach)

"After sitting through several talk therapy sessions, I really look forward to the change-of-pace provided by offering a Breathwork session." — TA (Psychotherapist)

"In the past I'd hit points with clients where we just get stuck. Now I just invite them to do Breathwork and it opens up a whole new direction in therapy." — JR (Counselor)

"I'm not sure if I can even begin to express how profoundly I was affected by the training. I keep saying, 'I feel like my whole life has just changed!'" — KO

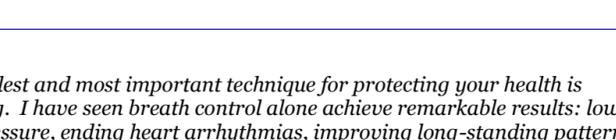
"For me Breath Therapy offers the most direct way for clients to receive the answers to their own questions. A Breathwork session is equivalent to months, if not years, of talk therapy. Breathwork is connection to the Divine." — KC (Nurse/Therapist)

"I L O V E D the 6 day training. It was the best training I've ever done." — RR

"Breath Therapy enables both the patient and the therapist to go 'beyond/under the story', to blast through the 'wall of words' to the heart of the matter: the patient's stored sub-conscious and unconscious experience. The power of Breath Therapy is that it works so deeply, so immediately. During my Breath Therapy training, I was able to access material that had remained untouched, despite 6 years of psychoanalysis. I have had the same experience with patients who have had years of talk therapy. Using Breath Therapy, they are able to break through to a previously unknown level of their historical reality." — BH (Licensed Clinical Social Worker, Psychotherapist)

"Breath Therapy has empowered my clients to find a great sense of purpose in their daily life by overcoming fear, pain, and stress. They have enjoyed life affirming changes with personal discoveries, emotional releases and expanded spiritual experiences." — PC (Wellness Director/Energy Practitioner)

"Breathwork has become my favorite tool in my therapy toolkit!" — AR (Psychologist)



The simplest and most important technique for protecting your health is breathing. I have seen breath control alone achieve remarkable results: lowering blood pressure, ending heart arrhythmias, improving long-standing patterns of poor digestion, increasing blood circulation throughout the body, decreasing anxiety and allowing people to get off addictive anti-anxiety drugs and improving sleep and energy cycles.
— Andrew Weil, M.D.
Clinical Professor of Internal Medicine
University of Arizona, Tucson