

EDUCATIONAL CAPNOGRAPHY

Aligning breathing mechanics with breathing chemistry

Two-day, 15-hour workshop.

Statistics suggest that tens of millions of people worldwide suffer with the profound and misunderstood symptoms and deficits of learned dysfunctional breathing habits. Unfortunately, these habits are rarely identified by practitioners, their effects mistakenly attributed to other causes, and their resolutions prescriptive in nature where focus is on symptoms rather than on causes.

Millions of people from around the world include breathing learning interventions in one way or another in their professional and/or personal lives for a multitude of reasons. Most of them, however, focus on the mechanics of breathing without even so much as a thought about its chemistry, that is, the role of mechanics in optimizing internal respiration and its associated chemistry, e.g., pH regulation of blood plasma. This is a serious oversight.

This workshop addresses these serious issues and prepares colleague professionals to assist their clients in learning to integrate learned breathing mechanics with reflexive respiratory chemistry. It also prepares colleagues for enrolling in the certification program, **Certified Breathing Behavior Analyst**, offered by the **Graduate School of Behavioral Health Sciences**.

LEARNING OBJECTIVES

Colleagues will learn to:

1. understand breathing as behavior and its associated implications,
2. present basic physiology of breathing chemistry to clients and colleagues,
3. operate educational capnography instrumentation with clients,
4. assess learned dysfunctional breathing behaviors and habits,
5. identify breathing habit triggers, motivations, effects, and histories,
6. teach breathing self-interventions that align mechanics with chemistry, and
7. apply some basic principles of behavior modification to breathing behavior.

WORKSHOP CURRICULUM

DAY 1 (April 14 and April 21)

08:00 - 08:30: Overview: Educational capnography

08:30 - 09:00: Breathing psychology: behaviors and habits

09:00 - 09:30: Respiratory physiology: mechanics and chemistry

09:30 - 10:30: Overbreathing: symptoms and deficits

10:30 - 11:00: Capnography: capnogram analysis and CO₂ measurement

11:00 - 11:30: Demonstration: CO₂ technology and monitoring

11:30 - 12:30: Practicum: software operations and calibration

12:30 - 13:30: Break

13:30 - 14:00: Assessment: interviewing and testing

14:00 - 14:30: Assessment Forms: for clients and practitioners

14:30 - 15:30: Interviewing: behavior analysis

15:30 - 16:30: Demonstration: guided self-assessment

16:30 - 17:30: Practicum: the psychology of physiology

DAY 2 (April 15 and April 22)

08:00 - 08:30: Questions: physiology and psychology

08:30 - 09:30: Testing: criteria and techniques

09:30 - 10:30: Demonstration: guided breathing protocols

10:30 - 11:30: Practicum: self-exploration techniques

11:30 - 12:00: Testing reports: psychophysiological data

12:00 - 12:30: Self-regulation: learning new habits

12:30 - 13:30: Break

13:30 - 14:30: Self-Interventions: managing breathing habits

14:30 - 15:00: Practicum: developing breathing self-awareness

15:00 - 16:00: Practicum: using negative practice

16:00 - 17:00: Practicum: aligning mechanics with chemistry

17:00 - 17:30: Business: services and referrals

READING ASSIGNMENTS

Laffey, J. G., & Kavanagh, B. P. Hypocapnia. *New England Journal of Medicine* (2002); 347(1): 43-53.

Litchfield, Peter M. Breathing: aligning mechanics with chemistry. *IBF Newsletter* – June, 2017.

Litchfield, Peter M. CapnoLearning: respiratory fitness and acid-base regulation. *Psychophysiology Today* (2010).

TUITION

\$500.00

REGISTRATION

www.betterphysiology.com/registration