



Journey to the Heart

GUIDANCE | TEACHING | HEALING

**PROFESSIONAL TRAINING in
BREATHWORK and
BODY-CENTRED COUNSELLING**

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Training Outline

The Vision

Breathwork combined with a body centred counselling model is, in my experience, the most effective tool available for personal transformation, and I am passionate about passing on these tools for use in the healing of mind, body and spirit.

My aim is to train practitioners to become highly skilled, caring and ethical professionals. Journey to the Heart provides a heart centred environment for personal growth and professional growth, and acknowledges each person's unique contribution to the whole.

The Training recognises that people learn best when relaxed and enjoying themselves, and within an environment that facilitates ease, trust, kindness and honesty.

What is Breathwork?

Across most cultures, religions and wisdom schools, the long history of human experience includes the use of the Breath as a path to self-knowledge, healing, meditative awareness and transcendence. Many schools of yoga, martial arts and shamanic pathways have been concerned with the vital and profound influence of Breath on the human experience.

The conscious breathing technique at the foundation of Breathwork is a simple, gentle, yet powerful way to bring into awareness not only our unconsciously held beliefs and emotions, but also the relationship we have with ourselves, with others and with our world.

Breathing consciously facilitates the process for previously unresolved issues to integrate and to heal. It goes beyond the reach of conventional talking therapies to access sub-conscious information, and to physically teach Mindfulness, Presence and conscious living and relating.

Breathwork facilitates

- Increased self awareness
- Mindfulness and meditation
- Access to the subconscious material and unconscious material
- Stress and anxiety reduction
- Exploration of consciousness

- Exploration of altered states/non-ordinary states of consciousness
- Healing interruptions to wholeness
- Rites of passage and the journey to recover wholeness

What do we mean by Body-Centred Counselling?

Most of us have learned, through the dominant models of mental and physical health, that pain and discomfort mean something is wrong. Our dominant models see pain, struggle and discomfort as symptoms of illness and disorder. We focus on getting back to normal and feeling better as soon as possible, mostly by managing the symptoms and making the discomfort go away.

When it comes to mental health, we learn to assert mind over matter, to rely on the rational mind to overcome problematic feelings and struggles. We focus on strategies to change thoughts and behaviour, and tend to manage symptoms with very little confidence in permanent healing.

We tend to focus on individual illness as a personal thing, separate from any larger cultural or global imbalance.

In the course of this Body Centred Training, we learn to use the Breath to access the information held in the body. We explore the differences between what the rational mind “knows” and what the body reveals when we learn to access it and listen to it.

We discover that pain and discomfort have a deep intelligence, that when we are gradually able to become comfortable with uncomfortable sensations, we have access to a depth of humanity that most of us yearn for. Meeting the truth of what is actually happening guides us to its permanent resolution. The intelligent internal guidance system teaches us the way through.

We include the whole system – the physical, mental, emotional, energetic and spiritual experiences of the organism, its environmental context, ancient and modern maps of consciousness ...

We focus on inquiry beyond what the mind already knows, and we trust that the human organism is self healing. What we want to be healed from is usually what will guide us, teach us and heal us, if only we can stay with it.

Program Goals

You will be trained to become a confident, competent, recognized, professional practitioner. You will learn the tools to create a thriving practice.

The course fulfils national and international training standards and requirements for Professional Breathwork Practitioners ([Australian Breathwork Association](#) and the [Global Professional Breathwork Alliance](#)).

This course is aligned with Government Accreditation standards, whereby students will have the necessary skills, knowledge and experience to qualify for Recognition of Prior Learning in Government Accredited Breathwork Training¹.

The Training recognizes that the most effective, compassionate and resourceful practitioners have learned and integrated through their own personal process. The Training guides students on a journey of personal transformation, and is therefore suitable for students who seek to explore and heal themselves, as well as those seeking a professional pathway.

While the personal journey is the foundation of the practitioner's toolbox, we also build upon that foundation with an understanding of context and theory, and finally develop the skills to work with individuals and groups and to create a thriving practice.

Continuing Professional Development options

You may wish to attend any of the modules and/or theory components as part of your Continuing Professional Development (each day of the Training constitutes 8 hours of Continuing Professional Development), or pick and choose which modules apply to your learning needs.

Pre-requisites and other requirements

- The entry level of this course is suitable for both beginners and those who have experience in Breathwork and/or Counselling. There are no requirements for previous study.
- It is recommended that students participate in at least 10 personal sessions with a professional Breathwork Practitioner or Trainer, at some time before and/or during the training.
- **All students** will be encouraged to:

¹ Government Accreditation will require a further process of application and payment – see page 20 for more details.

- a. Participate in 12 fortnightly tutorials – Students will be supported to organise either a face to face group discussion, or a telephone/Skype call with a buddy during the Level 1 Training (20 hours in total)
- b. Keep a learning journal including comments on reading and tutorial discussions (1 hour per day of training).
- **Students wishing to qualify** for recognition as a Professional Member of the Australian Breathwork Association, or to apply for a Certificate government accreditation will be required to complete the following:
 - c. Both a. and b. above
 - d. Level 1 and Level 2 onsite training hours
 - e. See **Certification and Accreditation** on page 20 for further details
- Students are encouraged to join the Australian Breathwork Association as student members. Membership of a professional association offers a national community, and access to resources, learning opportunities and support.
- Professional graduates will be required to complete a First Aid Certificate course in order to obtain professional membership of the Australian Breathwork Association.

Overview of the training

Each 3 day module will follow a similar format –

Day 1 – Friday will begin with meditation, then primarily focus on the theory component through seminars and group discussion.

Day 2 and 3 – Saturday and Sunday will be largely experiential. As previously mentioned, this Training has its foundation in the practitioner’s personal process – the integration of our own material. Much profound teaching and learning happens in observing our own and each others’ experiences, and in the debriefing and discussions which arise from our experience.

LEVEL 1

Level 1 consists of 10 Modules of 3 days each – 30 days onsite. The 10 modules are approximately one month apart.

Intended Learning Outcomes

It is expected that a graduate of Level 1 will:

- have undertaken a significant amount of inner work,

- be able to trust their process and to take personal responsibility,
- be able to sit for co-students in the supervised training environment without going into personal process,
- have a solid general understanding of the Foundations of Breathwork and the mechanics and cycles of the Breath, *and* be able to apply this understanding to working with self and colleagues in a supervised environment,
- have a solid understanding of the Foundations of Body-Centred Counselling *and* be able to apply this understanding to working with self and colleagues in a supervised environment

LEVEL 2

Level 2 applies Level 1 learning to develop the ability to support others in professional consultations, and to develop a successful practice.

Level 2 of the training is taught in 5 x 2 day Modules, held approximately every 2 months.

In between on-site modules, Level 2 students will be required to undertake supervised practice: 20 one-on-one client consultations, under the supervision/mentoring of the trainer.

Intended learning outcomes

It is expected that a graduate of Module 2 will:

- be able to work professionally as a Breathwork practitioner, including being able to apply the Body-Centred Counselling approach,
- have a theoretical and experiential understanding of many and most common presenting issues, and feel confident in supporting clients with whatever arises in professional practice,
- be able to develop a successful and ethical Breathwork and Body Centred Counselling practice,
- satisfy the requirements to join the *Australian Breathwork Association* as a professional member,
- have the required training and experience to successfully apply for Recognition of Prior Learning for Government Accredited qualification (Note that this is through [Breathwork Trainings International](#) and will involve application forms and incur further fees – see page 20).

Training Content

Level 1 - Modules 1 to 10

<u>Module Number</u>	<u>Module Content</u>
<u>Module 1</u>	<p>1. Course Introduction</p> <ul style="list-style-type: none"> ○ Outline of the course material ○ Expectations of students ○ Expectations of teacher ○ Rules of engagement and ethics ○ Introduction to Breathwork <p>2. Philosophy</p> <ul style="list-style-type: none"> ○ Nothing is wrong – the wisdom of discomfort, emotion, pain ○ Models of health and illness ○ The Internal Guidance System ○ Trusting the process - Something good is trying to happen: <ul style="list-style-type: none"> ○ Emotions indicating that action is required ○ Transition and change – including rites of passage ○ Spiritual emergence and emergency ○ Increased awareness of self and the programs which guide us ○ Healing of interrupted development/trauma/woundedness
<u>Module 2</u>	<p>1. Presence</p> <ul style="list-style-type: none"> ○ Self awareness and self responsibility ○ The power of presence and non-doing ○ Becoming aware of personal process while sitting with another ○ Taking responsibility for self while sitting for others ○ The ethics of sitting for others ○ When is it appropriate to ‘do’ – supporting the other or responding to personal discomfort ○ Honesty and realness ○ The kinds of material which arise

	<p>2. The nature of healing</p> <ul style="list-style-type: none"> ○ The conflict zone between who we are on the inside, and who we expect we should be, informed by the outside ○ Chaos, transition and evolution ○ Healing versus developing cognitive and behavioral strategy ○ Developing a broader understanding of human-ness
<p><u>Module 3</u></p>	<p>1. Rites of passage</p> <ul style="list-style-type: none"> ○ Recognising maps of the change process <ul style="list-style-type: none"> ○ In the life story – conception, birth, puberty, adulthood, parenthood, menopause, eldership ○ In personal process ○ In becoming a practitioner ○ In working with clients ○ In every breath session ○ Death and dying <p>2. The Elements of Human Experience: Embodiment</p> <p>1. Physical experience</p> <ul style="list-style-type: none"> ○ The importance of being in the body ○ Learning to ‘see’ emotional, energetic, physical and mental phenomena through watching the body ○ Listening to the language of the body ○ Recognising shock and trauma ○ Physical interventions in sessions – how to work with touch ○ What is held in the body and what stops us from inhabiting the body
<p><u>Module 4</u></p>	<p>The Elements of Human Experience: Mind and Energy</p> <p>2. Mental intelligence</p> <ul style="list-style-type: none"> ○ Thought and the power of thought ○ The nature of depression ○ The nature of anxiety and fear ○ Mental illness and madness

	<ul style="list-style-type: none"> ○ Fighting with reality ○ Navigating mind – self and supporting others <p>3. Energy and sensitivity</p> <ul style="list-style-type: none"> ○ Understanding the energetic body ○ Energetic sensitivity ○ Energetic sovereignty and responsibility ○ Sensitivity and introversion/extroversion ○ Caring for the sensitive ○ Energetic intelligence
<p><u>Module 5</u></p>	<p>The Elements of Human Experience: Emotions and Spirit</p> <p>4. The emotional body</p> <ul style="list-style-type: none"> ○ Feelings as allies – the Internal Guidance System ○ Cultural phobia of emotions ○ ‘Negative’ emotions ○ Emotional intelligence – integrity, authenticity and wholeness <p>5. Consciousness and the Spiritual body</p> <ul style="list-style-type: none"> ○ Models of consciousness - for example scientific, shamanic, Buddhist, transpersonal ○ Connection and separation ○ Defining spirituality ○ Spiritual emergence and emergency
<p><u>Module 6</u></p>	<p>Understanding the complexity of material that humans experience</p> <p>1. Cellular templates</p> <ul style="list-style-type: none"> ○ Conception and other cellular developmental events ○ Pre- and peri-natal experience ○ Being born and being newborn ○ Infancy and early childhood experience <p>2. Conditioning</p> <ul style="list-style-type: none"> ○ Family and generational ○ Social ○ Cultural

<p><u>Module 7</u></p>	<p>Understanding the complexity of material that humans experience</p> <p>3. Memory</p> <ul style="list-style-type: none"> ○ Personal biographical memory ○ Ancestral and genetic memory ○ Cellular memory ○ Racial memory ○ Transplant memory ○ False memory and distorted memory <p>4. Non-ordinary states of consciousness</p> <ul style="list-style-type: none"> ○ Altered states – dreams, creativity, communion with nature, extreme feats of endurance ○ Peak states and abilities ○ Beyond the separate self ○ Spiritual emergence and emergency ○ Drug induced states ○ Psychosis
<p><u>Module 8</u></p>	<p>1. Other phenomena which arises in non-ordinary states</p> <ul style="list-style-type: none"> ○ Past life, between lives ○ The spirit realm – exploring disembodied spirits, ghosts and other phenomena ○ Cosmic experiences ○ Religious experiences <p>2. Relationship</p> <p>1) Where we learn to relate – patterns of relationship</p> <ul style="list-style-type: none"> ○ The cultural context ○ What we didn't get as a child ○ Deprivation and trauma ○ Copying/modelling of parent relationship
<p><u>Module 9</u></p>	<p>2) Relationship as container</p> <ul style="list-style-type: none"> ○ The self healing model of relationship ○ Helping self and others to navigate <ul style="list-style-type: none"> ○ Re-acting or responding ○ Fighting with reality – acceptance

	<ul style="list-style-type: none"> ○ Minding your own business! – understanding what is my business and what is your business ○ Looking after others’ feelings, being self centred ○ Expansion and contraction <p>3) Primary Relationships</p> <ul style="list-style-type: none"> ○ with self – self esteem, self compassion ○ with mother ○ with nature ○ with existence ○ with lover
<p><u>Module 10</u></p>	<p>4) Sexuality</p> <ul style="list-style-type: none"> ○ Sexual energy ○ Imprints of first sexual encounters ○ Impacts of abuse and trauma ○ Shame and parental disapproval ○ Fidelity, monogamy and personal truth <p>5) Communication and honesty</p> <ul style="list-style-type: none"> ○ Cultural expectations ○ Honesty and authenticity – ways we compromise ourselves to be accepted ○ Telling the truth
<p><u>Recurrent through every module</u></p> <ul style="list-style-type: none"> ○ Conscious connected breathing, and variations in styles of Breathwork ○ The physiology and mechanics of Breathing ○ Developing effective communication ○ Developing counselling skills ○ Occupational health and safety considerations 	

Level 2 – Modules 11 to 15

Dates for Level 2 will be set in consultation with graduates of Level 1.

<p><u>Module 11</u></p>	<p>Presenting issues</p> <ul style="list-style-type: none"> ○ Examining personal judgement, prejudice and perceptions about morals, illness, spiritual experience, religion, race, sexuality, addiction etc ○ More detailed investigation into common presenting issues – <ul style="list-style-type: none"> ○ Depression ○ Anxiety ○ Stress ○ Relationship distress ○ Grief and loss ○ Addictions
<p><u>Module 12</u></p>	<p>Critical processes to support common threads of human experience</p> <ul style="list-style-type: none"> ○ Energetic hygiene and claiming space ○ Parenting the self and holding the younger one ○ How to recognise incomplete developmental events ○ How to work with unresolved events and developmental trauma
<p><u>Module 13</u></p>	<p>1. The therapeutic relationship</p> <ul style="list-style-type: none"> ○ Ethics ○ Boundaries ○ Moral dilemmas ○ Transference ○ Counter transference ○ Projections and mirroring ○ Intimacy and independence ○ Enmeshment ○ Differentiation - My stuff/your stuff ○ Social and cultural sensitivity

	<p>2. Contra indications, medications and referrals</p> <ul style="list-style-type: none"> ○ Exploring medications and their impact on Breathwork and/or body centred counselling ○ Contra-indications – when to use Breathwork and when not to, different styles of Breathwork for different presentations ○ Referrals – knowing when it is wise to refer to other professional services.
<p><u>Module 14</u></p>	<p>1. Beginning in business</p> <ul style="list-style-type: none"> ○ Releasing personal blocks to being a practitioner ○ Money and your relationship with it ○ Integrity and Professionalism ○ Professional Supervision ○ Documentation and record keeping ○ Accounts ○ Legal obligations and limitations <p>2. Ethical practice</p> <p>An exploration of ethics and integrity in the healing relationship</p> <ul style="list-style-type: none"> ○ Common understandings of ethical behaviour ○ The challenges of ethical behaviour in the context of profound work with clients – the power of non-ordinary states of consciousness and the specific ethical challenges they introduce ○ The challenges of ethical touch and body contact ○ A deep exploration of the dangers and pitfalls that all therapists face in daily practice.

<p><u>Module 15</u></p>	<p style="text-align: center;">1. Stages of human development</p> <p>A deeper exploration of the human developmental process</p> <ul style="list-style-type: none"> ○ Stages of development from the first cells to conception to birth to death ○ Common developmental interruptions, traumas and wounds ○ How to recognise incomplete developmental events ○ How to work with unresolved events and developmental trauma <p style="text-align: center;">2. Student led space</p> <ul style="list-style-type: none"> ○ Where are the gaps in understanding, experience, confidence? ○ What do you need and how will you/we go from here?
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Assessment Criteria

(for those students seeking recognition as a practitioner by the Australian Breathwork Association)

- Attendance and participation in Levels 1 and 2, including in-class discussions and experiential learning,
- Completion of required reading and a demonstrated ability to apply this knowledge to practice – assessed through in-class practice, discussions and written exercises
- Completion of written reports of sessions, including
 - “client” observations,
 - personal reflections and self evaluation of other as sitter and self as sitter, and
 - application of experience to practice
- Completion of a journal of personal observations and development, and its application to professional practice
- Completion of Level 2 Client Sessions – Mentoring/supervision will assess the student’s ability to organise, sit for and reflect on professional consultations.

Your Trainer – Cindy Aulby

Cindy is a Registered Professional Breathwork Practitioner, Group Facilitator and Trainer and trained Counsellor. She holds a Certificate IV in Training and Assessment, a Diploma of Breathwork, and a Bachelor of Fine Arts.

Cindy is currently an active committee member of the *Australian Breathwork Association*.

Cindy works primarily in Hobart Tasmania, as a Breathwork Practitioner, Trainer, Group Facilitator and Body-Centred Counsellor, in private practice.

This training program has developed as a result of extensive training and experience working with individual clients, couples, Breathwork retreats and groups and Women's Circles for 20 years.

Training support for students

Buddy system and mentors

Students will be encouraged to engage in tutorial type discussions at least once between each on-site Module.

These discussions can be either with one 'buddy' or with a group, and can be via an online forum, on the telephone, or face to face meetings or gatherings.

De-briefing

For the duration of the training, students will be given regular opportunity to discuss concerns and challenges, and to seek feedback within the group setting. The Trainer is also available for one to one consultation on any personal challenges or concerns with regard to the course, the course content, assessment issues or practical experience.

Practical assessment – support

The trainer will support students through their requirements for practical assessment. This includes assistance with finding clients through student clinics or referrals, liaison with the Breathwork community, peer support in client consultations, and de-briefing experiential work.

Ongoing support

After completion of the training, the Trainer will support the regular organisation of debrief and support structures for certified and student practitioners. This ensures an ongoing community in which peers offer debriefing support, mentoring and development, as well as networking for marketing and referral purposes.

Roles and Responsibilities of the Student

The Student is responsible for:

- Maintaining open communication with Cindy Aulby for the duration of the course, naming any concerns or challenges so that support and resolution can happen in a timely manner;
- Ensuring attendance in all classes, personal time management, completing tasks and workloads, and meeting the agreed financial arrangements;
- Management of Level 2 client consultations, however the trainer will assist in supporting the successful completion of these requirements.

Schedule of fees

See Dates and Fee Schedule, attached separately.

Fee policy

Monthly instalments must be paid in advance, that is before each module.

Journey to the Heart aims to support students with flexible payment options, so please discuss your individual payment needs prior to registration.

Payments may be made by direct deposit, debit or credit card, cash or PayPal. Tax invoices will be provided.

Refund policy

Refunds after the commencement of the Professional Training are at the discretion of *Journey to the Heart*, based on training commenced to date, and discussions with the student.

Refunds may incur an administration fee, bearing in mind that *Journey to the Heart* operates with a conscious, fair and reasonable fee policy.

The following costs will be met by the Graduate Student if joining the Australian Breathwork Association

- First Aid Certificate – after Graduation
- Membership of the Australian Breathwork Association (as a Student and/or after graduation)
- Business Practice Insurance (after graduation)
- Application fees for Recognition of Prior Learning if students wish to achieve Government accreditation through the Registered Training Organisation, *Breathwork Training International* (see below).

Certification and Accreditation

Certification

On successful completion of the Training, students will receive a Certificate of Professional Achievement in Breathwork and Body Centred Counselling

from *Journey to the Heart*. Students may also request Certificates for Continuing Professional Development hours.

National registration

This training complies with the training standards of the *Australian Breathwork Association*, the national registering body and professional association for Breathwork. Membership of this body supports practitioners to maintain professional practice², provides access to professional insurance, and to the support and collegiate environment offered by a professional community.

International registration

As a professional member of the [Australian Breathwork Association](#), you will also qualify for membership of the [International Breathwork Foundation](#) and the [International Global Breathwork Alliance](#) (upon application and payment of membership fees), should you wish to work overseas and/or be part of the international Breathwork community.

Government Accreditation

Students may wish to obtain an Australian government accredited qualification in Breathwork

Journey to the Heart works in close collaboration with the Registered Training Organisation, [Breathwork Trainings International](#) to ensure that this Training aligns with the standards required for students to achieve these qualifications.

Please note that the pathway to achieve Government Accreditation is to apply to [Breathwork Trainings International](#) for Recognition of Prior Learning for the appropriate levels of competence or the qualification of Diploma of Breathwork. This application requires students to address the relevant selection criteria and to submit “proof” that they have acquired the skills, knowledge and experience that the qualification requires. It also attracts a fee set by [Breathwork Trainings International](#). Their requirements are clearly laid out in their [RPL Handbook](#) at <http://www.breathworktrainings.com/rpl.html>

² Membership of the ABA requires members to abide by its Codes of Ethics and Professional Supervision, and to participate in Continuing Professional Development.

Registration Process

I look forward to sharing this journey with you! Please don't hesitate to contact me if you have any questions or would like to discuss any aspect of this Training or to book your space.

You can find out more and/or register online at
<http://www.journeytotheheart.com.au/breathwork/practitioner-training>

Contact Cindy on 0429 167 480 or info@journeytotheheart.com.au