

A Special Invitation

To Attend Inspiring Workshops to Advance Your
Clinical Skills and Build Your Practice

Dr. Robert Kissner & Mr. Gerry Gajadharsingh DO

Basic Core Training:

Breathing, Breathing Therapy, and Capnography in Clinical Practice **Level I**
Saturday 24th March 2018
9:00 until 17:00

Advanced Clinical Practice Training:

Breathing, Breathing Therapy, and Capnography in Clinical Practice **Level II**
Sunday 25th March 2018
9:00 until 17:00

London Marriott Hotel Kensington

Gallery 2
147C Cromwell Road
London, SW5 0TH

We are pleased to offer a One Day Core Basic “Breathing, Breathing Therapy, and Capnography in Clinical Practice Course Level I” and an Advanced Practice Course, “Advanced Breathing, Breathing Therapy and Capnography in Clinical Practice Course Level II. These workshops will allow participants, who choose to do so, to obtain credits towards becoming a Certified Breathing Practitioner (CBP) through LifeLogix Inc. in Vancouver, Canada. Becoming a Certified Breath Practitioner is about integrating knowledge of respiratory chemistry with the mechanics of breathing, where the emphasis is on the dynamics required to achieve good body chemistry.

Overview

Lecturers



Dr. Robert Kissner holds a PHD from the University of Chicago, he is a specialist in stress and trauma and holds a special interest in innovative ways to facilitate recovery and encourage resilience. He is Executive Director of FocusBC an accredited addictions agency specializing in working with young people aged 13-19 with complex needs and co-occurring disorders. The programmes he operates have been judged by outside experts as among the best resources in North America. He is also Principal of LifeLogix Inc. a company specializing in providing innovative science-based solutions for personal and organizational health and has advanced training in neuro and biofeedback. He has appeared on various radio and television programmes and has travelled extensively lecturing on developmental approaches to working with young people, addictions, stress and emotions. He has written articles on stress and trauma as well as breath and emotional regulation.

Robert's interest in breath work and capnography started in 2006 when he recognised that the majority of young people he was seeing had dysregulated breathing patterns and that breath could be used as a prognostic, diagnostic, and living proof of the changes that occur as people grow out of the problems and experience healing. He is a frequent visitor and speaker to medical profession groups in the UK. He is a former member of the Board Governors of Simon Fraser University.



Mr Gerry Gajadharsingh DO qualified from the British School of Osteopathy in 1987 and was invited back to teach Osteopathic technique at Undergraduate level, a post he held for 10 years. He started his international teaching career under the guidance of Prof Laurie Hartman in 1988 and has lectured at postgraduate level in many countries in Europe, Asia, Australia and Canada on the subjects, Osteopathic Technique, Osteopathic Medicine, Breathing Evaluation and Re-Education. He has presented to the Royal Society of Medicine's Annual GP convention on his integrated approach to medicine. He gained a City and Guilds teaching certificate and Masters Level Modules in Nutrition and Advanced Pathophysiology. He founded The Health Equation, an innovative clinical practice adopting a more integrated approach to

healthcare in 2004, based in London's West End, where he works with a multi-disciplinary clinical team. His role at The Health Equation is as Osteopath and Diagnostic Consultant-Complementary Medicine. He receives many complex-challenging patients referred by GP's and Medical Consultants. He is also a Metabolic Balance Nutritional coach and is one of 2 UK approved lecturers for Metabolic Balance. He was introduced to the Lifelogix technology in 2007 and is an Advanced Breath Practitioner and UK Lecturer for Lifelogix Inc.



Course Overview:

Good respiration is fundamental to healthy physiology and psychology. Changes in respiratory chemistry can have profound effects on body system function. Breathing impacts body pH electrolyte balance, blood flow, hemoglobin chemistry, and kidney function. Breathing influences postural stability and motor control. Additionally, many patients with medically unexplained symptoms will have a breathing pattern disorder as part of, if not sometimes, the main part of their problem. In recognition of these facts, as well as part of a whole person emphasis, a number of health professionals are incorporating breathing, breathing therapy, and capnography (technology that allows us to analyze breathing in real time) as a routine part of their professional practice. Since breathing is not only habitual and automatic but also voluntary, breathing therapy allows clinicians to correct dysfunctional breathing and enhance breathing.

Accurate diagnosis is difficult with questionnaires and symptoms, often being the only methods being used. The usual treatment toolbox is often limited to hands on osteopathic work, breathing re-education, and supportive exercise. This approach can ignore underlying physiology and chemistry. Capnography, which provides a direct measure of CO₂ in a person's system is used routinely in critical care settings offers an objective measure of respiratory chemistry providing physiological data on which to diagnose breathing pattern disorders and poor breathing. Capnography can also be used to provide direct information and guide breath retraining and provide living proof of physiological changes and changes in biochemistry. Once the chemistry and mechanics of breathing are re-established, patients who have been resistant to other changes become more responsive to other interventions. This course will discuss breathing evaluation in osteopathic medicine and provide practical experiences and demonstrations of breathing therapy and capnography.

Objectives:

These workshops show you how to provide objective assessment, diagnose and manage patients who show patterns of intermittent and chronic breathing deregulation. You will be able to understand the factors that originate and sustain deregulated breathing. You will be able to educate patients about breathing behaviour and know how to normalize breathing chemistry. You will be able to introduce breath assessment to your practice, educate patients about breath and its impact on physiology and health. You will understand the basics of capnography and explore the benefits of direct measurement of CO₂ and use breath retraining to re-establish the correct carbon dioxide levels. You will understand how to use CO₂ feedback methods for assessing and doing breathing retraining and how capnography may be a valuable adjunct to your practice. You will have the basics to introduce it to your practice when you are ready.

These Workshops Cover:

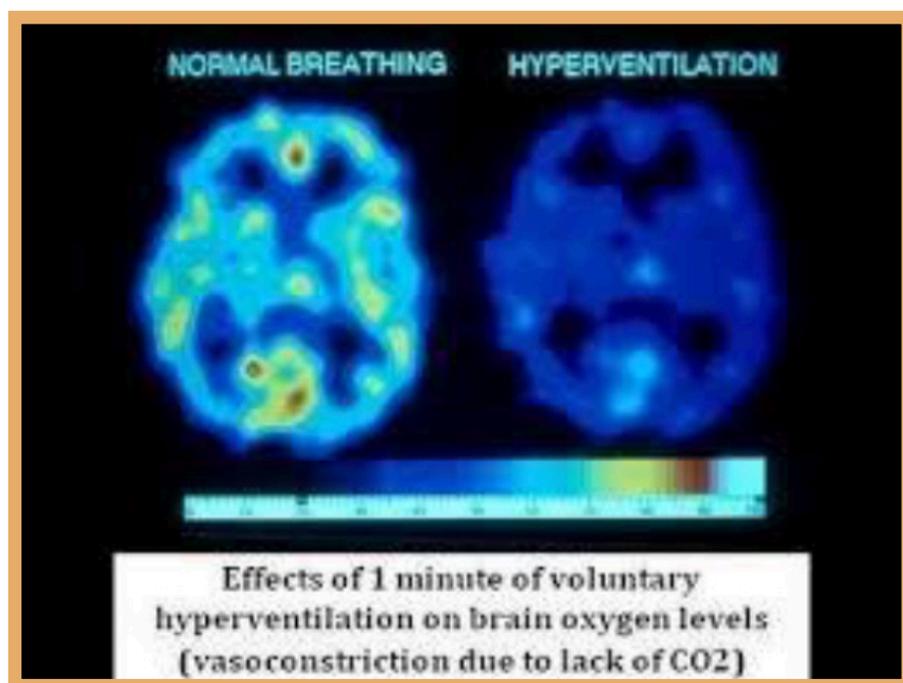
- Exploration: Factors that originate and sustain deregulated breathing chemistry
- Identification: Dysfunctional breathing patterns, when and where?
- Phenomenology: The experience of breathing and its effects.
- Knowledge-learning: Understanding breathing concepts
- Mechanics-learning: Dynamics for teaching breathing as behaviour

These Workshops Cover (continued):

- Somatic-learning: Learning about the effects of good & bad breathing
- State-learning: Psychological changes, behavioural conditioning, awareness and consciousness
- Capnography using a capnometer to understand breathing and diagnosis and treat breathing pattern disorders.
- Applications of capnography to clinical practice and options for working with patients.
- Using Heart Rate Variability to assess autonomic nervous system function.
- Applications of Heart Rate Variability (Breathing Heart Wave)

Learning Outcomes:

- Integrate knowledge and assessment of breathing physiology into your practice
- Relate capnography evidence as a diagnostic, prognostic and outcome variable for effective practice
- Developed practical skills in treating dysfunctional breathing with and without capnometry
- Understand the frequency of deregulated breathing patterns in clinical practice
- Learn practical techniques and approaches to breath re-education for people with asthma, hypertension, anxiety/depression, panic attack disorder, functional somatic symptoms such as fibromyalgia and medically unexplained symptoms.



Core Training Course Programme Level 1

Saturday, 24th March, 2018

Breathing, Breathing Therapy and Capnography in Clinical Practice Level I

09:00–09:15	Registration
09.15–09.30	Introduction
09.30–10.45	<ul style="list-style-type: none">• The functions and dysfunctions of breathing• Dysfunctions of the biomechanics of breathing• Breathing in postural and motor control
10.45–11.00	Break
11:00– 13.00	<ul style="list-style-type: none">• Understanding and using capnometry instrumentation• Using questionnaires and conducting an interview about breathing behaviour• Assessing simple patterns of deregulated breathing• Perform the basics of live capnography testing
13.00–14.00	Lunch
14.00–15.00	<ul style="list-style-type: none">• Breathing Physiology• Relevance and Significance of breathing in acid–base balance• Impact of deregulated chemistry on symptoms and deficits• Behavioural origins of deregulated breathing• Psychological nature of changes in the breathing experience
15.00–16.00	<ul style="list-style-type: none">• Breathing Therapy• Case Presentation• Treatment Strategies• Osteopathic and other options
16.00–17.00	<ul style="list-style-type: none">• Hands on Practicum in Conducting a Breathing Evaluation and Patient• Exploration to restore acid–base balance and regulated chemistry

Level I Workshop Fee: **£250 GBP**

Advanced Practice Course Program Level II

Sunday, 19th March 2017

Breathing, Breathing Therapy and Capnotherapy in Clinical Practice Level II Explores topics in greater depth with Level I serving as an initial orientation. Participants have a greater opportunity for personal experience and live demonstrations, case presentations and discussion.

9:00–9:15	Registration
09.15–09.30	Introduction
9:30–10:45	<ul style="list-style-type: none">• Guided–Breathing Explorations• Case Presentations• Unexplained Medical Symptoms
11:00–13.00	<ul style="list-style-type: none">• Internal and External Respiration• Emotions and Emotional Regulation and Respiration• Breathing is Behaviour: The Behaviour Elements of Respiration
13.00–14.00	Lunch
14.00–15.00	<ul style="list-style-type: none">• Origins of Deregulation• Interviewing and Behavioural Analysis• Testing and Baselines• Mechanics, mental and task challenges• Exercise and Respiration
15.00–16.00	<ul style="list-style-type: none">• Direct Breathing Therapy and Capnography Practicum• HRV and Capnometry Key Knowledge and Demonstration
16:00–17:00	<ul style="list-style-type: none">• Integrating Breath, Breath Therapy and Capnotherapy Into Your Practice• Key Readings• The Best Science and Best Literature

Level II Advanced Course Fee: **£250 GBP**

Registration Information

To register please call The Health Equation's London practice manager, Roberta, on **020 7631 1414** or email her on info@thehealthequation.co.uk to obtain a registration form.

Due to the specialized nature of this type of course, places are strictly limited and allocated on a first come first served basis.