

Integral Breath Therapy (IBT) Professional Training Overview

Program Structure, Learning Objectives, and Certification Requirements

A Transformational Certification Program for Helping Professionals
Expand Your Practice. Deepen Your Impact. Transform Lives.



Integral Breath Therapy (IBT) is a powerful, body-centered, experiential method of breathing with psychological and somatic techniques to access, heal, and in human experience. This training is rooted in decades of experience and informed by evidence-based study across multiple breathwork traditions.

Through altered states of consciousness created by the breath, IBT brings unconscious material into awareness, allowing for the release of emotional blocks, healing of unresolved trauma, and transformation of limiting belief systems formed early in life.

This training is designed for **counselors, therapists, healthcare providers, educators, and coaches** seeking both **personal transformation** and **advanced clinical skills**.

Why IBT?

- Access deep, unconscious patterns quickly and effectively
- Facilitate emotional release and trauma resolution
- Integrate somatic and breath-based interventions into talk therapy
- Support clients in reclaiming vitality, clarity, and personal power
- Enhance your therapeutic presence and effectiveness

Program Structure

Part A – Foundation Training (Required) - Introduction to Integral Breath Therapy

\$1,395 | \$395 Deposit

Format:

- 6 days 9:00 AM – 6:30 PM
- 40 training hours (APD validation included)

Learning Objectives: Part A Foundations

By completion of Part A, participants will be able to:

- Explain core IBT principles and the relationships among breath, body sensations, emotions, beliefs, and the integration of experience.
- Describe basic breathing mechanics, effects of changing breathing patterns, and the benefits, limitations, and precautions relevant to IBT.
- Observe and describe breathing and body distortions.
- Demonstrate foundational IBT breathing and facilitation skills in supervised peer practice, using presence, attentive listening, and non-leading language.
- Recognize signs of activation, overwhelm, and shutdown; demonstrate grounding and explain when to modify or stop a practice.
- Support exploration of emotions and belief patterns while respecting personal boundaries, cultural differences, confidentiality, and ongoing consent, including for touch.
- Guide basic integration and self-reflection, identify personal reactions that affect facilitation, and explain the limits of practice following Foundations.
- Support participants in making sense of their breathwork experience and apply their insights to daily life.
- Explore foundational inner child work to support recognition of early emotional needs and patterns.

✓ Includes **online group supervision**

Part B – Certification Intensive - Facilitator Immersion & Advanced Practice

\$1,395 | \$395 Deposit

Format:

- 6 days 9:00 AM – 6:00 PM
- 40 training hours (APD validation included)

Learning Objectives: Part B Certification

By completion of Part B and its supervised practicum requirements, participants will be able to:

- Conduct an intake, clarify the client's intention, and develop an individualized IBT session plan within demonstrated competence and professional scope.
- Practice an intake interview, identify contraindications and referral needs, and explain the session process, possible effects, and the right to pause or stop.
- Facilitate a complete IBT session in supervised practice, from preparation and breathing through grounding, closure, and integration; adapt to client feedback.
- Select and demonstrate IBT processes taught in Part B, including Empty Chair and Linking Techniques, with a clear rationale and appropriate consent.
- Respond to protective tension, emotional expression, and signs of overwhelm or dissociation with appropriate pacing and grounding; recognize when to stop and refer.
- Discuss IBT perspectives on early-life and pre-/perinatal imprints while distinguishing experiential meaning from verified history and avoiding suggested memories or interpretations.
- Apply ethical decision-making to touch, boundaries, power dynamics, confidentiality, cultural differences, and referral through supervised facilitation.
- Support clients in identifying their own recognitions and practical integration steps; document sessions and evaluate responses over time.
- Use feedback from supervised exchanges, case studies, and self-reflection to identify strengths, address skill gaps, and plan continued supervision and development.

✓ Includes **online group supervision and case study support** for certification

Certification Pathway

IBT facilitator certification requires completion of Part A, Part B, live supervision calls, and the program's practicum requirements, along with final approval from the trainer based on demonstrated readiness to facilitate IBT sessions. Part A alone does not confer facilitator certification. Graduates practice within their training, demonstrated competence, and existing professional scope.

Who Should Attend?

This training is ideal for:

- Licensed counselors and therapists
- Yoga and Somatic Therapists
- Psychologists and social workers
- Healthcare and wellness professionals
- First responders
- Coaches and educators seeking somatic integration

The Outcome

By the end of this program, you will:

- Confidently facilitate IBT sessions
- Integrate breathwork into trauma-informed care
- Expand your clinical toolkit with somatic interventions
- Deepen your connection with clients and their healing process

Take the Next Step

If you are ready to **expand your practice, deepen therapeutic effectiveness, and facilitate profound transformation**, this training is your next step.

 **Reserve your spot with a \$395 deposit today**



Your Trainer

Heather Indu Arena is an Integral Breath Therapy trainer, yoga therapist, educator, with more than two decades of experience helping individuals and professionals integrate body, breath, mind, and spirit. She serves as Senior Faculty in an IAYT-accredited 800-hour Yoga Therapy program and has trained hundreds of yoga therapists, teachers, and healing professionals in trauma-informed, experiential approaches to transformation.

Known for making profound inner work both deeply meaningful and immediately accessible, Heather creates a learning environment that is experiential, compassionate, and grounded in clinical understanding. Students appreciate her humor and ability to bridge ancient wisdom with modern therapeutic practice while honoring each participant's unique process of growth.

