

The department of Otolaryngology at Boston Medical Center offers a Buteyko Educators training program for healthcare professionals

Instruction will be provided by Carol Baglia, respiratory therapist (RRT) and Hadas Golan, speech pathologist (MS/CCC-SLP). The course will take place at Boston Medical Center from April 20th to April 30th 2012. CEUs will be offered along with membership and registration to the Buteyko Breathing Educators Association www.buteykoeducators.org

What is the Buteyko Breathing Method?

The innovative Buteyko Breathing Method consists of breathing exercises specially designed to restore normal breathing patterns combined with principles about physical exercise, food and sleeping as they relate to healthy breathing habits. Buteyko provides a safe, simple, and natural means of reducing the symptoms of asthma, allergies, chronic bronchitis, emphysema, sleep apnea, hyperventilation syndrome, panic attacks, bronchiectasis, hay fever, chronic sinusitis, rhinitis, and other stress-related diseases.

Buteyko has been clinically tested and proven to be effective. For a list of medical studies or a more detailed explanation of how Buteyko works, please contact me.

This Buteyko training experience will provide healthcare professionals with a better understanding of the fundamental causes of breathing dysfunctions, train them in techniques to assist patients to better manage respiratory disorders, and provide new insights and strategies to influence breathing training for both normal and disordered breathers.

The course will provide you with the following knowledge and benefits:

- Principles and daily practice of the Buteyko Breathing Method
- Theory of the Buteyko Method and applications to specific breathing-related disorders
- Anatomy and physiology of respiration
- History of the Dr. Buteyko and his method worldwide
- Medical research into the success of treatment of breathing disorders with the Buteyko method
- Extensive teaching clinics with actual clients, with supervision and feedback
- Practical dynamics of running a private practice; intake and follow-up procedures
- Materials (including PowerPoint) to teach individuals and group classes
- Post-training consultations with Carol Baglia and Hadas Golan on an ongoing and as-needed basis
- Preliminary authorization to teach the Buteyko Breathing Method

Prerequisites to this training are as follows:

- Completion of a Buteyko workshop (as a client) 1-3 months prior to the professional training, with the understanding that you will be expected to actively participate in the experience to achieve the efficient and effortless breathing you will become qualified to teach

Interested persons are strongly encouraged to contact Hadas Golan now for guidance concerning prerequisites, payment, and all other questions: **Email: Hadas.Golan@bmc.org**;
Phone numbers: 617-414-1768; 617-610-2662