



BUTEYKO COURSE FOR SLP LEVEL 2

ASHA CEU Information

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1. COURSE DESCRIPTION

Buteyko is a clinically-proven, natural, safe breath retraining technique for asthma. It is also effective for allergies, blocked and runny nose, sinus issues, chronic cough, sleep apnea, snoring, anxiety/panic, and paradoxical vocal fold motion (PVFM). It 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.

This Buteyko training experience will provide trainees 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.

Healthy breathing goes beyond diaphragm-breathing – it also incorporates nose-breathing and breathing at the correct rate, rhythm and volume, and the optimal O₂/CO₂ balance.

The 4-day workshop is the second part of the Buteyko for SLPs level 1 course. This course combines theory about chronic conditions and their management using the Buteyko techniques, teaching the Buteyko program to individuals and groups, and practical work with patients.

The Buteyko for SLP level 1 course as well as doing Buteyko for your own health are prerequisites for this course.

2. LEARNING OBJECTIVES

Upon completion of the training, SLP's will be able to:

- > Use the Buteyko principles in speech therapy:
 - > Identify dysfunctional breathing in their patients
 - > Help them establish better breathing habits
 - > Teach efficient breathing during speech and singing
 - > Teach strategies to relieve symptoms such as nasal congestion, dyspnea, excessive phlegm, throat clearing, cough, dry mouth, etc.
 - > Teach strategies to increase exercise capacity and to enhance sport performance
 - > Identify and modify causes of breathing dysfunction
 - > Learn how to monitor and improve their own breathing
 - > Study chronic conditions such as asthma, allergies, rhinitis, sinusitis, COPD, emphysema, sleep apnea, snoring, anxiety, high blood pressure and stress and their medications
 - > Teach strategies to relieve symptoms of dyspnea, asthma, panic/anxiety, and snoring
 - > Deliver breathing retraining programs to help restore physiologically normal breathing
 - > Provide supplementary information supportive of breathing related to nutrition, sleep and exercise
- > Working with patients with:
 - > Mouth and upper chest breathing pattern
 - > Chronic throat clearing/cough/irritable larynx
 - > PVFM
 - > Dysphonia

- > Stuttering and other neurological speech disorders
- > Chronic conditions such as asthma, allergies, rhinitis, sinusitis, COPD, emphysema, sleep apnea, snoring, anxiety, high blood pressure and stress

3. TIMED AGENDA

Date: 6/5/2014 Thursday				
Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and assign each educator a patient to track during the course	Hands-on session
12:00	13:30	1:30	Lunch	
13:30	16:30	3:00	Buteyko Theory – Buteyko program, Breathinglog, practice teaching the set, Asthma and medications	Lecture
16:30	17:30	1:00	Dinner	
17:30	19:30	2:00	Class with clients	Hands-on session
19:30	20:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session

Date: 6/6/2014 Friday				
Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
12:00	13:30	1:30	Lunch	

13:30	16:30	3:00	Buteyko Theory – Applying and tailoring Buteyko to various conditions/dangers, rhinitis, sinusitis, COPD, emphysema, high blood pressure, diabetes, mock presentations of day 1-2 topics >	Lecture and practice
16:30	17:30	1:00	Dinner	
17:30	19:30	2:00	Class with clients	Hands-on session
19:30	20:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
20:00	21:00	1:00	Watching TV shows about Buteyko	Lecture

Date: 6/7/2014 Saturday				
Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
12:00	13:30	1:30	Lunch	
13:30	15:30	2:00	Class with patients	Hands-on session
15:30	19:00	3:30	Buteyko Theory – Stress, Anxiety and Panic Attacks and its effects on breathing, Dental. Trainees explain: days 3-4 topics	Lecture and practice

Date: 6/8/2014 Sunday				
Begin	End	Duration	Topic	Learning Activity
8:30	9:30	1:00	Buteyko Exercise Practice	Practice
9:30	11:30	2:00	Class with clients	Hands-on session
11:30	12:00	0:30	Review of class and how to best proceed with supporting your patient. Re-cap	Hands-on session
12:00	13:30	1:30	Lunch	

13:30	15:30	2:00	Class with patients	Hands-on session
15:30	19:00	3:30	Buteyko Theory – Teaching people with sleep apnea, snoring and insomnia. > Mock presentation of topics covered on day 5 of Buteyko course by trainees	Lecture and practice

4. COURSE RATES

Course	Cost including CEU	CEU hours
Buteyko for SLP Level 2	\$1980.00	3.4

The course also includes:

- Electronic reading materials
- Course Handouts (printed)
- Clinician Manual (\$50 value)
- Certificate of Attendance
- Discount on individual sessions for your own health (\$30 discount per session)
- Ongoing email support
- Free use of supporting software for educators and clients
- Promotion materials

5. SHORT BIO:

Hadas Golan, MS CCC-SLP is a registered Buteyko educator and trainer. She was trained by Jennifer Stark of the Buteyko Institute of Breathing and Health in 2007 and is a founder member of the Buteyko Breathing Educators Association (BBEA). She was lifelong serious asthma sufferer who took the Buteyko course at 2006 and is now free of all drugs and all symptoms.

Currently, Hadas works at Boston University Medical Center in the Department of Otolaryngology specializing in voice disorders and the care of professional voice. She also runs a private practice working primarily with patients on Buteyko breathing, and offers educator training programs. She has presented at the American Speech-Language Hearing Convention, Laryngology Disorders Update at Harvard Medical School, and a variety of medical and integrative medicine forums.

She received her Master of Science in Communication Disorders from the University of Texas at Dallas, Callier Center for Communication Disorders in 2002. She holds a Bachelors degree in Music Education and performance from the Rubin Music Academy, Jerusalem, Israel, 1991.