



The INTEGRATIVE BREATHING THERAPY professional training course

The **full professional** Integrative Breathing Therapy course. Online, over 6 months, with weekly tutoring. A multi-dimensional approach to assessing and treating dysfunctional breathing. Comprehensive and evidence based. Theoretical and practical.



Dr. Rosalba Courtney DO, PhD

COURSE OVERVIEW

The course begins with an orientation online session on 3 February 2027, followed by 18 weeks of theoretical and practical training, with weekly live online tutorials with Dr. Rosalba Courtney DO, PhD. The weeks of 7 April and 9 July are study breaks.

The next 7 weeks are clinically focused as you treat patients and participate in online live weekly mentoring online sessions with Rosalba. Course finishes on 18 August 2027.

At this stage you will have the foundational skills to apply IBT assessment and treatment to your patients. For certification you will need to complete 5 case studies of your own patients. To best support you we will continue with mentoring tutorials from October 2027-Feb 2028 to provide ongoing support and assistance as you implement IBT therapy into your practice.

About International Breathing Therapy (IBT)

IBT works with all parts of the unified breathing system including the upper and lower airway and the 3 dimensions of breathing i.e. the psychological, biochemical and biomechanical dimensions.

IBT recognises that breathing is a system made up of functionally and neurologically linked parts such as the nose, upper airway, thorax and diaphragm. It recognises that breathing has many primary and secondary functions with the potential to heal via a range of mechanisms. Assessment and treatment of all dimensions of breathing and various parts of the breathing system may be necessary for ideal treatment outcomes.



03 FEB

Orientation

- Online meeting

Week 1
10 FEB

Intro Breathing Training/ Therapy

- Multidisciplinary approaches, history and context.

Functional and Dysfunctional Breathing

- Exploring definitions and terminologies. Courtney Multidimensional Model.
- Primary and secondary functions of breathing.
- The EARRS Model.

- Course reading material
- Recorded lectures Tutorial

Week 2
17 FEB

Physiology of Breathing - 1

- Structure of respiratory system
- Ventilation
- Diffusion
- Circulation

- Course reading material
- Recorded lectures Tutorial

Week 3
24 FEB

Physiology of Breathing - 2

Gas transport, pH, control of ventilation, factors disrupting breathing regulation and control

- Course reading material
- Recorded lectures Tutorial

Week 4
03 MAR

Mechanics and Functional Anatomy of Breathing

- Functional anatomy of breathing,
- Mechanics of respiration and the breathing cycle, impact of respiratory disease

- Course reading material
- Recorded lectures Tutorial

Week 5
10 MAR

Thoracic and Extra-Thoracic Breathing Pattern Disorders

- Clinical presentation
- Co-morbidities
- Differential diagnosis

- Course reading material
- Recorded lectures Tutorial

Week 6
17 MAR

Evaluating Breathing Pattern Disorders

- History taking
- Breathing Symptom questionnaires
- The NQ, the SEBQ

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 7
24 MAR

Physical Examination Observation

Postural evaluation, Hi Lo, MARM and BPAT

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 8
31 MAR

Treatment of Breathing Pattern Disorders and the Biomechanical Dimension of Breathing

- the Breathing Basics protocols.
- Inspiratory muscle training.

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

BREAK
07 APR

Break - time to review course material and rest up!

Week 9
14 APR

Breathing Rhythms, Frequencies and Oscillations

- Their effects on homeostasis and physiological function

Therapeutic Rhythms and Frequencies of Breathing

- Resonance frequency breathing

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 10
21 APR

Nasal Structure, Function of the Nose and Adverse Effects of Mouth Breathing

- Anatomy, physiology, pathology and functional nasal issues

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 11
28 MAR

Nasal Rehabilitation

- Assessing the patient
- Exercises and protocols

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 12
05 MAY

Upper Airway Rehabilitation

- Assessing the patient
- Exercises and protocols

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 13
12 MAY

Hyperventilation Disorders - Pathophysiology and Assessment

- Assessment of hyperventilation disorders
- Capnometry, breath holding time, symptoms

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 14
19 MAY

Hyperventilation Breathing Techniques

- Treating hyperventilation
- Buteyko, CART, psychological components of training

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 15
26 MAY

Hypoxia and Hyperoxia

- Adaptive and maladaptive responses to hypoxia and hyperoxia.
- Hypoxia training - breathing techniques and Intermittent Hypoxic Training
- Hyperoxia therapies - breathing techniques, mild hyperbaric oxygen

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 16
02 JUN

Introduction to Psychophysiology of Breathing - Background

- Effects of mental and emotional states on breathing patterns, regulation and control. Effects of breathing on the brain and psychology.
- Mindful breath and movement and indirect breathing practices.

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 17
09 JUN

Trauma, Breathing the Autonomic Nervous System

- ANS and the maladaptive stress response. Vagal theories - CAN and Polyvagal. Mind-body techniques to support breathing regulation for dysautonomia, vagal support and regulation.
- Psychophysiological techniques in breathing training targeting the ANS.

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

Week 18
16 JUN

Interoception, Predictive Processing and Hypervigilance

- How the brain's perception and interpretation of internal bodily signals produces symptoms of dysfunctional breathing.
- The role of hypervigilance and threat bias in symptom amplification.
- Clinical strategies for patients with hypervigilance and threat biased breathing physiology.

- Course reading material
- Recorded lectures tutorial
- **Personal practice**

23 JUN

Course break - time to finalise your Grand Rounds written literature review and prepare you tutorial presentation

Week 19
30 JUN

Clinical Focus/Grand Rounds IBT Assessment

- Case mentoring tutorial

Week 20
07 JUL

Clinical Focus/Grand Rounds
Nasal Rehab

- Case mentoring tutorial

Week 21
14 JUL

Clinical Focus/Grand Rounds
Breathing Basics

- Case mentoring tutorial

Week 22
21 JUL

Clinical Focus/Grand Rounds
Reduced Volume Breathing - Basics and Variations

- Case mentoring tutorial

Week 23
28 JUL

Clinical Focus/Grand Rounds
Resonance Frequency Breathing - Basics and Variations

- Case mentoring tutorial

Week 24
04 AUG

Clinical Focus/Grand Rounds
Resonance Frequency Breathing - Mind Body Focus

- Case mentoring tutorial

Week 25
11 AUG

Clinical Focus/Grand Rounds
IBT Re-assessment

- Case mentoring tutorial

Week 26
18 AUG

Wrapping up and Where to from Here!