GRADUATE SCHOOL OF BEHAVIORAL HEALTH SCIENCES

CERTIFIED BREATHING BEHAVIOR ANALYST

Educational Capnography, Biofeedback, and Behavior Analysis

A live-interactive webinar-based program

Summer Trimester, June 22 - August 25, 2019

Email: education@bp.edu **Registration:** www.e-campus.bp.edu

Statistics suggest that tens millions of people worldwide suffer with the profound and misunderstood symptoms and deficits of learned dysfunctional breathing habits. Unfortunately, these habits are rarely identified by practitioners, their effects mistakenly attributed to other causes, and their resolutions prescriptive in nature where focus is on symptoms rather than on causes.

We offer a solution. We train healthcare practitioners, human service professionals, health educators, and performance consultants to integrate breathing learning services into their practices and businesses. To this end, we offer a live-interactive webinar Certification program, **Certified Breathing Behavior Analyst** (educational capnography, respiratory psychophysiology, & behavior analysis), now starting its fifth year.

CERTIFICATION PROGRAM

The **Breathing Habit Analysis Certificate program** (Educational Capnography) is a fully **live-interactive webinar-based** curriculum that qualifies healthcare practitioners, human service professionals, performance consultants, and health educators to: (1) to assess breathing habits and their effects on health and performance based on the principles of behavior analysis, (2) to assist clients in managing and/or overcoming dysfunctional breathing habits that compromise physiology, psychology, and performance based on the principles of behavior modification, and (3) to use capnography and related instrumentation for assisting their clients in identifying and overcoming dysfunctional breathing habits.

EDUCATIONAL CAPNOGRAPHY

Carbon dioxide concentration in extracellular fluids plays a critical and immediate role in pH regulation, electrolyte balance, hemoglobin chemistry, circulatory physiology, muscle function, and kidney physiology. Deregulation of extracellular CO_2 precipitates major physical and psychological symptoms and deficits. Carbon dioxide concentration is precisely regulated by brainstem reflex mechanisms for maintaining proper homeostasis.

Capnographs (or capnometers) are instruments used for determining the concentration of CO_2 gas in blood plasma and other extracellular fluids (Interstitial, lymph, cerebrospinal). They do so by measuring End-tidal CO_2 ($PetCO_2$), the CO_2 concentration at the end of the breath (tide) which represents the average alveolar CO_2 concentration. In healthy people, alveolar CO_2 concentration is highly correlated with arterial CO_2 concentration.

Medical capnography is about monitoring CO_2 in critical care, surgery, and medical emergency environments where life threatening shifts in blood gases must be continuously monitored and regulated.

Educational capnography is the implementation of the principles of behavior analysis and behavior modification for identifying, unlearning, and managing dysfunctional breathing habits that compromise respiration. Dysfunctional breathing habits, where reflex-regulated CO_2 has been compromised, may cause, trigger, exacerbate, and perpetuate a wide range of effects (symptoms and deficits) that are typically mistakenly attributed to other causes. In fact, the educational capnography is the only effective technological means to determining if, when, where, and how a learned habit compromises respiration.

CERTIFICATION OBJECTIVES

The Certificate program teaches colleague practitioners how to: (1) determine whether or not there are dysfunctional breathing habits, (2) identify the learned behavioral components of dysfunctional habits, (3) identify the symptoms and deficits brought on by habits, (4) determine how existing health conditions may interact with the physiological effects of habits, (5) identify the triggers of breathing habits (e.g., pain), (6) identify the payoffs (reinforcements) and emotions that keep breathing habits in place, (7) uncover the origin of habits, and (8) assist patients in overcoming dysfunctional habits and learning new ones that are consistent with good physiology, especially respiration.

CURRICULUM OVERVIEW (115 HOURS)

The 115-hour curriculum includes three 15-hour workshop courses (3 units, 45 hours) and one 45-hour Case Analysis Proseminar (3 units) which includes 25 hours of practicum work assignments. Participants completing the Certificate earn **six ACADEMIC credit units and 90 CE (continuing education) hours** upon completing the Certificate. All six units taken may be also applied toward earning the MS degree in Applied Breathing Sciences. The Certificate includes the following Graduate School offerings:

June 22 and 23
08:00 - 16:30 Mountain Time
COURSE: **301 Respiratory Psychophysiology**
1 academic unit, 15 hours CE, two 1-day sessions

June 29 and 30
08:00 - 16:30 Mountain Time
COURSE: **404 Breathing Habit Assessment**
1 academic unit, 15 hours CE, two 1-day sessions

July 27 and 28
08:00 - 16:30 Mountain Time
COURSE: **405 Breathing Habit Modification**
1 academic unit, 15 hours CE, two 1-day sessions

July 13 & 14, 20 & 21; August 3 & 4, 17 & 18, 25
09:00 - 15:00 Mountain Time (five hours each session)
PROSEMINAR: **611 Case Analysis & Review, with Practicum**
3 academic units, 45 hours CE, nine 5-hour sessions

REQUIRED INSTRUMENTATION

Capnography instrumentation with software displays of the live capnogram, breaths per minute, and End-tidal CO_2 is **required by June 28, 2019**. EMG and HRV instrumentation is recommended.

TUITION: $3,000.00 ($500.00 per unit)

A $300 deposit is required at the time of registration. The balance in full is due on June 21,
OR in three installment payments as presented while checking out during registration.

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