



IN BREATH

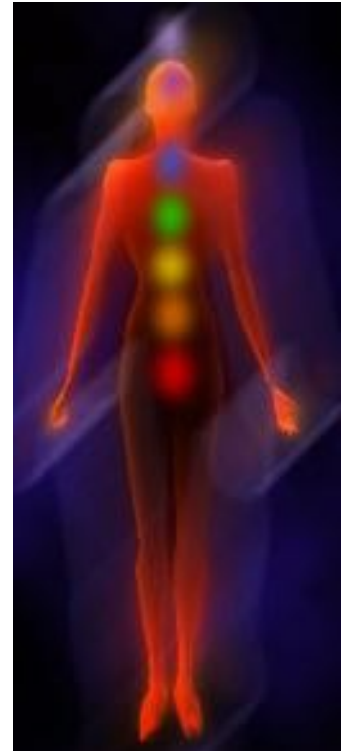
Institute for Breath Therapy & Transformational Healing

Transformational Healing Practitioner Training (THPT)

Human beings are a unity of body, mind, emotions and energy in balance. As soon as any one of these components is out of balance, we experience physical illness, mental unclarity, depressive thoughts, emotional turmoil and pain, as well as energy depletion and low spirit.

Any illness or dis-ease is due to a blockage in our 4-body energy system. Just like an instrument that is out of tune results in disharmony and pain, so does our 4-body energy system react to disturbances and disharmony in its energy flow. In order to regain full health, high energy, clear thoughts and a positive emotional state, we need to release these blockages and reinstate this carefully balanced harmony, so that energy can flow freely again.

Successful and permanent healing requires clearing of blockages on all levels of our body, psyche, and energy structure. The tools you will learn on the Transformational Healing Practitioner Training (THPT) will enable you to support others in releasing their blockages in order to regain their health and inner harmony quickly. This training will give you the basis for a successful practice in Transformational Healing where you can support and assist others professionally in their healing process.



What is Transformational Healing



Transformational Healing is a unique healing system that combines hands-on health practitioner tools, diverse state-of-the-art process and therapy methods with various proven mental change techniques. These are combined with a deep understanding of the human energy system and the inclusion of highly effective energy tools for healing.

To clear emotional, mental and energy blockages from the system we teach various release techniques. Mental reprogramming, NLP and coaching tools open up new possibilities. Transformational psychology, shadow and process work accelerate the healing of old emotional wounds. Energy release and specific healing techniques are used to cleanse and harmonise the energy body. Various goal specific Breathwork techniques with supportive bodywork help with physical release, emotional cleanse and to restructure the mind. Additionally we teach the use of creative arts, visualisation and meditation for healing.

Transformational Healing is based on a thorough understanding of the connections between body, mind and soul and is grounded in science by applying the newest insights received from several neurosciences.

Tools you will learn in this training:

Working with the emotions:

How emotions work and how to reprogram them

Emotional clearing

Working with fear and stress

Inner child work

Family Dynamics

Relationship Healing

Generational Healing

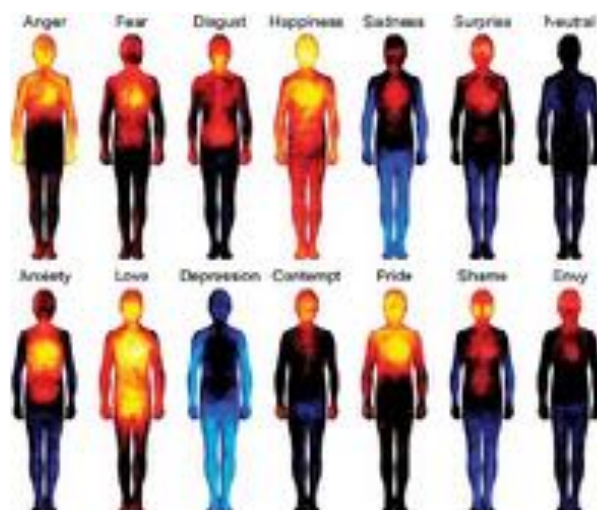
The power of forgiveness (forgiveness as tool):

Radical Forgiveness

4-corner forgiveness

Emotional Freedom Technique (EFT)

Endorphination techniques



Working with the mind and psyche:

How thoughts work and how to get what you want

Mental processing and pattern clearing

Affirmations and mind re-programming

Voice Dialogue - working with the personality aspects

Visualisation and introduction into Hypnosis

Trauma and shadow work

NLP tools for process work

Braingym

Working with the body:

Several types of body process tools

The use of trigger points in the body

Focused bodywork

Trauma Release Exercises (TRE)

Progressive muscular relaxation

Kinesiology (muscle testing)



Working with energy:

Subtle energy structure

Sensing and perceiving energy

Energy healing

Working with Chakra tuning forks

Past life regression and healing

Working with a pendulum

Space clearing

Tools for energy protection

Transpersonal shamanic journeying

Working with the breath for healing:

Medical applications of breath:

blood pressure, heart, digestion, asthma, Apnoe

Emotional release and integration

Coherent breathing for specific health issues

Stress and tension release (headaches, pain)

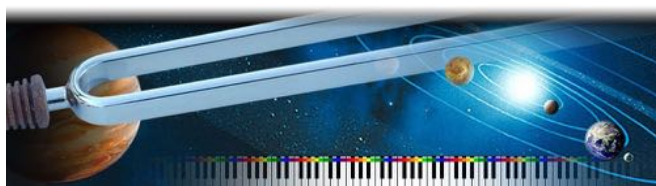
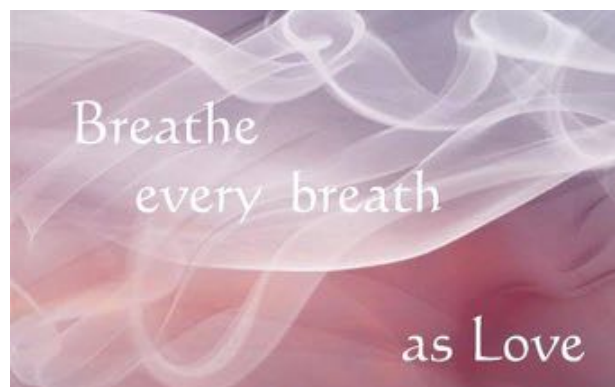
Burn-out prevention and healing

Meditation

Mindfulness for health and peace of mind

The use of breath for consciousness expansion

Conscious breathing for vibrational increase



Working with the voice for healing:

Sound healing

The use of chanting

Toning for emotional expression

Tools for client interaction:

Counselling techniques:

The use of questions

Active listening

Nonviolent communication (NVC)

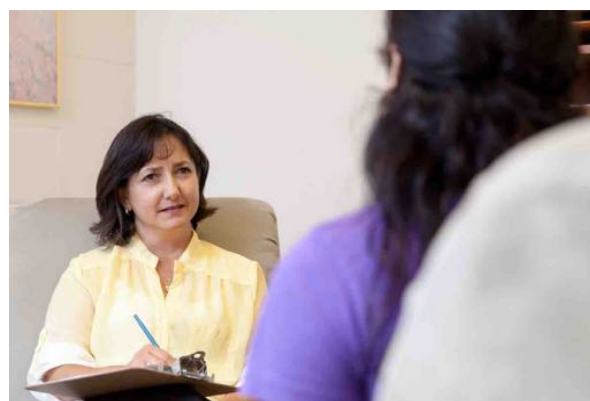
NLP techniques

Guided visualisation

Working with the subconscious

Introduction into Gestalt - Imagery, dreamwork

Introduction to Transpersonal Analysis (TA)



Some of our unique processes are

Delta and Theta Brainwave re-programming™ - The best states for re-programming and introduction of new, supportive thought material into the mind are delta and theta brainwave states. We use specific Breathwork techniques and deep meditation states to introduce positive updates into the sub-conscious easily.

Thoughtthgiene™ – A process to becoming more aware of unconscious thoughts and response patterns, using Kinesiology and EFT for effective clearing. A great tool to shift into more conscious and successful thinking.

Emotional response re-alignment™ - Our emotional response to re-occurring thoughts and feelings is hardwired by body chemicals. We use specific endorphin processes with biofeedback to break this wiring and re-link supportive ones.

Refocus™ – Constant re-directing of your focus on self-love and ease and success instead of being focussed on what's wrong.



Structure of the training

Based on our 20 years of consciousness research and successfully working with hundreds of people we have created a Self-heal and empowerment training that is unique and highly effective. The Transformational Healing Practitioner Training (THPT) brings you the most effective, state of the art Life Healing Skills available today.

The Transformational Healing Practitioner Training (THPT) gives you a thorough understanding of the workings of body, emotions, mind, energy and soul. It teaches skills and techniques that facilitate quick and profound healing and transformation in clients.

The training is self-experimental and targeted towards working professionally with clients. Every training module teaches aspects of working with body, emotions, mind and energy through specific tools for transformational change. Teaching will be through theory and practise. Training materials and handouts will be supplied. The training will include some homework, buddy process work and practice; as well as some supervision and written work.

On participation of all modules (25 days or 200hrs) and completion of the required coursework, you will be awarded a Certificate of Transformational Healing from the Institute for Breath Therapy and Transformational Healing (InBreath UK).

Should you currently not intend working with clients then this training will offer you a powerful journey of Self-discovery and healing in a supportive environment with the opportunity to shift and grow tremendously in a short period of time!

An amazing, life changing training full of love and acceptance, which at the same time challenges and supports you to become who you really are.

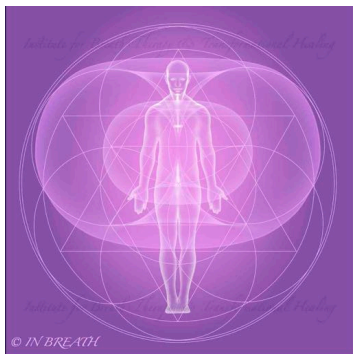


Timeline of the training

Module 1: Intro and Basics	02 nd – 05 th of November 2017
Module 2: Mind and Personality	01 st – 04 th of February 2018
Module 3: Emotions and Family Dynamics	07 th – 10 th of June 2018
Module 4: Trauma and Shadow work	04 th – 07 th of October 2018
Module 5: Working with relationship issues	21 st – 24 th of February 2019
Module 6: Extra tools and completion	06 th – 09 th of June 2019

The modules in more detail:

Module 1 - Intro and Basics (4 days)



The body as interface of mind, emotions and energy (2 days)

Healing power of the breath
Body armour
Physical interventions in client work 1

Energy (2 days)

Subtle energy structure
Sensing and perceiving energy
Chakra work and tuning forks

Module 2 - Mind and Personality (4 days)

Mind (2 days)

Brain and thinking
Pattern and automatic behaviour
Clearing negative thoughts
Dysfunctional pattern clearing

Personality (2 days)

Introduction into Voice Dialogue
Sub-personalities structure
Working with primary personality aspects



Module 3 - Emotions and Family Dynamics (4 days)



Emotions 1 (1 day)

Chemistry of emotions
Emotional processing
Bodywork interventions 2

Family Dynamics (3 days)

Introduction into Transpersonal Analysis (TA)
Influence of primary carers (Mum, Dad etc.)
Clearing of pre-adult programs
Inner Child work (2 days)

Module 4 - Trauma and Shadow work (4 days)

Emotions 2 (2 days)

Changing emotion imprints
Dysfunctional pattern clearing 2
Process work through internal chemistry
Trauma work and resourcing

Voice Dialogue 2 (2 days)

Working with secondary personality aspects
Working with shadow and “demonic” selves



Module 5 - Working with relationship issues (4 days)



Relationship and sexuality (2 days)
Gender healing

Communication and boundaries (2 days)
Forgiveness as a tool

Module 6 - Extra tools and completion (5 day)

Working with the mind
Thought pattern clearing 2
Working with affirmations
Guided visualisation
Working with the subconscious
Past life therapy
Energy healing 2
Soul purpose
Professionalism and Certification



As body, emotions, thoughts and energy can't be separated (or worked with independently), it might become necessary to address a topic planned for a later module earlier. Therefore the module content is a provisional outlay and may be superseded by the needs of the group.

Pre-requisites for the training

The Transformational Healing Practitioner Training (THPT) is open to anybody interested in personal transformation, health, healing and/or supporting others through their health crisis

Ideally, participants have already had some previous training in the healing arts and a good level of self-experience, or are already working in the healthcare field (e.g. professionally working with clients, counsellors, breathworkers, psychologists, doctors etc.).

Should you feel called to attend the Transformational Healing Practitioner Training (THPT) without any prior training, don't worry, the training will provide you with the perfect entry into the healing field. It will offer you a powerful journey of Self-discovery and healing in a supportive environment with the opportunity to shift and grow tremendously in a short period of time!

An amazing, life changing training full of love and acceptance, which at the same time challenges and supports you to become who you really are.



Your Trainers



Heinz Gerd Lange

22+ years Metaphysics coach. Breathwork trainer and international seminar leader. Specialised in mind re-patterning, bio-energetic integrity and lifeshifts. Director of InBreath, the Institute for Breath Therapy and Transformational Healing (UK).

“One of my passions is the scientific validation of the profound effect of Transformational Healing. My current work is based in research of neuroplasticity, neurochemistry, mind application of quantum physics, super-endorphination and heart/brain coherence”.

Lera Lange

12+ years International Breathwork trainer and energy healer with deep shamanic roots. Lera is a heartpath guide and her intuitive and empathic approach achieves profound transformation and healing through energyfield resonance. Her specialities are “psychic surgery” and healing of the energyfields. Co-director of InBreath. Lera’s love and total acceptance creates a space of safety that allows participants to relax and let go with ease.

“I feel privileged to be able to support people on their transformational journey of personal healing, moment by moment.”

What previous participants have said:

“The practitioner training worked for me as a transformational journey and an in depth training that provided me with wonderful transformative tools. While learning and practising on the course, all my questions about how to set up practice and getting clientele were answered, so that by the time the course was finished, I not only had a new profession, but also enough experience to go ahead and practice” I.R.

Just wanted to say thank you for an amazing training. I loved it. I am still processing all the changes I experienced in those five days. I think you are both so special and I have come to love you both very much. Thank you for the wonderful work that you do - I am looking forward to the next module P.W.

Great retreat! You created a wonderful environment for the process of change. Safe, loving and intelligent. S.T.

The training was everything I had hoped for, and more. I am gradually adjusting to life beyond it by taking things slowly and letting things happen at their own pace. W.M.

It was wonderful to see how you and Lera worked so well together. With Lera I always felt that there was much that she knew and used which I had only ever glimpsed, and that I was being carefully watched, along with everyone else. And that helped me to feel very, very safe. With you I always felt like there was a plan, a course and an intelligence which I could respect, and that I could act and react in any way as part of my process without you taking it personally or diverting from ensuring that the lessons of the day were experienced. I loved the structure and that each day was only explained as we got to it. M.W.

I am still ‘feeling the love’– thank you for creating and holding such a safe and loving space J.D.

Any moment in life we are standing on the threshold of a new beginning!

