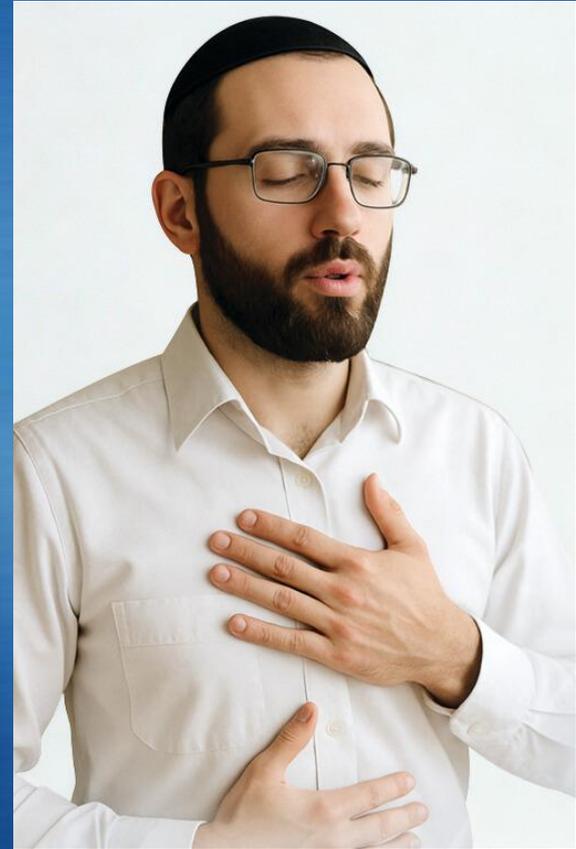


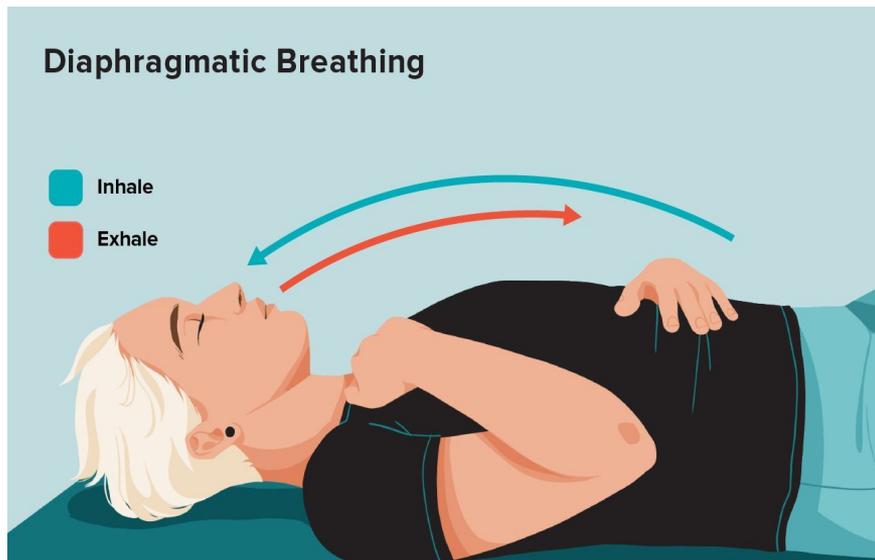


Viktor Frankl
Breathwork
Life-Coaching Program
Week 2



Review

Diaphragmatic Breathing



Overview

- ~5–6 breaths per minute
- Maximizes heart rate variability (HRV)
- Used in PT, cardiology, psychology

Autonomic Effects

- Strong **Parasympathetic dominance**
- Optimizes vagal tone

Scientific Support

- Robust evidence base

Citations

- Lehrer et al., 2000
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Wim Hof Method



Overview

- Cyclic hyperventilation + breath holds + cold exposure
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Trauma

What is Trauma?

“Trauma is a **breach** in the protective barrier to protect oneself against **overstimulation** leading to overwhelming feelings of **helplessness.**”

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In trauma a person loses a part of him/herself and their:

- Inner child
- Vibrancy
- Inner talents & aspirations
- Basic survival energy
- Natural autonomic breathing patterns



Types

- Severe distress and helplessness
- Terrorism
- Natural catastrophes (COVID)
- Sexual assault
- Child abuse
- Neglect or Violence



Emotional Signs

- Sadness
- Anger
- Denial
- Fear
- Shame



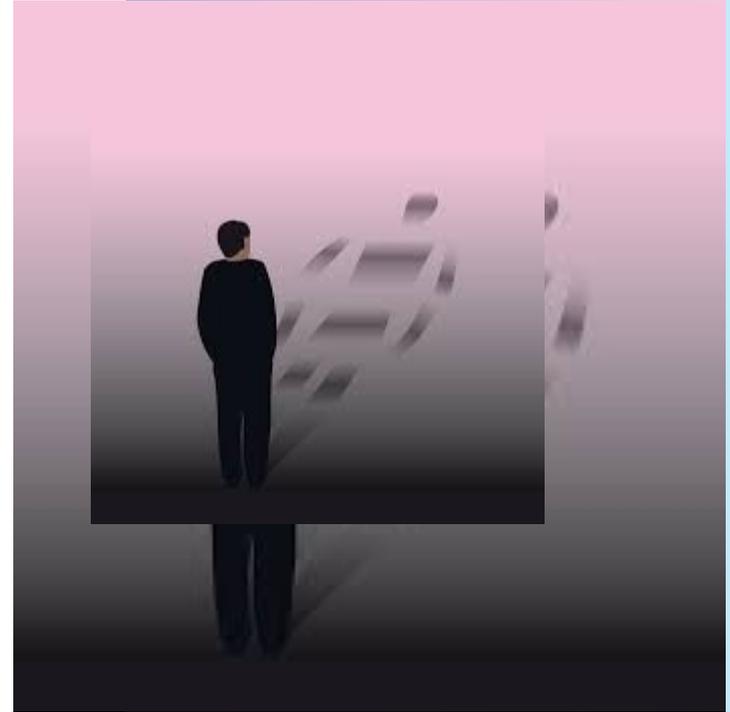
Common Physical Symptoms

- Nausea
- Dizziness
- Altered sleep patterns
- Changes in appetite
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Psychological Symptoms

- PTSD
- Depression
- Anxiety
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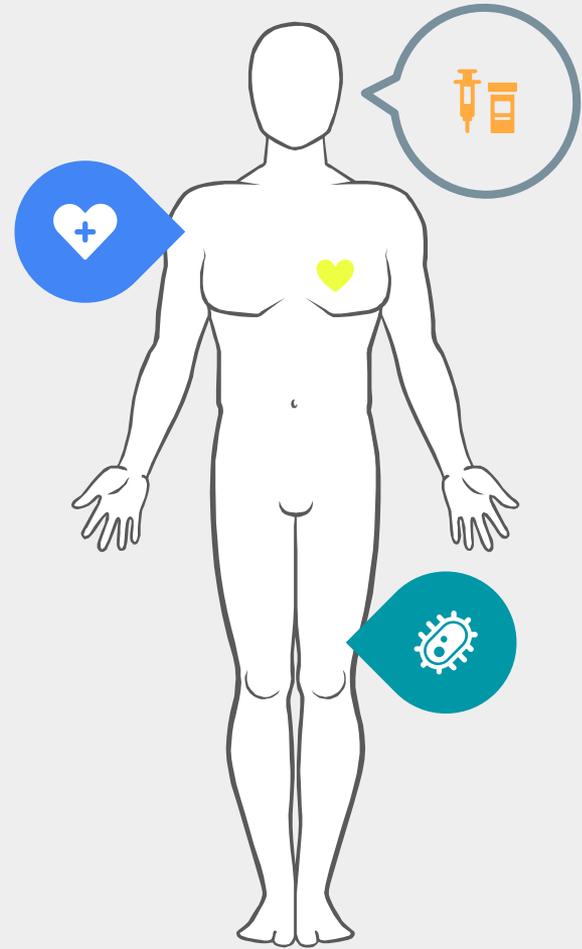
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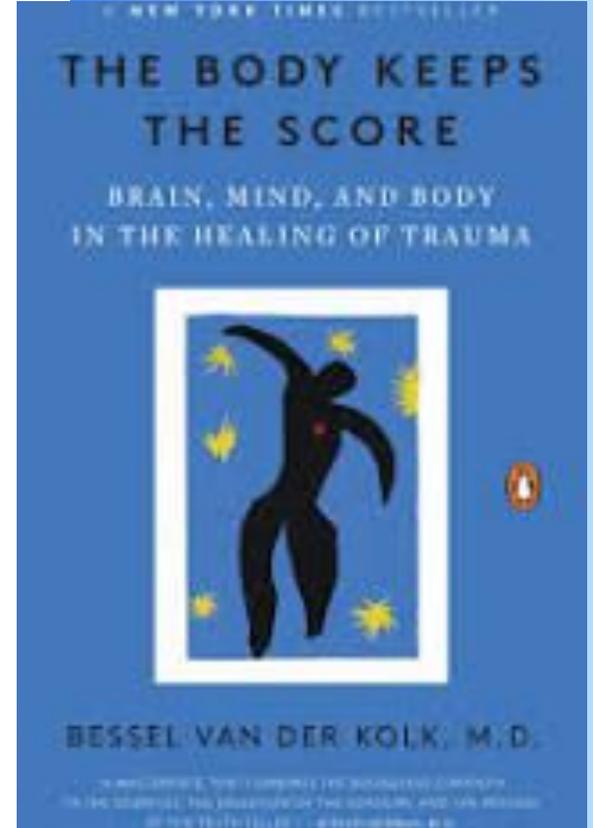
The Body Keeps the Score

Bessel Van der Kolk

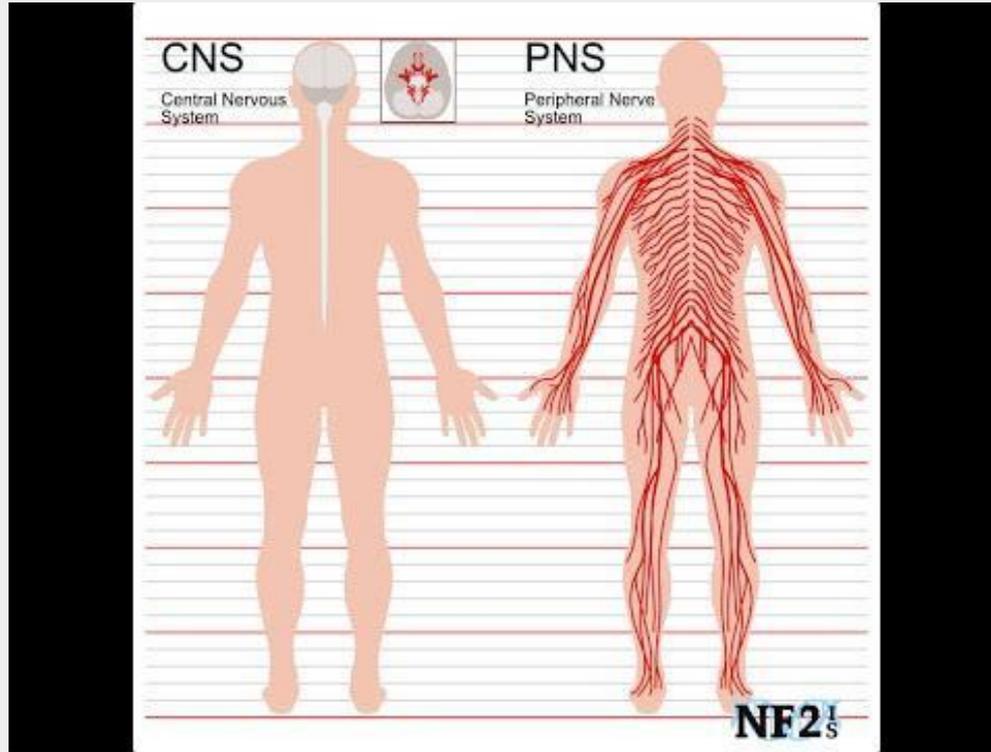


Bessel van der Kolk

- Revolutionized the way we look at trauma.
- It is not just a psychological problem
- Trauma actually changes the body and not only the mind.



Central Vs. Peripheral Nervous System



Autonomic Nervous System

Sympathetic Nervous System: “Stress Response” or “Fight or Flight”

Characterized by 1,400 biochemical and psychophysiological changes in the body

Dulls/deactivates functioning in cortical areas of the brain

Leads to long-term health consequences when dysregulated

Parasympathetic Nervous System: “Relaxation Response”

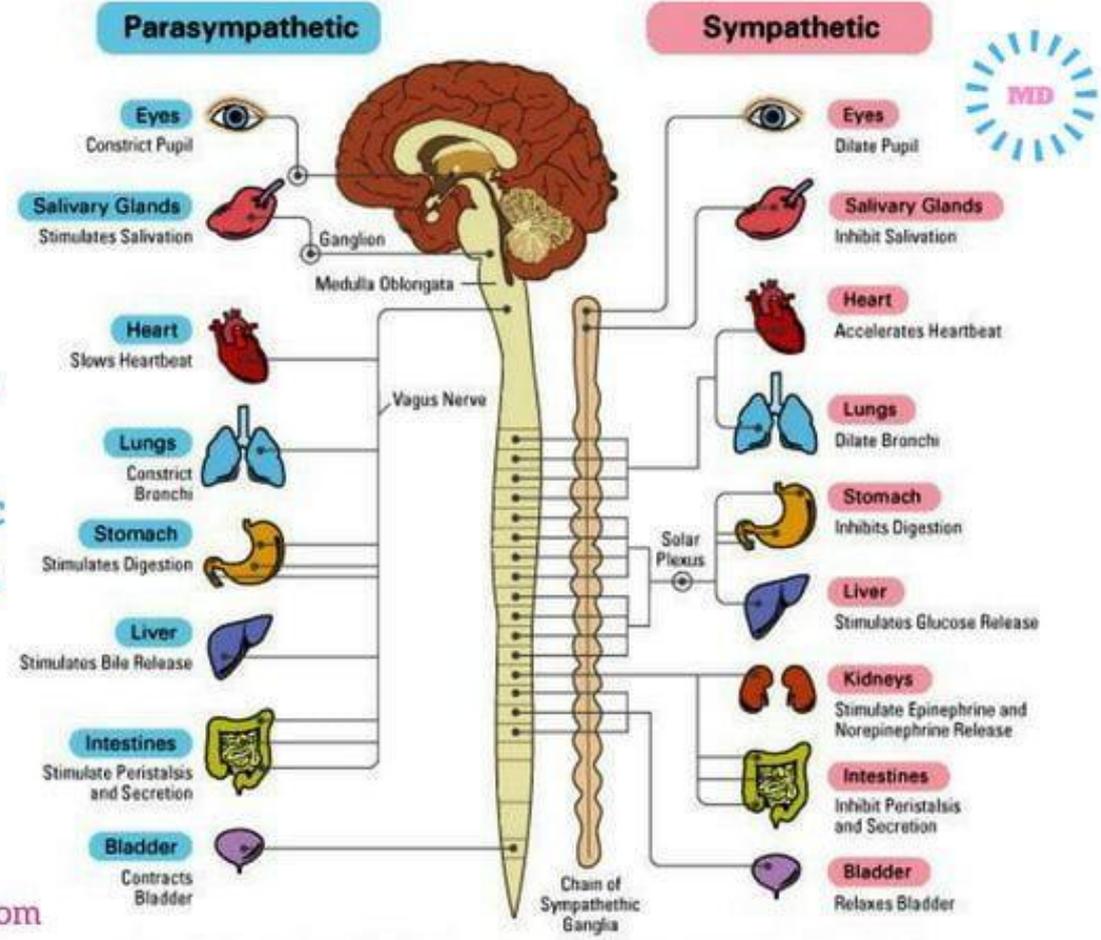
The opposite of “stress response,” characterized by lowered blood pressure and heart rate, slowed breathing, other indices of relaxation

Meant to be our homeostasis, the state we are in most of the time

Sympathetic Nervous System

VS

Parasympathetic Nervous System



Trauma-Informed & Polyvagal Breathwork



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- Slow, exhale-biased breathing
- Emphasizes safety, titration, choice
- Integrated with somatic therapies

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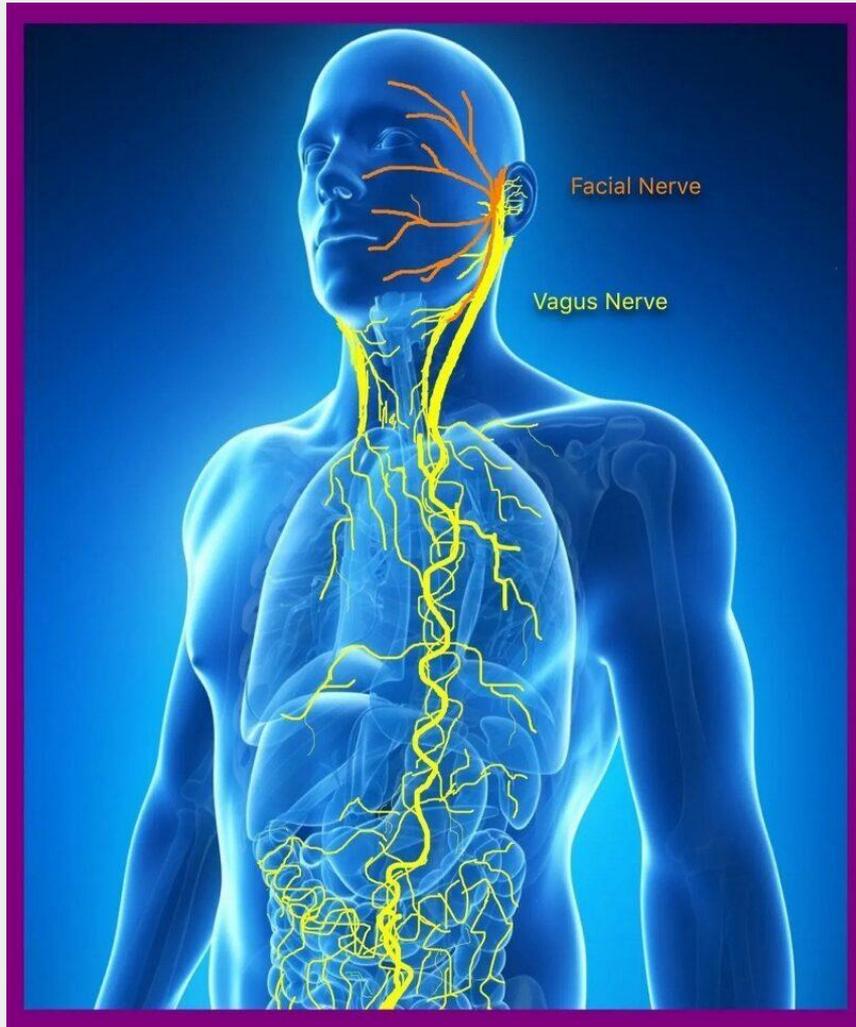
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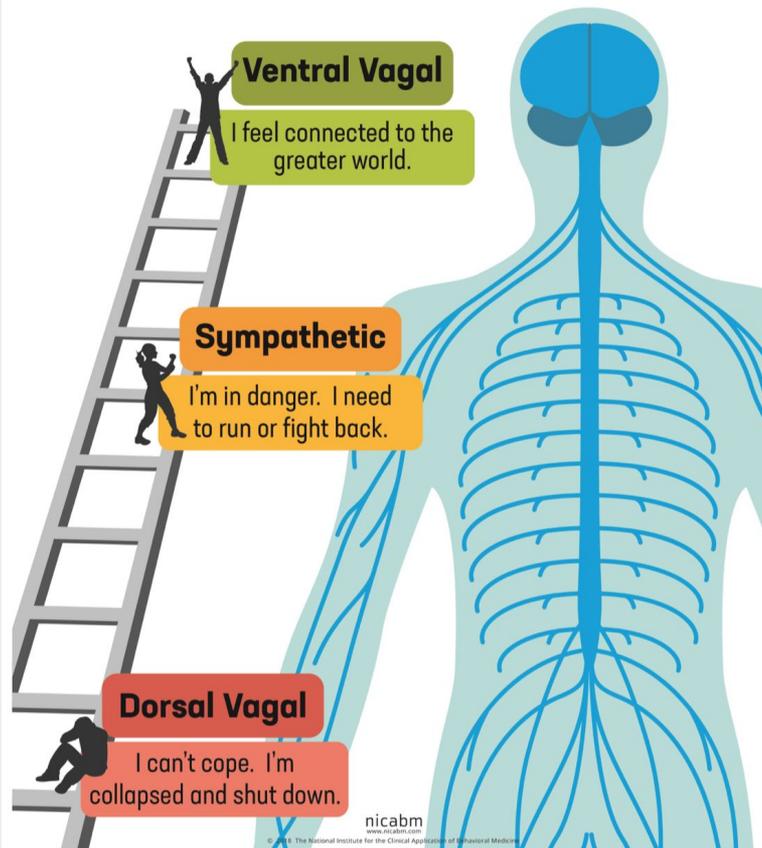
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Polyvagal Theory: The Autonomic Ladder

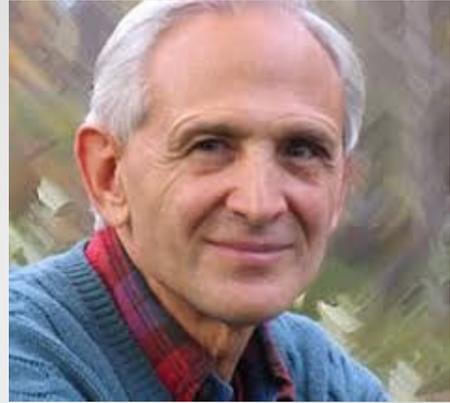
Understanding the Nervous System

Adapted from Deb Dana, LCSW





- Peter Levine maintains that trauma is a form of freeze and even death.
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Van der Kolk and Levine's Model



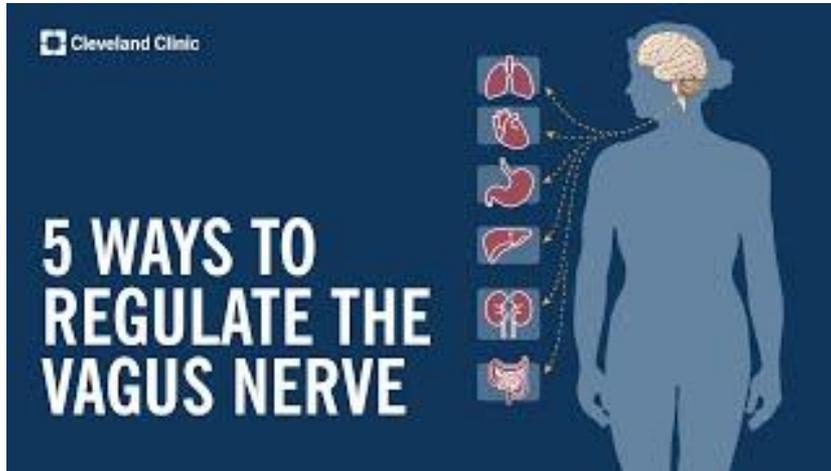
Soul – Spirituality

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The Vagus Nerve



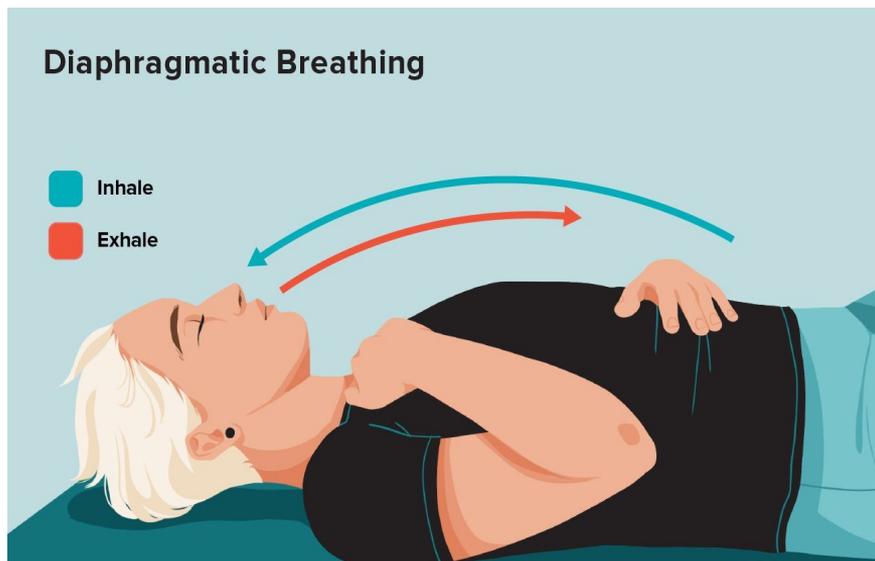
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Week 3

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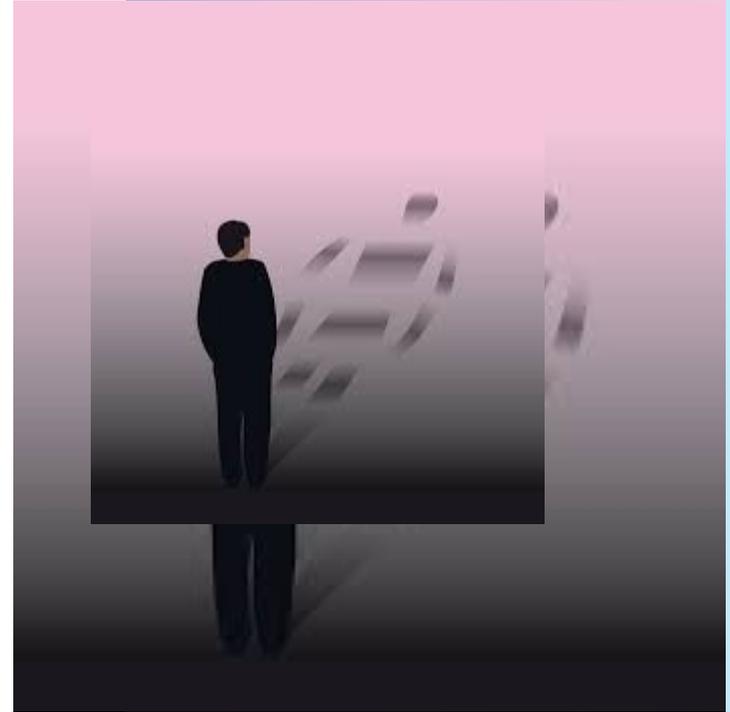
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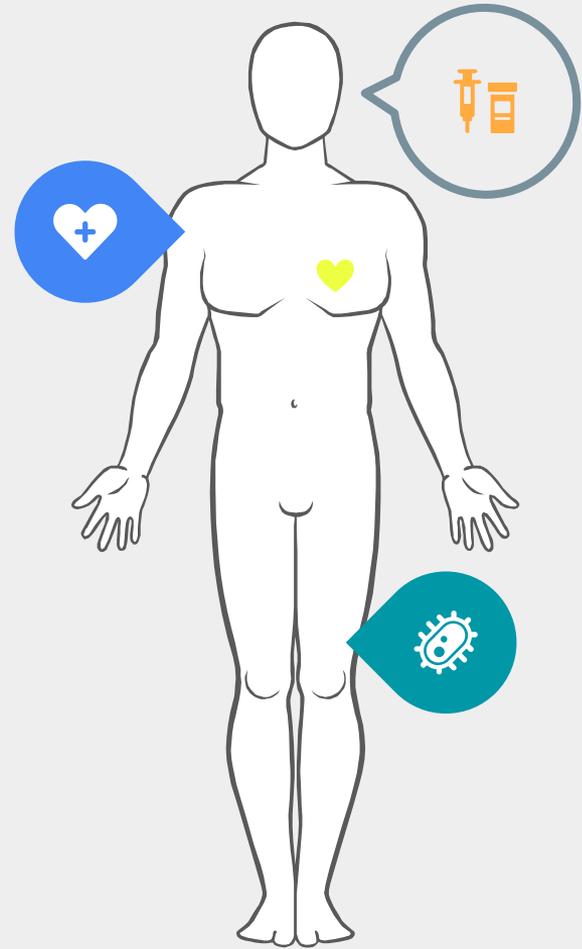
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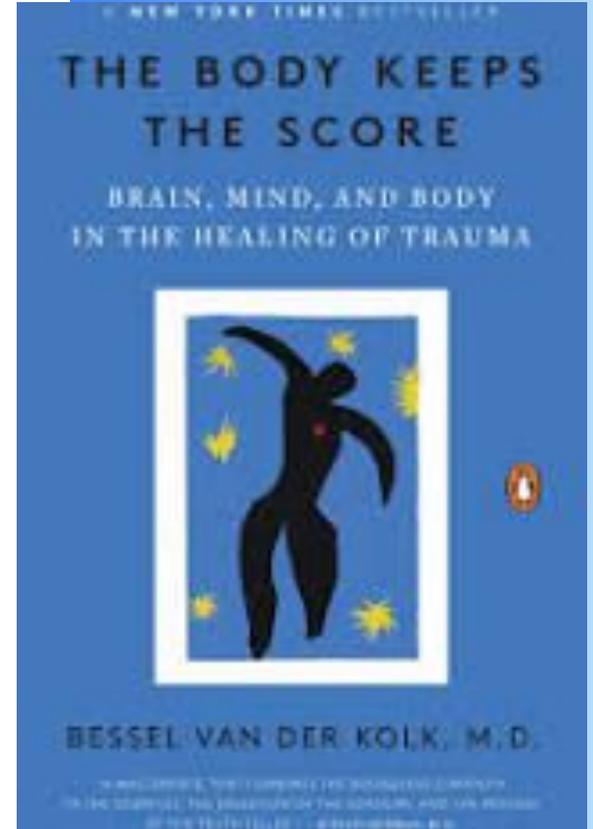
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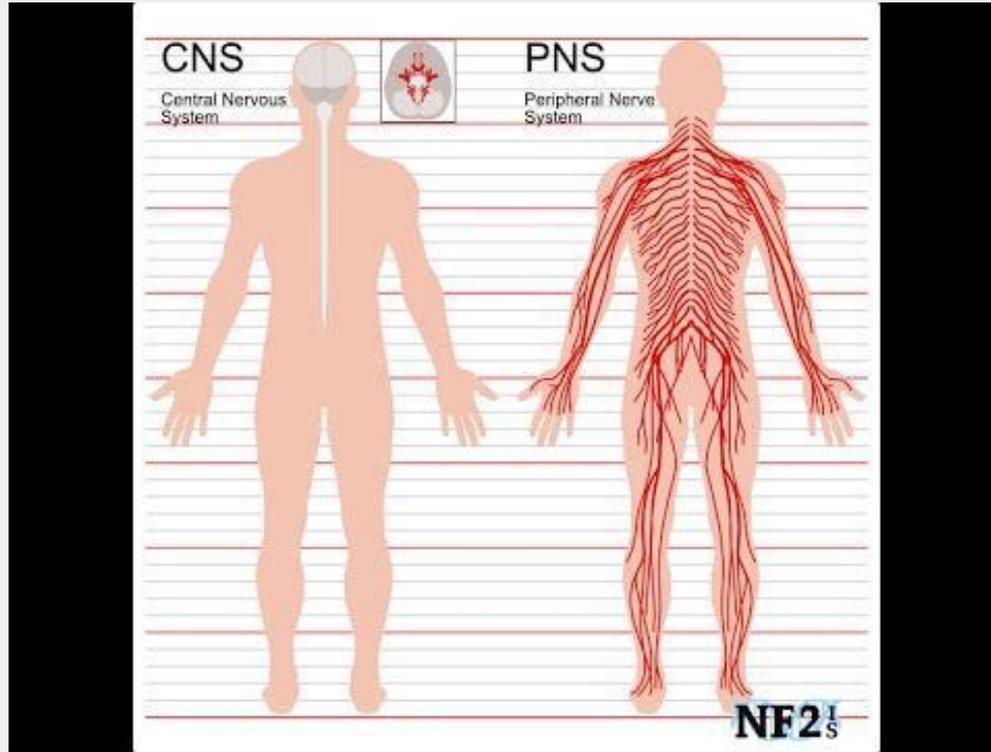


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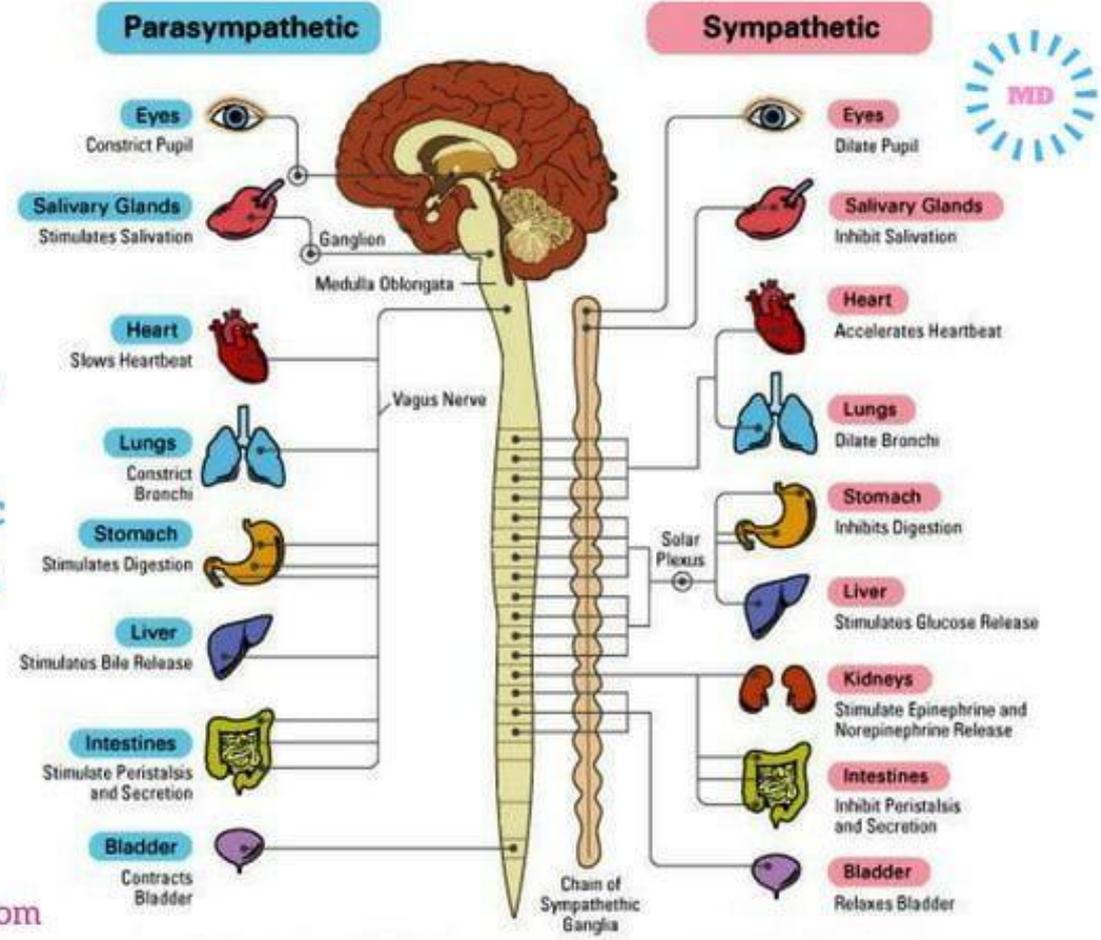
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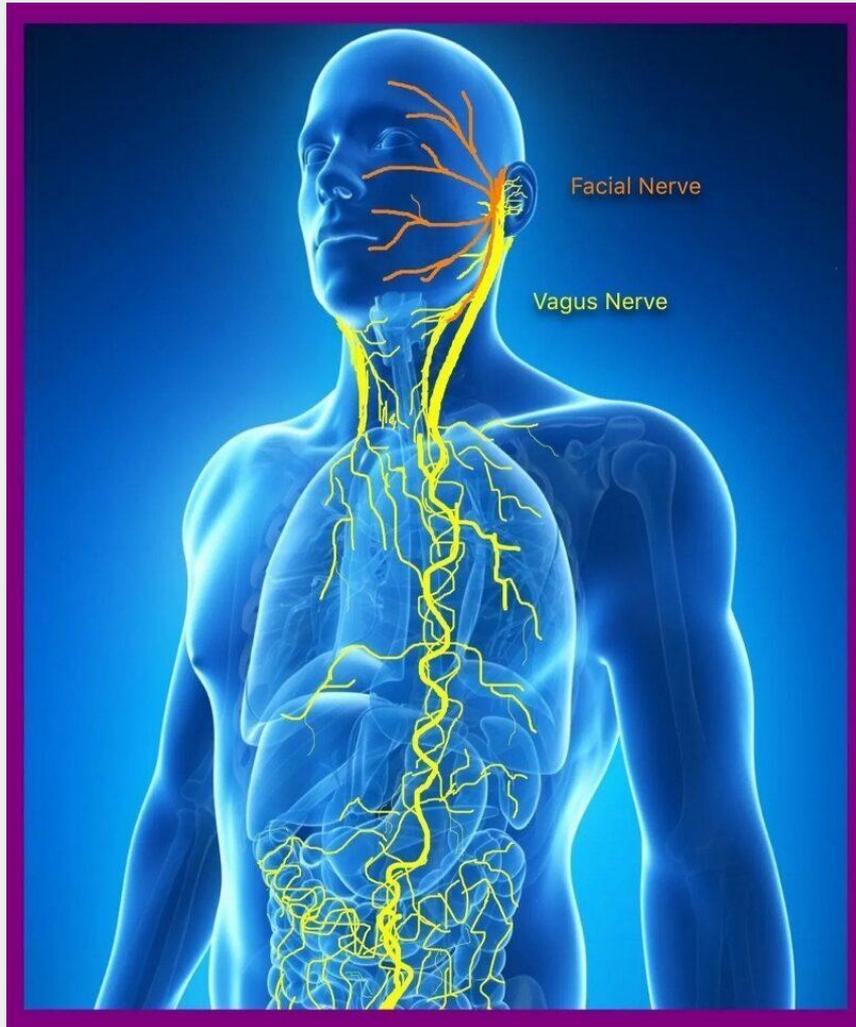
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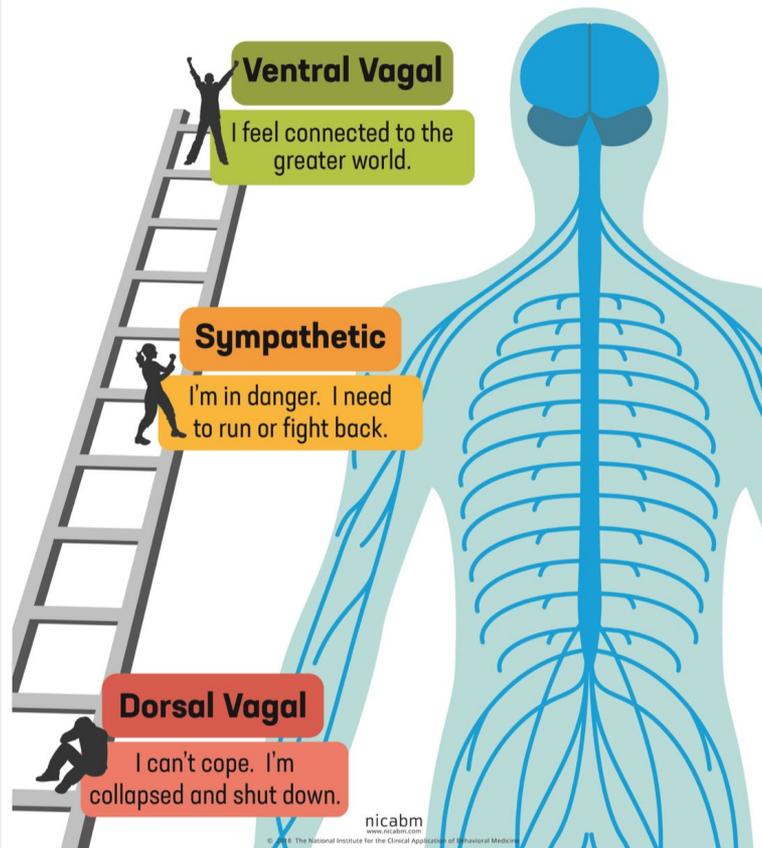
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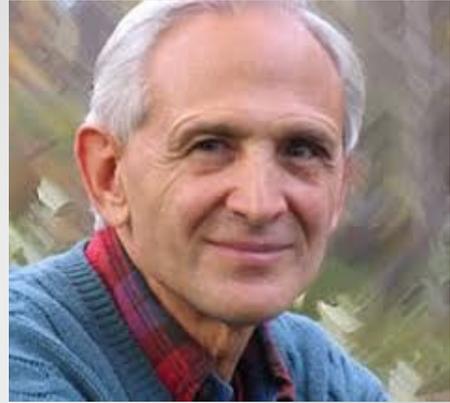
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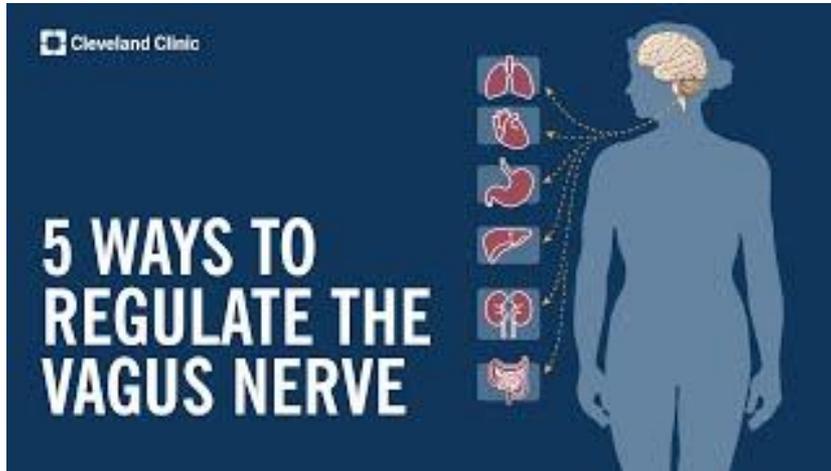
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