

GRADUATE SCHOOL OF BREATHING SCIENCES

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Dear Colleagues:

We are writing to you about our unique **webinar-based Master of Science degree in Applied Breathing Sciences**.

Are you interested in the breathing sciences? If so, we are inviting you to become a member of our **Breathing Science Webinar Group** by adding yourself to our emailing list. Membership means receiving announcements about our free lectures, our professional education (CE) offerings, our certificate programs, and our degree program. **Signing up is easy: Go to www.breathingsciences.bp.edu.**

THE GRADUATE SCHOOL OF BREATHING SCIENCES

The Graduate School of Breathing Sciences offers a **fully webinar-based Master of Science degree program in Applied Breathing Sciences**, an interdisciplinary synthesis of the biological and behavioral sciences including physiology, biochemistry, neuroscience, psychology, behavioral science, counseling, and instrumentation technology.

The Graduate School opened its doors in August 2013 with its first Fall Trimester. Students are attending from countries from around the world, such as Australia, Canada, Germany, Japan, Norway, South Africa, and the USA. Its faculty of 15 consists of highly experienced practitioners from the fields of psychology, psychiatry, medicine, physiology, physiotherapy, physics, and business; they are participating from across the world, stretching from San Francisco to Tel Aviv.

LEARNED DYSFUNCTIONAL BREATHING

It is estimated that 10 to 25 percent of the US population have unwittingly learned breathing habits that compromise physiology and psychology in ways that trigger, perpetuate, and cause serious symptoms and deficits of all kinds. This enormous problem, only superficially addressed by the treatment-oriented professional community, requires a solution that is interdisciplinary, client-centered, and learning-oriented. The new MS program offered by the Graduate School of Breathing Sciences addresses this solution by training practitioners, consultants, and educators from diverse disciplines to offer breathing learning services to their clients and patients. Student-colleagues are taught the science, the practice, and the business of providing these services.

DEGREE PROGRAM OBJECTIVE

Unfortunately, practitioners from around the world, who make breathing training a part of their profession, are rarely trained to identify dysfunctional breathing habits and their patterns, much less how to help their clients learn new habits consistent with good physical and mental health. All too often focus is on symptoms rather than causes. The MS program seeks to remedy this shortcoming by teaching student-colleagues how to apply the principles of behavior analysis and behavior modification to dysfunctional breathing including its physiology, effects, origins, causes, triggers, motivations, sustaining factors, and self-regulation learning solutions.

DEGREE PROGRAM FOR COLLEAGUE PROFESSIONALS

The MS program has been designed for two groups of colleague-professionals:

- (1) The program serves colleagues who already provide breathing services to their clients, but who are looking to increase their level of expertise, to broaden-out their knowledge base, to expand their practices, and to earn an academic credential that will strengthen the credibility for the breathing services they already offer.
- (2) The program serves colleagues who understand the importance of integrating the breathing sciences with their current profession, but who have not already done so; this program provides them with the comprehensive training they need for responsibly, effectively, and credibly providing breathing learning services to existing clients as well as establishing the basis for a new business that attracts new clients.

DEGREE PROGRAM CONTENT

The MS degree program is a 36-unit program, offered on a trimester basis (3 "semesters" per year), and consists of 28 one-unit courses: 8 Physiology courses, 8 Psychology courses, 8 Intervention courses, 2 Measurement courses, and 2 Business courses. It also includes 3 one-unit proseminars (case review), 5 units of service practicums (100 hours) to be completed at student-colleague work locations, and 1 unit of business practicum (50 hours) consisting of the execution of business and marketing plans formulated by students while taking the business courses. Colleagues may complete the program at their own pace going part time or full time (12 units per trimester, one year).

BUSINESS PLANNING

In addition to learning science and practice, the program includes writing business and marketing plans for providing breathing learning services, along with implementing these plans during the business practicum. Being successful not only means delivering quality and credible services, but also means establishing a productive network of colleagues and clients. Successful completion of the MS program requires that student-colleagues are actually providing learning services to their clients and are doing so as a part of a business plan formulated during the program.

LIBRARIES

The Graduate School provides its students and faculty with an **e-journal Library** that contains more than 2,700 major medical, physiology, and behavioral science journals, including downloadable PDF full text articles. And, the **School Kindle Library** makes it unnecessary to buy expensive specialty textbook and cuts costs by about 90 percent.

E-CAMPUS

The School has its own e-campus website created by its own programming team, tailored specifically to its organizational requirements. It permits students, faculty, and administration to communicate seamlessly without having to use email and telephone communication. Students simply login to download course materials, obtain documents, take examinations, see announcements, complete faculty evaluations, communicate with faculty, review webinar recordings, access the e-journal Library, download videos, see grades, view transcript information, and access the School Webinar-Broadcasting Platform.

LIVE WEBINAR BROADCASTING PLATFORM

The School maintains its own live Webinar-Broadcasting Platform, a customized version of Training Center provided by Cisco's WebEx. The Platform provides for live and interactive audio and video functions, including functionality that takes students beyond the normal class room environment. Interaction, for example, includes breaking up into small groups (e.g., two students) and doing live physiological monitoring sessions with one another from across the world. And, live demonstrations can be done from anywhere, any time.

CERTIFICATE PROGRAM

The School offers the **Behavioral Biofeedback Certificate** for licensed practitioners interested in integrating psychophysiological therapy into their practices. It is not a technician program. **MS degree students also earn this Certificate upon completing their degree.**

The Certificate Program is an integration of physiology, behavior analysis, behavior therapy, and biofeedback. It includes 14 academic units (250 hours) as follows: ten 1-unit courses (150 hours), two units of case review proseminars (30 hours), and two Practicum units (100 hours). The program can be completed in two trimesters, eight months (7 units per trimester) or in three trimesters, one year (5 units per trimester).

PROFESSIONAL EDUCATION

Colleague practitioners may also sign-up (without applying) for individual courses on a continuing education basis and then at a later time, if interested, apply the credit earned toward the MS degree completion requirements. This gives colleagues a chance to try out the program without having to apply. Go to www.breathingsciences.bp.edu/CE.htm for a listing of courses and registration.

Colleagues Interested in the MS degree program in Applied Breathing Sciences may contact me directly for a personal interview and a tour of our webinar learning environment. You can reach me at pl@breathingsciences.bp.edu, or visit the School website at www.breathingsciences.bp.edu. We hope to hear from you.

Sincerely,

Peter M. Litchfield, Ph.D.
President