

## **BBTRS ONLINE TRAINING PARTICIPANT GUIDELINES**

The calendar of live training class dates is available on the website. Please write down the full schedule. We will remind you of the next meeting date at the end of each class.

### **AGREEMENTS**

~ Attendance: Mandatory for all LIVE CLASSES, including: Training days, Q&A, Personal Sharings, and Buddy Pod (BP) activities (There is some flexibility with the Buddy Pod meetings when it is difficult to arrange a time that fits everyone's schedule)

~ Be on time: Please arrive on Zoom a few moments earlier than the scheduled time so we may start class on time. If you have an unforeseen/exceptional circumstance that will cause you to be late and/or need to leave early, please tell your mentor so they can inform the facilitation team. If you are 45 minutes late or leave 45 minutes early, this will be considered a full absence. We reserve the right to evaluate each situation case by case.

~ Absence policy: You are granted THREE live class absences except for emergencies and the consideration of any pre-registration arrangements. All absences must be reported to your mentor before the date of being absent or on the day of absence for a last-moment situation so we can correctly record on our roster and know the expected attendance for the class. Please DO NOT miss a class without notifying the team beforehand unless an unanticipated emergency occurs. Once present in class, please do not leave. If an emergency happens during class that requires your attention, please send a note in chat to the facilitation team if your mentor is not in class that day. You will be required to watch the recording from missed training classes, participate in the exercises, complete the missed session exchange and submit a 2-page paper (double spaced, 12-point type) sharing your insights, learnings, feelings, and experience of the exercises and session exchange. You have one week to complete and submit your paper to the facilitators.

If you miss the Module 1 Q&A, you will need to watch the video from the missed session and submit a 1-page summary. Please note that the personal sharings will

NOT be recorded. If you miss a Buddy Pod meeting, please submit a short, recorded sharing to your BP WhatsApp thread.

If you miss more than three classes or there is a pattern of arriving late or leaving early, especially without communication or pre-approval, BBTRI reserves the right to withhold your certification. If possible, we will do our best to work with you to ensure that the curriculum has been integrated and that you are an effective and safe BBTRS Practitioner. We are interested in certifying participants who have committed to the training and are prepared to hold the most trusted, safe, trauma-informed & educated space for their clients.

~ Confidentiality: Please do not discuss the experiences of your fellow participants, either with other participants or people outside the group. This supports our container of safety and trust.

~ Be coachable: Please come with an open mind (regardless of your previous experiences) to learn the modality of BBTRS & be willing to receive new information, suggestions, feedback, etc.

~ When in a session exchange during the live class, please do not leave the breakout room/your partner for any reason. Your complete presence is required to support your partner through trust & connection.

~ Ensure a solid internet connection, that you have good sound, are using a microphone, and have clear lighting.

## SUGGESTIONS

~ Create a safe, quiet, private, comfortable space for yourself during class.

~ Practice self-care by recognizing your external resources & utilizing them.

~ Ensure you get enough sleep/rest.

~ Drink plenty of water.

~ Drugs, alcohol, tobacco, food: Be aware of your avoidance strategies. Are you willing to slowly put down your addictions? Fully use this training on a deep experiential level, allowing yourself to “Feel to Heal.”

~ Altar: We recommend that you create a space with an item(s) representing you and your intentions for this training. A place to meditate and pray, infusing the item with energy and transformation. This item becomes your physical representation, serving as your cherished reminder.

## ASSIGNMENTS

### 1) RECEIVE PROFESSIONAL ONLINE SESSIONS: 75-90 minutes

~ You will receive four sessions over the course of the training before beginning Module 3. Sessions are \$110 USD each to be paid directly to your session giver.

~ Please receive two sessions from YOUR mentor and two sessions from the other mentors. You may choose to do 2-4 sessions with your mentor. If you start to receive unavailable messages and cannot complete the assignment with the training mentors, please inform the team and we will help you contact session givers.

~The first mentor session will focus on resource, resonance, felt sensations, and working with and understanding pendulation and titration, which are the primary skills taught in Module 1. **This should be completed within a month of finishing Module 1.** You will then receive three more sessions that include the above and integrate “The Belts of Tension” taught during Module 2.

~ You can receive one additional mentor session upon completion of Module 3.

\*\*Note: Any additional mentor sessions (after the mandatory 4/optional 5th) will be charged at the fees each mentor decides.

### 2) ONLINE STUDENT SESSION EXCHANGES: 75-90 minutes

~ You will do seven session exchanges. Each exchange includes giving and receiving a BBTRS session with a fellow student. Please do each exchange with a different classmate (practicing with seven different students in total).

~ Please begin AFTER completing Module 1.

~ The portal has a Session Intake Form and a Student Session Exchange Evaluation form. Please fill them both out for each exchange.

~ Each session (not exchange) is 75-90 minutes.

~The first session (giving & receiving) should use all the tools taught in Module 1: Resonance, Resource, Pendulation, Titration, Orientation, Felt Sense, Touch, and Unwinding. **Please complete this by the start of Module 2.** You can begin to integrate the Belts of Tension into your sessions during Module 2.

~ The remaining six session exchanges (giving & receiving) should be completed before beginning Module 3.

~ After each exchange, please have a short share consisting of honest feedback between the receiver & giver to support your learnings and growth as BBTRS practitioners. A preferred method of this feedback is:

1. What worked for me is:

2. What didn't work for me is:

You may receive a variety of feedback. Some things that work for one person may not work for another, and vice-versa. Please receive the feedback with an open mind and heart.

~ These seven Student Exchange forms will be submitted with your final assignment.

### 3) ONLINE PRACTICE SESSIONS: 75-90 minutes

~ 35 sessions (minimum). The first 2 to 4 sessions will focus on resource, resonance, felt sensations and open sessions working with and understanding pendulation and titration.

~ You may begin offering these after completing module 1. The seven student exchanges are not a part of your 35 practice sessions.

~ Please provide the first 20 sessions for free. The remaining 15 sessions can be charged at a 'Facilitator in Training' rate relative to your local economy. This will support you in developing comfort & ability to appropriately charge for your sessions & assist you in building your practice

~ Offer your mentor at least one free session so they can give you feedback & guidance.

~ Pace your sessions to cover all 7 "Belts of Tension" learned in Module 2. Facilitate a minimum of 2 sessions per belt.

~ Give a minimum of two full 8 or 10-session series to at least two different clients. You may offer the complete series to more than two clients. In an 8-session series, the first session can be used as a resource session and the final session for combining various belts of tension. In the 10-session series, the extra two sessions can focus on helping clients set up their meditation practice and repeating one of the desired belts and grounding.

~ Have each new client fill out a Client Intake form and sign the Client Waiver form. Following every client session, complete the Practice Session Evaluation form. These forms are all found in the Student Portal.

~ Transfer the summarized information from the Practice Session Evaluation form to the Practice Sessions Summary form. It is only the Summary form you will submit as part of your final grading.

~ By the end of Module 3 and once your 35 practice sessions and seven student exchanges are completed, please submit:

- 1 Practice Sessions Summary form
- 7 Student Session Exchange Evaluation forms
- A list of the dates you received sessions from the mentors

- A 2-page paper (double spaced/12-point type) describing your personal process in the training. In your essay, write about your insights around your growth, healing and transformation and professional progress/experiences towards becoming a BBTRS Practitioner.

If needed, a 4-month extension to complete the above is available after Module 3. Your certificate will be presented to you once all the above have been submitted.

4) WEBINARS ~ Upon registering for Module 2, you will receive access to the following BBTRS webinars:

Anatomy & Physiology of Breathwork

Understanding Trauma: Our Body, Brain, and Emotions

Self-Bodywork for BBTRS and Breathwork Practitioners

Introduction to Reichian Character Structures & Developmental Trauma.

Please watch the videos in that order.

There will also be recordings of demo sessions for each Belt of Tension. Please watch the session corresponding to the particular Belt(s) to be taught before coming to class.

5) MEDITATION CHALLENGE

~ A 21 days meditation challenge starts at the end of Modules 1 & 2. We will supply further information about this during class.

6) REQUIRED READING

~ BBTRS Training Manual (in the student portal)

~ *Feel to Heal* by Giten Tonkov

7) QUESTION & ANSWER SESSIONS: 1.5 hrs

~ There is one Q&A session scheduled for after you complete the 4-days of Module 1. Attendance is mandatory for all participants and highly encouraged by mentors. This session is recorded.

~ During Module 2, there is a Q&A period during each class.

#### 8) GROUP PERSONAL SHARING: 1.5 hrs

~ There are two group personal sharings during Module 2. Attendance is mandatory for all participants and mentors. These sessions are not recorded.

#### MENTORS & BUDDY PODS 1-1.5 hrs

Please utilize your mentor and buddy pods for support and connection. The mentors are a supportive connection between you and the facilitation team.

~ Module 2: There will be three buddy pod meetings during Module 2.

~ Module 3: There will be three buddy pod meetings to be held monthly after Module 3.

#### ADDITIONAL NOTES

~Please email all missed class assignments to the Facilitators of that class and the Attendance Coordinator:

[giten@biodynamicbreath.com](mailto:giten@biodynamicbreath.com)

[nisarga8@gmail.com](mailto:nisarga8@gmail.com)

[prema@premamckeeper.com](mailto:prema@premamckeeper.com)

[danapiper.breath@gmail.com](mailto:danapiper.breath@gmail.com) – Attendance Coordinator

~Please email your final assignment/summary sheet to:  
[info@biodynamicbreath.com](mailto:info@biodynamicbreath.com) and cc: [danapiper.breath@gmail.com](mailto:danapiper.breath@gmail.com)

~The Zoom platform will remain open during longer breaks for you to meet each other.

\*\* At anytime during a live class, please connect via chat or raise your hand if you require additional support - we are available for you!

THANK YOU FOR SIGNING IN HONOR OF THESE AGREEMENTS. WE HAVE RECEIVED YOUR COMMITMENT~