



*ButeykoClinic Practitioner Training*

# **The ButeykoClinic Worldwide Training for Buteyko Practitioners**

Practitioner training at Stenløse, Denmark during November 2009 (part one) and February 2010 (part two)

## **Practitioner Trainer**

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*Patrick McKeown is one of a few practitioners in the world accredited by the Late Professor Buteyko*  
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## *ButeykoClinic Practitioner Training*

### **Our Purpose**

Our purpose is to provide a standardized system of learning according to the ideals and excellence of the founding clinic of Moscow. To date, practitioners from nine different countries have trained through the ButeykoClinic.

The ButeykoClinic was founded in Moscow in 1988 by the Late Professor Konstantin Buteyko. The clinic is a medical centre for the treatment and prevention of health problems such as asthma, bronchitis, various allergies, chronic rhinitis, sleep apnea and other health conditions.

The Buteyko Method has been widely used in Russia since 1985 after it was approved by the Soviet health ministry. This was based on conclusions from clinical trials of the Buteyko Method which were conducted by First Medical Sechenov's Institute (Moscow Medical Academy), Moscow, 1981 and National Scientific Institute of Pulmonology of Soviet Health Ministry, Petersburg, 1968.

Fifty years on, the Buteyko Method has gained momentum and accredited practitioners can be found in many countries throughout the Western world.



## *ButeykoClinic Practitioner Training*

### **Course breakdown**

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- Upon registration- The ButeykoClinic training manual and DVD set is provided. This enables new practitioners to become familiar with theoretical elements of the method.
- Practical training involves attendance to a minimum of eight days of clinics to observe approximately twenty five patients being instructed.
- During the eight days, training practitioners assist with patients of varying asthma severity.
- Practical training will seek to address any issue that may arise during a normal patient treatment.
- Newly qualified practitioners teach small groups only for the first six months.
- Accreditation by Diploma in Buteyko Method.
- Indefinite follow up support is provided by practitioner trainer Patrick McKeown.



## *ButeykoClinic Practitioner Training*

### **Prerequisites:**

The ButeykoClinic Method is a stand alone method with unique exercises and approach. Having a background in health care or an understanding of the respiratory system is an advantage but is not a prerequisite.

Our training will provide you with the best foundation possible. Patrick McKeown is a highly experienced practitioner trainer who works full time and solely teaches the Buteyko Method.

Practitioners who become living embodiments of the Buteyko method can forward their direct experience to their clients.

In time, it is the experience that a practitioner acquires in teaching the method and the dedication to their patients that determines how successful they are. It is easy to become a Buteyko practitioner. A lot more is required to be a good one. Our mission is to help get you there!



## *ButeykoClinic Practitioner Training*

### **How we teach you:**

1) Practitioners are trained by observing a large number of patients with asthma and other conditions being taught. **(up to twenty five patients)**

2) **Very experienced Buteyko practitioner trainer;**

Patrick McKeown trained at the Buteyko Clinic of Moscow in 2002. He is accredited by the Late Prof. Buteyko and has written three very popular books including the best seller *Asthma Free naturally*. *Asthma Free* is published in the USA by Conari Press and is available online and from most bookstores. In addition, Patrick has produced a 2 hour ButeykoDVD. Free video segments are available from [www.ButeykoDVD.com](http://www.ButeykoDVD.com) Many thousands of patients have attended his AsthmaCare clinics making it one of the busiest Buteyko practice in the western world.

([www.asthmacare.ie](http://www.asthmacare.ie))

3) An intensive and comprehensive practitioner training course. Our training program is **according to the Method as designed by the Late Professor Buteyko. (It is not diluted)**

4) Newly qualified practitioners are accredited by the ButeykoClinic Worldwide.

5) Three hours training DVD of how patients are taught. **(Please note that this DVD is designed specifically for practitioners and not for patients)**

6) Extensive training manual, reading list of over fifty published papers and theoretical instruction.

7) A complete power point presentation of 100 slides is provided to help you teach your patients.

8) Student practitioners are limited to **five per course** to enable quality tutoring.



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8) **Continuous and indefinite follow up** with email and telephone support.

9) Practitioners are **registered on the ButeykoClinic.com** website.

### **When does Practitioner Training take place?**

Practitioner training is divided into two parts with part one taking place in November 2009 and part two taking place during February 2010.

#### **Part one: November 2009**

Thurs 19th Nov	10am- 12pm	7pm- 9pm	working with clients
Friday 20th Nov	10am- 12pm	7pm- 9pm	working with clients
Sat 21st Nov	10am- 12pm	230pm- 530pm	working with clients
Sun 21st Nov	10am- 12pm	230pm- 530pm	working with clients
Mon 22 <sup>nd</sup> Nov	930am- 1230pm	230pm- 5pm	practitioners only

#### **Part two: February 2010**

Friday 12 <sup>th</sup> Feb	930am- 5pm		practitioners only
Sat 13th Feb	10am- 12pm	230pm- 530pm	clients
Sun 14th Feb	10am- 12pm	230pm- 530pm	clients



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### **Course syllabus**

ButeykoClinic training course concentrates on the practical application of the Buteyko Method. This is vital to ensuring your success. Please find course summary below;

#### **Introduction**

- Introduction to the ButeykoClinic Method
- Chronic Hyperventilation
- Basics of respiratory physiology
- Different theories of how over-breathing contributes to airway obstruction  
(Reading material provided)
- Various symptoms and conditions arising from hyperventilation
- How the Buteyko Method differs to other breathing methods

#### **Assessing the patient**

- Assessing patient and determining your approach
- How to measure the Control Pause correctly
- How to determine if your client is measuring CP correctly

#### **Breathing Exercises**

- How to stop coughing
- How to stop wheezing
- How to unblock the nose, relieve constipation and more using breath hold
- Reduced breathing with varying approaches
- Correct breathing during physical exercise
- Breath holds during physical activity and sports
- How to teach children using steps and reduced breathing



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### **Working with the patient**

- Expected results of your patients
- What to do when results are stubborn
- Anticipating the cleansing reactions
- What exercises to use with different people and complaints
- Nuances to be aware of with different patients
- Various approaches when sensitivity to breathing is poor

### **Lifestyle guidelines**

- Correct sleeping
- Diet
- Temperatures
- Speaking, playing musical instruments, etc.

### **Asthma Medication**

- Types of medication including reliever and preventer
- Issues and roles associated with each
- What reduction of medication is expected
- When patient should visit Doctor for examination

### **Marketing assistance**

- Creating awareness
- Marketing modes
- Customer support
- Design of training programme
- Website options



## *ButeykoClinic Practitioner Training*

### **Background to the ButeykoClinic Method**

The Buteyko Method was discovered by Russian Doctor Konstantin Buteyko on the 7th October 1952. Over the following decades he refined and applied his programme.

As a young doctor, Buteyko's work involved sitting for hours at his sick patients' bedsides to monitor their progress. Over time, he noted that as his patients health deteriorated, their breathing got heavier. A thought struck him that possibly this heavy breathing, which causes a disturbance of various gases within the blood, including the delivery of oxygen to tissue and organs was having an impact on his patients health.

After teaching himself to correct his breathing volume, thus enabling him to recover from hypertension, he instructed his patients to become aware of their breathing and to stop breathing such a large amount, or in other words to breathe less than they were used to. He began to observe that his patients got better quite quickly, with some of them completely recovering from their condition. Buteyko was one of the first people in the world to recognize and apply reduced breathing volume as a way to improve health. His Method is unique in that it is the only breathing exercise developed which measures relative breathing volume. The Control Pause, as it is called, involves measuring the breath hold until one feels the first urge to breathe. The significance of the Control Pause is explained below.

Many people in the Western world breathe too much (clinically known as Chronic Hyperventilation) and it is primarily due to our modern lifestyles. While breathing volume can be as much as two to three times the norm, it is termed as hidden. However, typical characteristics of an over-breather include mouth breathing, regular sighing, taking large breaths prior to talking, breathing loudly during rest, etc.



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### **Who can a ButeykoClinic practitioner help?**

The Buteyko method is more commonly taught for asthma due to its ability to produce quick results. Asthmatics are taught how to overcome their symptoms quickly and safely, correct their breathing volume and improve their underlying condition. Overtime, symptoms and the need for medication should be greatly reduced or completely eliminated.

*"Chronic hyperventilation can affect any organ or system to different degrees."*

**Dr. Claude Lum. Papworth Hospital, Cambridge.**

**The Respiratory System:** wheezing, blocked nose, loss of smell and taste, runny nose, post nasal discharge, breathlessness, coughing, chest tightness, frequent chest infections, frequent yawning, sighing and snoring.

**The Nervous System:** poor concentration, dizziness, light-headed feeling, numbness, sweating, dizziness, brain fog, vertigo, tingling in the hands and feet, faintness, trembling and headache

**The Heart:** typically a racing heartbeat, pain in the chest region, and a skipping or irregular heartbeat.

**The Mind:** anxiety, racing mind, frustration, restlessness, irritability, tension, depression, apprehension and stress.

**Other general symptoms** may include mouth dryness, fatigue or difficulty falling asleep, waking up at night, waking up tired, reduced productivity, bad dreams or nightmares, dry itchy skin, sweaty palms, increased urination such as bed wetting or regular visits to the bathroom during the night, diarrhoea, constipation, general weakness and chronic exhaustion.



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### **Measure your relative breathing volume with the Control Pause**

Central to the Buteyko method is this measurement of how long you can comfortably hold your breath. Please note that this is a very basic explanation of measuring the CP.

**Try it for yourself:** (taken from the book 'Close Your Mouth')

- Sit down and adopt a reasonably straight posture.
- Take a small breath in and a small breath out. (small means that it is not noticeable)
- Hold your nose on the 'out' breath, with empty lungs but not too empty. Holding your nose is necessary to prevent air entering into the airways.
- Count how many seconds you can **comfortably** last before you need to breathe in again. Release your nose and breathe in through it.
- Your first intake of breath after the CP should be no greater than your breath prior to taking the measurement. You should not hold your breath for too long as this may cause you to take a big breath after measuring the CP.
- The level of Carbon Dioxide in the body determines the length of time the breath can be held: a higher level of Carbon Dioxide corresponds to a longer breath hold.



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### **What is the significance of the CP (comfortable breath hold time)?**

#### **If the morning CP is less than twenty seconds then;**

- depending on genetic predisposition, symptoms such as coughing, wheezing, breathlessness, exercise induced asthma, snoring, colds, chest infections and fatigue will be present.

#### **If the morning CP is between 20 and 40 seconds then;**

- Main symptoms have gone but it is possible to develop symptoms if exposed to a trigger.

#### **If the morning CP is greater than forty seconds then;**

- No symptoms are present.

Please note that the morning CP is the most accurate measurement of progress.

The Comfortable breath hold time is indicated by CP. The lower the breath hold, the greater the breathing volume and the greater the symptoms. For example, a very severe asthmatic will have a Control Pause of less than ten seconds. This CP will correspond to large volume breathing, often through the mouth.



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### **How effective is the Buteyko Method for asthma?**

The Buteyko Method has been subject to six trials in the western world. Average results concluded a significant improvement to quality of life with 70% less asthma symptoms such as wheezing, breathlessness and coughing, a reduction of 90% in need for reliever medication and a 40% to 50% less need for preventer steroid medication within three to six months. (this improves over time)

Where measured, a direct correlation was demonstrated between breathing volume, reduced symptoms and need for reliever medication. Lung function was maintained the same after the trial. Taking into account that preventer medication was halved with no deterioration of lung function, this was indeed very positive.

The conclusion of Gisborne trial (1) as published in NZ Med J is as follows;

*"BBT is a safe and efficacious asthma management technique. BBT has clinical and potential pharmaco-economic benefits that merit further study."*

A table comparison table taken from page 3 of NZ children's trial 6 as published in NZ Med Journal

	<b>Brisbane 1</b>	<b>Gisborne 2</b>	<b>Nottingham 3</b>	<b>NZ Children 4</b>
<b>Beta-agonist reduction (reliever)</b>	95%*	85%	100%*	66%
<b>Inhaled steroid reduction</b>	49%	50%	41.5%**	41%

\*\*Nottingham did not attempt reductions in inhaled steroid use until assessment of airways hyper-reactivity was finished.



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**The British Thoracic Society** recently upgraded the Buteyko Method to "B" classification indicating that there are "high quality systematic reviews of case control or cohort studies" and "High quality case control or cohort studies with a very low risk of confounding or bias and a high probability that the relationship is causal."

**The Mayo Clinic** has listed the Buteyko Method as one of the most promising alternative treatments for asthma. See <http://www.mayoclinic.com/health/asthma-treatment/AS00032>

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McHugh P, Aitcheson F, Duncan B, Houghton F. Buteyko breathing technique for asthma: an effective intervention. *N Z Med J.* 2003;116(1187). (asthma clinical studies) URL: <http://www.nzma.org.nz/journal/116-1187/710/>

Cooper S, Osborne J, Newton S, et al. Effect of two breathing exercises (Buteyko and pranayama) in asthma: a randomised controlled trial. (asthma clinical studies) *Thorax.* 2003;58:674-9.

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## *ButeykoClinic Practitioner Training*

### **APPLICATION FORM**

All information submitted will be treated as totally confidential. Please select and copy application form onto word document. Complete and email directly to [pmckeown@asthmacare.ie](mailto:pmckeown@asthmacare.ie)

Name in full:

Address:

Tel. No (inc STD code)

Email:

Current occupation

Qualifications

Education details

Further education/other courses

Details of previous Buteyko courses/experience (if relevant)

Please add here any further details you wish in support of this application and reasons for wishing to enrol on the course, i.e., career / general interest / self-development, etc.

Do you intend carrying insurance if / when qualified ?      Yes / No

How did you hear about this course?

**Please note:- students giving up the course of their own volition before its completion are not entitled to a refund of course fee.**



## *ButeykoClinic Practitioner Training*

**Cost of Buteyko practitioner training and accreditation: Eur2,000**

**Please note that a deposit of Eur500 is required when booking your place.** Please email completed application form to Patrick at [pmckeown@asthmacare.ie](mailto:pmckeown@asthmacare.ie)

(copy and paste one page application form onto word document and email to Patrick)

An invoice will be then Emailed to you and payment can be made through Paypal.

Upon payment of deposit of 500 US dollars, a complete training manual and DVD set will be sent to you to enable commencement of training.

### **Payment of fees by bank lodgement**

Alternatively, you could email Patrick McKeown at [pmckeown@asthmacare.ie](mailto:pmckeown@asthmacare.ie) Patrick can forward you the bank account details of Asthma Care whereby a lodgement can be made direct from your bank.

### **Payment of fees by cheque**

A third option is to pay by personal cheque or bank draft. Cheques are made payable to Patrick McKeown and posted to

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Co Galway  
Ireland