

# Neurodynamic Breathwork (NDB) Facilitator Training Program Completion and Recertification Requirements

## Certification and Recertification

The requirements to become a fully certified NDB Breathwork Practitioner are (as describe more fully in the paragraphs below):

1. Completion of the six-month NDB Facilitator Training Program
2. Consultation
3. Personal Breathwork
4. Practicum
5. Completion of a Music Set List
6. Completion of all Homework on a Timely Basis
7. "Flipgrid" Videos
8. Completion of an Exit Interview
9. Completion of the in-person 7-day Certification Retreat or, at NDB's option, a substitute online intensive (see details below)
10. Recertification
11. Cancellation/Postponement of Courses
12. Refund Policy
13. Honor All Core Values and Agreements

Trainees who satisfy Requirements 1 - 8 **will be officially certified as a practicing NDB Facilitator for online and one-on-one in-person sessions only**, with recertification required every three years (see below).

Trainees who satisfy Requirements 1 - 8 **and** the Certification Retreat (or, at NDB's option, online intensive) (Requirement 9) **will be officially certified as a practicing NDB Facilitator for online and in-person group sessions with an unlimited number of people**, with recertification required every three years (see below).

### 1) Completion of the six-month NDB Facilitator Training Program

In order to be officially certified as an NDB-Certified Facilitator, trainees must complete the full six-months of the Training Program. Classes are held virtually for about 4 ½ hours (starting 9am U.S. Pacific Standard Time) on three Saturday's per month. These classes are live and interactive and require you to have a reliable internet connection and be present with your camera on. They are also recorded in case you are unable to attend. You are allowed a maximum of three excused absences. If you are not able to attend one or more of the sessions, you must notify one of the course instructors via email before the start time of the class that you will miss. There is required reading and Deepening Exercises that must be completed before each in-person session. You will not be able to get the full value from the in-person sessions without doing the Deepening Exercises beforehand and, in the Personal Development track, most of the breakout groups during the live sessions will be based on the Deepening Exercises so submitting the homework before the start time of the session is a certification requirement. For the personal development track, there is also a "Self Discovery Journal" that is required to be submitted within 48 hours of the completion of each of the 6 live sessions. As part of the Facilitation Skills portion of the program, there is an online discussion forum with mandatory questions to respond to. There will also be opportunities to develop community.

## 2) Consultation

During the Training Program, a Coach will be assigned to each trainee. To complete the Consultation requirement, trainees must meet a minimum of three times with their Coach over the course of the six-months. Trainees can also reach out for support as needed during the Training Program. All coaching calls will be taped and the content shared with the other trainers and associate trainers, as necessary, in order to provide the best support structure possible during the training.

## 3) Personal Breathwork

As with many personal development modalities, the NDB Facilitator Training Program believes that some of the best preparation for supporting others through a process, is going through a similar process oneself. The kind of knowledge gained from firsthand experience is invaluable and difficult to replicate.

To complete the Personal Breathwork requirement, trainees must attend an average of 1 live NDB breathwork session every week during the six-month training. Thus a minimum of 24 (4 per month) breathwork sessions must be attended over the course of the training. You are also required to do a detailed post about your breathwork experiences at least once per month in the facilitator training community structure. When you do practicums with your study partner, this will count towards this requirement. In order to do this, trainee is required to maintain a monthly subscription to Breathwork Online during the 6 months of the program. However, we have reduced the cost for the subscription by approximately 50% for trainees. If trainee chooses to continue with this monthly subscription after the end of the program, the reduced price will be guaranteed for at least 12 months after the program ends. We also ask you to keep journal entries for each session you do to verify participation and share the process. Please have these journals available for your coaching calls.

## 4) Practicum

Hands-on experience facilitating breathwork sessions is a critical component of the NDB Facilitator Training program. To complete the Practicum requirement, trainees must facilitate a total of six online sessions and breathe for a total of six online sessions with classmates and also do two in-person one-on-one sessions with a person of your choosing. You will also keep journal entries from each session you facilitate by the end of training to verify participation. Please have these journals available for your coaching calls. These sessions must all be completed prior to the end of the Training Program.

## 5) Music Set

Before the end of the training, you are required to submit a Neurodynamic Breathwork music set list to your coach. Two of our sessions will be dedicated to training you in how to do this.

## 6) Completion of all Homework/Deepening Exercises on a Timely Basis

There is required reading and Homework/Deepening Exercises that must be completed before each in-person session. You will not be able to get the full value from the in-person sessions without doing the Deepening Exercises beforehand and, in the Personal Development track, most of the breakout groups during the live sessions will be based on the Deepening Exercises so submitting the homework before the start time of each session is a certification requirement. For the personal development track, there is also a "Self Discovery Journal" that is required to be submitted within 48 hours of the completion of each of the 6 live sessions. As

part of the Facilitation Skills portion of the program, there is an online discussion forum with mandatory questions to respond to. There will also be opportunities to develop community.

## **7) Flip Grid Videos**

You are required to post a video (max 10 minutes) in Flipgrid regarding your breathwork journey and asking questions where you feel that you could use support. Also, you are required to comment on another trainee's Flip Grid video at least once a month. The comments will be made from the frame of being a facilitator.

## **8) Exit Interview**

The last of your three to four coaching calls, which will take place after the online portion of the training program is complete, will be an Exit Interview. . During the interview, we will review all of your work in the program, confirm that you've fulfilled all of the requirements, and that you are fully prepared to lead your own breathwork workshops. *All class homework must be completed before the exit interview.* If this is the case, you will then be certified to conduct breathwork sessions under the Neurodynamic Breathwork banner online and one-on-one in-person.

## **9) In-Person 7-Day Certification Retreat or Substitute Online Intensive**

In order to be officially certified to facilitate Neurodynamic Breathwork with in-person groups, trainees must complete an in-person 7-day Certification Retreat which will be held after the completion of the six-month Training Program. This retreat will teach in-person techniques for body release work and offer opportunities to lead, co-lead and assist in the running of group sessions with fellow trainees. NDB may, at its own discretion, replace the in-person retreat with an online intensive to receive your in-person group certification.

The cost of the Retreat is separate from the cost of the six-month Training Program and will be based strictly on the costs and expenses of running the Retreat. Typically, the price is currently in the vicinity of \$1800 and includes lodging and meals. Payment is not due until three months prior to the Retreat. As of now, the Retreats are being held in Southern California once every year. It is the Trainee's responsibility to pay for their own travel expenses. If a Trainee is not able to attend the retreat that takes place in the year that he/she completes the online portion of his/her training, the Trainee will be able to attend a future retreat of his/her choice to complete the program.

## **10) Recertification**

To stay in good standing as a Certified Facilitator of Neurodynamic Breathwork, recertification is required every three years and involves a recertification application and 6 Continuing Education (CE) units, to be offered by the NDB Facilitator Training Program and other approved training providers. Additionally, you must attend at least four NDB online live breathwork sessions each year.

## **11) Cancellation/Postponement of Courses:**

If The Company cannot hold the final in-person segment of the training course due to the illness of presenters, severe weather, technical issues, or other emergency conditions such as the current pandemic, it will attempt to reschedule the event. While every effort is made to avoid changes to our program The Company reserves

the right to reschedule any class, including but not limited to the final retreat, and you agree to release The Company from any liability for such rescheduling.

## **12) Refund Policy**

Please read and sign-off on the [refund policy](#):

## **13) Core Values and Agreements of the Neurodynamic Breathwork Facilitator Training Program**

Honor and abide by the Core Values and Agreements of the NDB Facilitator Training Program during the entirety of the Training Program.