



**FORUM**  
for COUNSELLORS & PSYCHOTHERAPISTS  
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## THE MULTIDIMENSIONAL BREATH. From Physiology to Selfhood: An Experiential Workshop for Counsellors and Psychotherapists

Friday 30<sup>th</sup> October 2026, 10am - 4pm

£45

Barnabas Community Church, Shrewsbury, SY3 7DN

Breath is increasingly recognised as a valuable therapeutic resource for emotional regulation and wellbeing. Yet breathing is far more than a technique, it is a unique meeting point between physiology, emotion, cognition, relationship and lived experience. This workshop introduces a multidimensional understanding of breath, integrating respiratory physiology, neuroscience, psychology, phenomenology and contemplative perspectives. Through experiential exercises, theoretical discussion and reflective practice, participants will explore how breathing shapes autonomic regulation, attention, emotion, therapeutic presence and the experience of self.

### On the day

**Morning:** The morning will introduce a multidimensional model of breath through a combination of theoretical teaching and experiential learning. Participants will explore the physiology and neuroscience of breathing, together with its psychological, relational and phenomenological dimensions. Throughout the morning there will be opportunities to experience a range of breathing practices, reflect on their effects, and consider their implications for therapeutic work.

**Afternoon:** The afternoon will build on the morning's theoretical foundations, exploring the role of breath in self-regulation, therapeutic presence, embodiment and states of consciousness. The workshop will culminate in a facilitated NeuroDynamic Breathwork session, providing participants with the opportunity to integrate theoretical knowledge with direct embodied experience and to reflect on its implications for psychotherapy, therapeutic presence and personal practice.

To book a place contact Anna Harlow, Forum Membership Secretary,  
[forum4counsellorsmembership@gmail.com](mailto:forum4counsellorsmembership@gmail.com)

### Aims of the workshop:

- A multidimensional understanding of breath, integrating respiratory physiology, neuroscience, psychology, phenomenology and contemplative perspectives.
- An understanding of the physiological and neurological mechanisms of breathing, and how different breathing patterns influence autonomic regulation, emotional experience, cognition and states of consciousness.
- A critical appreciation of the current scientific evidence underpinning breath-based approaches in psychotherapy, together with an awareness of their indications, limitations and ethical considerations.
- First-hand experience of a range of breathing practices, from gentle regulatory approaches to NeuroDynamic Breathwork, enabling participants to explore how different breathing patterns can evoke distinct physiological, emotional and psychological responses.
- An opportunity to reflect on the relationship between breath, embodiment, selfhood and therapeutic presence, drawing on both personal experience and theoretical understanding.
- Greater confidence in integrating breath into clinical practice in a safe, ethically informed and evidence-based manner.

**Claudia Businaro** is a UKCP-registered psychotherapist, clinical supervisor and trainer. She teaches on the counselling and psychotherapy training programme at the Psychosynthesis Trust in London and previously worked as a therapist and clinical supervisor at the addiction treatment centre Clouds House.

Claudia is a certified NeuroDynamic Breathwork Facilitator and has studied Yoga and prāṇāyāma for many years. She is currently undertaking doctoral research at the University of Warwick, exploring breath in psychotherapy through an interdisciplinary framework that brings together physiology, neuroscience, psychology, phenomenology and contemplative traditions.

Her work explores a multidimensional understanding of breath and its place in psychotherapy, integrating scientific, experiential and philosophical perspectives.