

Information About CAMFT Continuing Education Offered by the Breema Center

The Breema® Center is a 501(c)(3) nonprofit organization approved to offer continuing education for LMFTs, LCSWs, and LPCCs by the California Association of Marriage and Family Therapists (CAMFT)(Provider #128568).

The Breema Center offers Intensives three times a year, in February, July, and October. The Breema Center maintains responsibility for the Intensives and their course content. Intensive courses are appropriate support for health care professionals in many areas of mental health counseling and family therapy. The Intensive courses meet the qualifications for up to 37 hours of continuing education credit for LMFTs, LCSWs, and LPCCs, as required by the CAMFT.

Intensive Course Content and Educational Objectives

Emphasis in Intensive courses is on the experiences of students as they practice a series of individual and partner movement, meditation, and mindfulness exercises, and their ability to distinguish between direct experience and conceptual experience. Students are asked to reflect on their experiences after each exercise and to articulate their experiences to a partner, or to the group. Additional emphasis is placed on applying the underlying Breema principles (such as No Judgment, Body Comfortable, Mutual Support, No Force, Single Moment/Single Activity) to the individual and partner moving/mindfulness exercises, as well as to the verbal experience exchange.

Intensive courses focus on the inclusion of the body as ground for the application of mindfulness in the clinical setting, as a support for being present. *Breema*, a body-based practice of moving meditation and mindfulness will be used as a framework for the experience and consideration of the connection between body and mind with the underlying understanding that a functional coherence exists between the two. This body-mind connection when practiced in the context of the therapeutic relationship provides tremendous support for the therapist's presence (mitigating potential issues of vicarious trauma, compassion fatigue, stress and burnout), while also supporting an inclusive atmosphere of empathy, acceptance, and non-judgment, in relation with client(s).

The standard format of each class in Intensive courses is as follows:

Introduction: Class overview, Instructor/student introductions.

Body-centered meditation

- *Instruction and practice in bringing the attention of the mind to the experience of the body's weight and breath.*

Self-Breema movement exercises

- *Instruction and practice in keeping the attention of the mind with the movement of the body to establish a body-mind connection. These exercises are practiced individually.*

Breema partner exercises

- *Instructors demonstrate interactive movement sequences that students practice with each other in pairs. Students are instructed to “learn with the body” rather than trying to memorize the sequences.*

Students practice partner exercises. The emphasis of the partner exchange is to remain connected with oneself while in relationship with another person. Students are supported to apply the Breema principles (for example, No Judgment, No Force, Body Comfortable, Single Moment/Single Activity), and to use the manifestations of their own bodies (for example, breath, weight, movement) as support to remain present.

Experience Exchange

- *Students exchange verbally with each other their experiences of practicing the partner exercises. The emphasis in this exchange is on learning to speak in a way that retains the aliveness of the actual experience and the body-mind connection, rather than “about” the experience. In this way, students begin to translate their practice of Breema principles from the physical interactions of the exercises to verbal interactions.*

Class Discussion/Q&A

- Instructors facilitate an open discussion where students share their experiences at group level, ask questions, and get clarification.

Closing: Closing meditation, announcements, optional homework, distribution of handouts, sequence notes, and support materials.

At the end of an Intensive course, students will be able to:

1. Assess their experiences of physical, mental and emotional balance before and after practicing Breema body-mind exercises.
2. Identify and formulate their experience of body-mind connection with their partner and with the group.
3. Apply at least three principles (of the Nine Principles of Harmony) to their practice of individual and partner Breema exercises.
4. Bring the attention of the mind to the activity of the body while moving through sequential Breema partner exercises.
5. Practice simple body-centered meditation registering inhalation and exhalation while experiencing the weight of the body.
6. Compare the difference between the one- centered activity of thought and two-centered activity of body-mind connection.
7. Demonstrate the ability to apply the principles of harmony learned in the classroom to one or two simple activities outside of class.

Intensive Course Schedule

The Intensive course schedule is the same for each of the three Intensives offered each year, although it is updated from time to time. To view a PDF of the schedule for the current Intensive, click [here](#).

Instructor Credentials

Breema Center Intensives are taught by an international team of Certified Breema Instructors with extensive teaching experience. All Instructors who teach at Intensives have been trained at and certified by the Breema Center.

Jon Schreiber, DC, Director of the Breema Center and the Breema Clinic

Gretchen Brandt, BA, CMT Assistant Director of the Breema Center,

Denise Berezonsky, BA, CMT Associate Director of the Breema Clinic

Roxanne Caswell, CMT Breema Center Staff Instructor

Mary Cuneo, BA, CMT Breema Center Staff Instructor

Jean Haseltine, AAS, CMT Breema Center Staff Instructor

Ann Hudson, MA, LCSW, CMT Breema Center Staff Instructor

Birthe Kaarsholm, BA, CMT Breema Center Staff Instructor

Susan Mankowski, BA, LMT Breema Center Staff Instructor

Arlie Mischeaux, BA, CMT Breema Center Staff Instructor

Elaine Pendergrast, BA, CMT Breema Center Staff Instructor

Angela Porter, IMF, CATC, CMT Breema Center Staff Instructor

Laura Rawson, MA, LAc, CMT Breema Center Staff Instructor

Heimo Staud, MA, CMT Breema Center Staff Instructor

Registering for an Intensive

Students can register for an Intensive by calling the Breema Center or by going to our website and completing an online registration form. Both the printed and online forms allow the student to include information about any health concerns that may affect their ability to participate in an Intensive. If a student requires accommodation for any type of disability, they need to contact our Registrar by phone or email to discuss the matter.

Each Intensive is organized into three overlapping segments: Beginning Weekend (Saturday and Sunday), 3-Day Course (Saturday, Sunday and Monday), and Complete Intensive ((Saturday through Thursday). These segments consist of a series of individual classes, with clearly indicated breaks in between. For students who have previously studied Breema for 35 hours or more, two 3-hour post-Intensive workshops with clearly indicated breaks in between, which can be taken separately, are available on Friday. Breaks are not included in hours available for continuing education.

Tuition for each segment is as follows:

Beginning Weekend: \$155, or \$140 for first-time Intensive students (14 hours)

3-Day Course: \$235, or \$195 for first-time Intensive students (19.5 hours)

Complete Intensive: \$435, or \$370 for first-time Intensive students (37 hours)

Post-Intensive Workshops: \$30 each for morning and afternoon workshops (3 hours each)

Discounts for early registration are available for a specified period before each Intensive, as clearly indicated on promotional material and registration forms. Our Registrar keeps a record of payment for each student.

A student who registers for an Intensive class is required to attend for the entire class in order to be eligible for continuing education credit.

Cancellation and Refund Policy

A written copy of our cancellation and refund policy is available to students who need or wish to withdraw from a course for which they have registered and paid. This document is provided by the Registrar when requested either in person or by mail or email. If the student withdraws before taking any of the course, the full amount minus a small administrative fee is reimbursed. If the student withdraws after completing part of the course, the amount to be reimbursed is computed on a pro rata basis, plus the aforementioned administrative fee. Details are available in the cancellation and refund policy document. After reimbursement, a record of the withdrawal and the reimbursement made is kept in the student's file.

Requesting a Continuing Education Transcript

Attendance is taken for each class by a staff person who records each student's attendance or absence on an attendance form. The attendance hours and the title and date of the course are transferred to the attendance record kept in the student's individual file, and the hours are added to the previous total to maintain a running grand total.

Upon registration or shortly after, the Registrar will contact the student to inquire if the student wishes to receive continuing education credit for the course they are taking. Students can also indicate this to the Breema Center at the time of registration.

When a student requests continuing education credit for completing a course, they are given a written evaluation form to complete. There is a \$10 administrative fee for verification of the hours attended, processing the form and generating a transcript. Upon return of the evaluation form, our Continuing Education Administrator issues an Official Transcript (Certificate of Completion), which is sent to the student. A copy of the Official Transcript, and the completed Evaluation Form, are kept for our records.

Breema Center Complaint Process and Grievance Procedure

Breema[®] Center policy is that open lines of communication are key in all professional relationships, that there are two points of view in every conflict, and that there is great value in approaching any conflict with an open mind and a willing heart to find resolution. A student or anyone with a complaint about the content of or their experience in a course they registered for, or the professional or ethical conduct of a Breema Instructor or staff member, should make a good faith effort to resolve that complaint by first contacting the Registrar directly to discuss the problem and find a resolution.

If the problem is not satisfactorily resolved by direct or written communication with the Registrar, the complaint should be stated in a clear and detailed manner in writing (including the name, phone number, and contact information for the student) and submitted to:

Jon Schreiber, Director
The Breema Center
6076 Claremont Ave
Oakland CA 94618

The complaint may also be emailed with “Attn: Jon Schreiber” in the Subject line to: center@breema.com and must be followed up with a written copy sent by mail.

Upon receiving the written complaint, the Breema Center office will respond within 2 working days to let the student know that the complaint has been received and that it will be acted upon within 2 weeks.

For additional information about the complaint process and grievance procedure, please contact the Breema Center.