

Information About CAMFT Continuing Education Offered by the Breema Center

The Breema[®] Center is a 501(c)(3) nonprofit organization approved by the California Association of Marriage and Family Therapists (CAMFT—Provider #128568) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. The Breema Center maintains responsibility for its courses and their content.

The Breema Center offers Intensives three times a year, in February, July, and October, and workshops throughout the year. These courses are appropriate support for health care professionals in many areas of mental health counseling, social work, and family therapy. The Intensive courses meet the qualifications for up to 30 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CAMFT. Other workshops meet the qualifications for up to 12 hours of continuing education credit.

Course Content and Educational Objectives

Emphasis in these 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 class 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.

All Breema 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 to clients.

The standard format of each Intensive class or workshop includes the following elements:

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

Breema CE Info for CAMFT Members

- *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, within the group.*

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 (breath, weight, movement, posture, facial expression, and tone of voice) 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, partner sequence and Self-Breema notes, and support materials.

At the end of an Intensive course or workshop:

1. Participants will be able to identify 4 ways to bring the attention of the mind to the activity of the body.
2. Participants will be able to apply 3 or more of the Nine Principles of Harmony to interactions with others outside of class.
3. Participants will be able to perform 3 Self-Breema exercises to support becoming more balanced.
4. Participants will be able to practice 2 partner Breema exercises to support remaining connected to oneself while interacting with another.
5. Participants will be able to describe 1 way to practice body-centered meditation (registering inhalation and exhalation while experiencing the weight of the body).
6. Participants will be able to identify 2 ways to achieve physical, mental and emotional balance by practicing Breema or Self-Breema exercises.

Intensive and Workshop Course Schedules

The Intensive course schedule is the same for each of the three Intensives offered each year, although it is updated from time to time. Workshops are typically three hours long, and can be combined to create day-long or weekend events. Below are sample schedules for Intensive

Weekends and 3-hour workshops that include detailed content breakdowns.

Class Schedules

Note: These class schedules represent the breakdown of the formats that are typical in Breema classes, workshops, and Intensives. All classes/workshops are for 3 hours or less. We do not provide formal breaks as participants are moving and stretching their bodies throughout the class time, can have water bottles or cups right in the classroom, can go into the adjacent office for tea or snacks as needed, and can freely go to the restroom adjacent to the classroom, at any time. A second restroom is also available. Having everyone wait to take a break at the same time would result in long lines, take more than 15 minutes, and disrupt the atmosphere and momentum of the class.

Also note that although the format is the same for the morning and afternoon classes, the content (in terms of the partner exercises and Self-Breema exercises shown) is always different. There are almost 400 partner exercises and over 300 Self-Breema exercises in the bodywork repertoire.

3-Hour Class Format: Fall Breema Intensive (Saturday, Sunday, Tuesday, Wednesday mornings)	
9:30–10:00am	Introductions and overview, body-centered meditation, introduction to body-mind connection, Instructor-led Self-Breema exercises
10:00–10:15am	Instructor demo of first Breema partner exercise, including introduction to applying the Nine Principles of Harmony
10:15–10:30am	Students pair up and practice; student Experience Exchange
10:30–10:45am	Questions and Instructor demo of needed corrections for Breema partner exercise
10:45–11:00am	Students pair up and practice; student Experience Exchange
11:00–11:15am	Class discussion, Q&A; Self-Breema as needed
11:15–11:30am	Instructor demo of second Breema partner exercise, more about applying the Nine Principles
11:30–11:45am	Students pair up and practice; student Experience Exchange
11:30–11:45am	Questions and Instructor demo of needed corrections for Breema partner exercise
11:45am–12:00pm	Students pair up and practice; student Experience Exchange
12:00–12:15 pm	Class discussion, Q&A; Self-Breema as needed
12:15-12:30pm	Body-centered meditation. Announcements and distribution of sequence notes and support materials.

12:30-2:00pm Lunch break; no CE given for this period

3-Hour Class Format: Fall Breema Intensive (Saturday, Sunday, Tuesday, Wednesday afternoons)	
2:00–2:15pm	Body-centered meditation, Instructor-led Self-Breema exercises.
2:15–2:30pm	Instructor demo of first Breema partner exercise, including introduction to applying the Nine Principles of Harmony
2:30–2:45pm	Students pair up and practice; student Experience Exchange
2:45–3:00pm	Questions and Instructor demo of needed corrections for Breema partner exercise
3:00–3:15pm	Students pair up and practice; student Experience Exchange
3:15–3:30pm	Class discussion, Q&A; Self-Breema as needed
3:30–3:45pm	Instructor demo of second Breema partner exercise, more about applying the Nine Principles
3:45–4:00pm	Students pair up and practice; student Experience Exchange
4:00–4:15pm	Questions and Instructor demo of needed corrections for Breema partner exercise
4:15–4:30pm	Students pair up and practice; student Experience Exchange
4:30–4:45pm	Class discussion, Q&A; Self-Breema as needed
4:45–5:00pm	Body-centered meditation. Announcements and distribution of sequence notes and support materials.

These are sample schedules for 2.5-hour and 1.5-hour classes, and a 1-hour Self-Breema class. All the elements are the same; the only difference is the length of the class.

2.5-Hour Class Format (Monday morning)	
9:30–9:45am	Body-centered meditation, Instructor-led Self-Breema exercises
9:45 –10:00am	Instructor demo of first Breema partner exercise, including introduction to applying the Nine Principles of Harmony
10:00–10:15am	Students pair up and practice; student Experience Exchange
10:15–10:30am	Questions and Instructor demo of needed corrections for Breema partner exercise
10:30–10:45am	Students pair up and practice; student Experience Exchange
10:45–11:00am	Instructor demo of second Breema partner exercise, more about applying the Nine Principles
11:00–11:15am	Students pair up and practice; student Experience Exchange
11:15–11:30am	Students pair up and practice; student Experience Exchange
11:30–11:45am	Class discussion, Q&A; Self-Breema as needed
11:45am–12:00pm	Body-centered meditation. Announcements and distribution of sequence notes.

Breema CE Info for CAMFT Members

1.5-Hour Class Format (Monday evening)	
7:00–7:15pm	Body-centered meditation, Instructor-led Self-Breema exercises
7:15 –7:30pm	Instructor demo of first Breema partner exercise, including introduction to applying the Nine Principles of Harmony
7:30–7:45pm	Students pair up and practice; student Experience Exchange
7:45–8:00pm	Students pair up and practice; student Experience Exchange
8:00–8:15pm	Class discussion, Q&A
8:15–8:30pm	Body-centered meditation. Announcements and distribution of notes.

This is a sample schedule for a Self-Breema class, which during Intensives is usually one hour long.

1-Hour Self-Breema Workshop	
7:00–7:15pm	Introductions and overview; body-centered meditation; introduction to the Nine Principles of Harmony.
7:15–7:40pm	Self-Breema exercises led alternately by Instructors and practiced by participants. Application of the Nine Principles of Harmony while practicing.
7:40–7:55pm	Discussion of student experiences including using the Nine Principles of Harmony while practicing.
7:55–8:00pm	Body-centered meditation. Announcements and distribution of notes.

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

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

Alexis Mulhauser, CMT Breema Center Staff Instructor

Elaine Pendergrast, BA, CMT Breema Center Staff Instructor

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

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

Heimo Staud, MA, CMT Breema Center Staff Instructor
Alexandra Johnson, MD, Breema Center Staff Instructor

Registering for an Intensive or Workshop

Students can register for any course 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 segments: Weekend only (Saturday and Sunday), or 5-Day Course (Saturday, Sunday, Monday, Tuesday, and Wednesday). These segments consist of a series of individual classes, with clearly indicated breaks in between. For students who are also Certified Breema Instructors, one 2.5-hour workshop can be taken separately on Monday afternoon. Instead of taking either of these entire segments, students can just register for one or more individual classes as their schedule permits. Breaks are not included in hours available for continuing education.

Current tuition for each segment is as follows:

Weekend: \$200, or \$180 with early-bird discount (12 hours)

5-Day Course: \$460, or \$414 with early-bird discount (29 hours)

Instructor Workshop (for Certified Breema instructors only): No charge (2.5 hours)

Per 3-hour workshop taken individually: \$60, or \$54 with early-bird discount

Brand new students receive a one-time 50% discount on one workshop.

Discounts for early registration are available for a specified period before each Intensive, as clearly indicated on the website and registration forms.

Breema workshops (other than during Intensives) vary in their length, from 2 hours for one entire workshop to 12 hours for a two-day workshop. For workshops that have more than one class clearly indicated breaks in between that are not eligible for CE are indicated. Prices also vary for individual workshops, depending on their length.

Our Registrar keeps a record of payment for each student. A student who registers for any Intensive class or workshop 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, by mail, or by 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. After

Breema CE Info for CAMFT Members

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 database and to the 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.