

# **Buteyko for Asthma Teacher Training Course**

A five-day course for health professionals providing the theory and practical experience to enable them to teach the Buteyko breathing technique

The Buteyko breathing technique is recommended by the British Thoracic Society for the control of asthma symptoms

**Buteyko Teacher Training**

[www.teachingbuteyko.co.uk](http://www.teachingbuteyko.co.uk)



# What is Buteyko?

The Buteyko breathing technique is a system of breathing exercises designed to help people with asthma to control their breathing and reduce their tendency to hyperventilate. As well as the use of specific breathing exercises, the method also takes into account diet, physical exercise and emotional factors.

The technique was developed in the 1960s by Ukrainian physician and academic Professor Konstantin Buteyko. It is becoming increasingly used in the UK and other countries.

The Buteyko breathing technique is recommended in the British Guideline for the Management of Asthma 2008 for the control of asthma symptoms. The guideline is jointly produced by the British Thoracic Society (BTS) and the Scottish Intercollegiate Guidelines Network (SIGN).

## Complementary, not alternative

One of the fundamental principles underlying the use of the Buteyko breathing technique, in conditions such as asthma, is that it is fully compatible with continuing conventional management. In particular, practitioners of Buteyko recognise the key importance of the appropriate use of steroids in the control of asthma.

As a result there is no conflict between the use of Buteyko and the medical management of asthma. The aim is always to try to co-operate as closely as possible with the person's medical practitioner and to encourage those being taught the technique to return to their doctor to discuss any change in medication as a result of a reduction in symptoms.

## Evidence of effectiveness

To date there have been six published randomised control trials of the Buteyko method.<sup>1-6</sup> All the trials have shown either significant reductions in the need for medication or improvements in asthma control with Buteyko. There are no known negative trials.

In the most recent trial<sup>6</sup>, conducted in Canada, 129 patients with asthma were randomised to receive breathing exercises from either a Buteyko practitioner or a chest physiotherapist. In the Buteyko group the proportion of patients achieving good control of their asthma increased from 40% at baseline to 79% at 6 months. This improvement was associated with a statistically significant reduction in the average dose of inhaled steroid. In other trials of Buteyko<sup>1,3,4,5</sup> the need for reliever medications has been reduced by an average of 80-90%.

None of the clinical trials have shown any increase in adverse events such as increased symptoms, hospital attendance or the need for a rescue course of steroids as a result of learning the Buteyko breathing technique.

1. Bowler SD et al, *Medical Journal of Australia*. 1998; 169: 575-578.
2. Opat AJ et al, *Journal of Asthma*. 2000; 37: 557-564.
3. Cooper S et al, *Thorax*. 2003; 58: 674-679.
4. McHugh P et al, *New Zealand Medical Journal*. 2003; 116:1187.
5. Slader C et al, *Thorax* online 5.6.06.
6. Cowie RL et al, *Respir. Med.* 2008; 102: 5, 726-732.

## The course

This course provides a post-graduate qualification for health professionals that is recognised and supported by the Buteyko Breathing Association (BBA).

The course is designed for health professionals who want to acquire the theoretical knowledge and practical experience needed to teach the Buteyko breathing technique. Most qualified Buteyko practitioners teach part-time within their established profession.

The course is divided into two parts; a five-day modular course and home assignments. The modular course is made up of theory and practical work.

Both the modular course and the home assignments need to be completed in order for the student to become a registered Buteyko teacher and full member of the BBA.

## Part one: five-day modular training course

The five-day course is divided into two modules; the first of three days and the second of two days. The two modules are usually run three to six weeks apart.

Participants will be asked to practise the Buteyko breathing technique between the two modules, keeping a diary and making observations of their personal progress. This practice is essential to understanding the technique and to successful completion of the teacher training course.

The course is run in a small group (maximum of 15 students) and includes:

- Face-to-face group tuition;
- Theory and practical application of the Buteyko breathing technique;
- Practical competence assessment.

Each student will be given a comprehensive 170-page manual which is used during the course. The manual is an invaluable tool for the course and is also used by qualified practitioners for reference.

On successful completion of part one, students are invited to join the BBA as trainee members. Trainee membership of the BBA provides listing on the BBA register and requires an agreement to follow the BBA Code of Conduct.

## Part two: home assignments

The home assignments need to be completed after the modular training course. They are:

- Case studies of 40 teaching sessions (eg eight patients each completing five sessions of Buteyko breathing technique);
- An open-book examination (to be returned by post or email). Candidates need to answer 12 of 16 questions with 100-200 word answers based on material covered over the five-day course;
- A 1500–2000 word dissertation or equivalent on the Buteyko breathing technique.

Part two should be completed within one year of attending the part one training course.

## Completion

When both part one and part two have been successfully completed, trainees will receive a Buteyko Teaching Diploma and will be invited to join the BBA as full members. The BBA provides advice on all aspects of Buteyko teaching, as well as continued professional development, newsletters and promotional activities.

## Course content

- Background to the Buteyko breathing technique
- Hyperventilation and asthma
- Epidemiology and diagnosis of asthma
- History and principles of Buteyko breathing
- Why does Buteyko work?
- The evidence base for Buteyko
- Assessing a client for Buteyko
- Absolute and relative contraindications for the method
- Practical application of Buteyko techniques
- Techniques for clearing the nose
- Adapting Buteyko for children, the elderly and other groups
- The science of respiratory control and breathlessness
- Emotional aspects of asthma
- Buteyko and asthma education
- Diet and minerals
- The role of nitric oxide
- Medical management of asthma
- Communicating with medical health professionals
- Buteyko and exercise

# Entry requirement

## Health professional qualification

In order to qualify for the course you need to hold a health professional qualification. The following are accepted:

- Registered physiotherapists, nurses, osteopaths, chiropractors, medical doctors;
- Professions allied to medicine, eg occupational therapists, biomedical scientists;
- Yoga teachers BWY (Dip);
- Alexander teachers STAT;
- Fitness teachers Cert Ed;
- Acupuncturists BAAC;
- Homeopaths RS Hom, MHMA;

If you are unsure if your qualification is eligible, please check with the course organiser by email at [kg@teachingbuteyko.co.uk](mailto:kg@teachingbuteyko.co.uk)

## Terms and conditions

A deposit is payable on registration and secures a place on the five-day training course (part one). The balance is payable 60 days before the start of the course. This fee also includes:

- Course manual;
- Buteyko breathing technique instructional materials, DVD, CD and handbook;
- Marking of assessments required to complete part two;
- One year trainee membership of the BBA.

Accommodation is not included in the course fee.

Trainees attending over 80% of the training course will receive a certificate of attendance.

Home assignments (part two) should be completed within one year of the training course (part one) or trainees may not be eligible for full membership of the BBA.

### Cancellation terms:

- 50% of the deposit will be refunded if notification of non-attendance is received more than 61 days before the course.
- 60% of the full payment will be refunded if notification of non-attendance is received between 31 and 60 days before the course.
- 20% of the full payment will be refunded if notification of non-attendance is received less than 30 days before the course.

# Tutors

## Course tutors

Janet Brindley, whose background is in medical science, is a founding member of the Buteyko Breathing Association and an experienced Buteyko teacher. As a life-long asthmatic, her own experience of the benefits of Buteyko has made her a keen advocate for the technique. She currently teaches Buteyko within adult education.



Kathryn Godfrey qualified as a nurse and health visitor before becoming interested in breathing therapy. Having had asthma since childhood, she has personally experienced success in controlling her condition using Buteyko. Kathryn runs a Buteyko clinic at a complementary health centre in North London.

Gillian Austin is an experienced clinical specialist respiratory physiotherapist who has a special interest in asthma, COPD and hyperventilation. She works at the Lister Hospital in Stevenage. A qualified Buteyko teacher, Gillian uses Buteyko as part of her NHS practice. She is currently carrying out a research study into the technique.



## For more information contact:

### **Buteyko Teacher Training**

[www.teachingbuteyko.co.uk](http://www.teachingbuteyko.co.uk)

[kg@teachingbuteyko.co.uk](mailto:kg@teachingbuteyko.co.uk)

### **Kathryn Godfrey**

11 Chesholm Road

London N16 0DP

0207 254 5638

# Feedback from past students

## **Lorraine Kershaw, physiotherapist**

“The course was great. The balance between different sessions was perfect. I enjoyed every lecture and session. I felt that the atmosphere was just right for learning.”

## **Patricia Seawright, nurse tutor**

“I enjoyed the course so much I was reluctant to pack my bags and head home. As an asthmatic it was a life-changing experience. As a nurse tutor I found the professional input of theory and practice excellent. The ability to mix with other disciplines helped broaden my perspective and made feedback times fascinating. I feel this course is essential for anyone involved in the care of asthmatic patients”

## **Rachel Huyton, respiratory physiotherapist**

“An excellent course. It was very well structured and presented. It exceeded my expectations and inspired me to take it further. I am looking forward to treating my first patient.”

## **Victor Henighan, osteopath**

“A nicely paced course with a good mix of theory and practice. I thoroughly enjoyed the course.”

## **Sandra Dermott, asthma nurse**

“The group size was appropriate and allowed good interaction and practical work without embarrassment. The course was extremely enjoyable, informative and motivating.”

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