

# Breathe2022

## Multidisciplinary Breathing and Health Conference

### exploring the science and clinical practice

Join us for our inaugural Conference as we present engaging, informative and perhaps challenging discussions and workshops!

We are bringing together international leaders in the field of Breathing Health. Don't miss this unique opportunity to join practitioners from a range of different disciplines to share diverse perspectives and clinical applications.

One of our aims is to build awareness of the current evidence base for breathing therapy and emerging multidisciplinary treatment models that include attention to breathing and the airway. Another is to encourage people to form collaborations for further research and for building multidisciplinary treatment models.

Our vision is that this conference will be a forum for the sharing of knowledge – between disciplines, as well as with colleagues.

We are honoured and excited to have such high calibre speakers on board!

Join us for a meeting of minds!

online 6-8 May 2022

Topics include:

- COVID and Breathing Therapy
- Dysfunctional Breathing
- Nose and Upper Airway
- Musculoskeletal Pain
- Sleep Disordered Breathing
- Breath, Mind and Emotions
- Breathing in Speech and Voice Therapy
- Performance – COPD to Athlete

<b>DAY 1 Chair: Tania Clifton-Smith</b>	<b>Topics</b>	<b>Current Speaker</b>	<b>Time</b>
<b>1. Introduction</b>			
7.30-7.40am NZ All session times are NZ timezone	Conference welcome!  Great to have you all here, at last!	<b>Tania Clifton-Smith</b> <b>Rosalba Courtney</b> <b>Scott Pierce</b> <b>Michael Courtney</b>	10mins
7.40-8.30am	Breathing pattern disorders, dysfunctional breathing and breathing therapy.  Where have we come from and where are we going?	<b>Tania Clifton-Smith</b> – Introduction to the history of breathing pattern disorders  <b>Chris Gilbert</b> - Psychologists' perspective  <b>Rosalba Courtney</b> - Current definitions – where to from here?	50mins
<b>2. Biomechanics, Musculoskeletal Pain, Posture and Functional Movement Disorders</b>			
8.30 – 9.00am	Breathing and musculoskeletal issues	<b>Scott Pierce</b>	30 mins
9.00 – 9.45am	Connecting the diaphragm	<b>Ron Hruska</b>	45 mins
9.45 – 10.00am	Research report - 'Breathing retraining for neck and back pain'	<b>Rosalba Courtney</b>	15 mins
10.00am	Morning break		15 mins
10.15- 10.40am	LIVE PANEL Chair: <b>Tania Clifton-Smith</b>	<b>Scott Pierce, Rosalba Courtney</b>	25 mins
<b>3. Nasal Matters: The Nose and Upper Airway</b>			
10.40 – 11.20am	Research, readings, and current thinking from an otolaryngologist & ENT perspective	<b>Jim Bartley</b>	40 mins
11.20-12 noon	Effects of biomimetic oral appliance therapy on nasal function and the upper airway – a holistic perspective	<b>Ron Ehrlich</b>	40 mins
12.00 – 12.45pm	Lunch		45 mins
12.45 -1.25pm	Developments in orofacial myofunctional disorders, Breathing in the literature	<b>Kristie Gatto</b>	40 mins
1.25-1.45pm	Research report 'Nasal rehabilitation for nasal disuse'	<b>Rosalba Courtney-</b>	20 mins

1.45 – 2.15pm	LIVE PANEL Chair: <b>Tania Clifton-Smith</b>	<b>Jim Bartley, Ron Ehrlich, Rosalba Courtney</b>	30 mins
2.15 – 2.30pm	Summary of day		15 mins

<b>DAY 2 Chair: Rosalba Courtney</b>	<b>Topics</b>	<b>Current Speaker</b>	<b>Time</b>
7.25-7.30am	Welcome	<b>Rosalba Courtney</b>	5 mins
<b>4. Breath, Mind and Emotions</b>			
7.30-8.00am	Capnometry - Biofeedback for dyspnea and panic disorder	<b>Chris Gilbert</b>	30 mins
8.00-8.45am	Heart Rate Variability and Resonance Frequency Breathing	<b>Paul Lehrer</b>	45 mins
8.45-9.15am	Psychophysiology of rhythms and patterns of breathing	<b>Elke Vlemincx</b>	30 mins
9.15-9.45am	Untangling breathing and emotion	<b>Chris Gilbert</b>	30 mins
9.45-10.15am	LIVE PANEL Chair: <b>Rosalba Courtney</b>	<b>Chris Gilbert, Paul Lehrer, Elke Vlemincx</b>	30mins
10.15-10.30am	Morning break		15 mins
<b>5. Biochemistry – Disorders - Impact and function</b>			
10.30-10.55am	Understanding sleep studies for diagnosis of structural and functional endotyping	<b>Uma Katwa</b>	25 mins
10.55-11.20am	Assessing and treating dysfunctional breathing for sleep disordered breathing	<b>Rosalba Courtney</b>	25 mins
11.20-11.45am	Understanding upper airway function and obstructive sleep apnea from an evolutionary perspective	<b>Denise Dewald</b>	25 mins
11.45-12.30pm	Lunch		45 mins
<b>6. Voice/Speech</b>			
12. 30-1.15pm	Current airway and breathing issues in speech, voice therapy and cough	<b>Hadas Golan</b>	45 mins
1.15-1.45pm	Voice your Self: Strategies for engaging breath, voice, mind and body	<b>Sarah Wilmot</b>	30 mins
1.45-2.15pm	LIVE PANEL Chair: <b>Rosalba Courtney</b>	<b>Uma Katwa, Hadas Golan, Sarah Wilmot</b>	30 mins
2.15-2.45pm	Summary of day		30 mins

<b>DAY 3 Chair: Scott Pierce</b>	<b>Topics</b>	<b>Current Speaker</b>	<b>Time</b>
7.25-7.30am	Welcome	<b>Scott Pierce</b>	5 mins
<b>7. Covid-19 and Breathing Dysfunction, Breathing Pattern Disorders</b>			
7.30-8.00am	What it does physiologically, the effect on the respiratory system and paediatrics	<b>Dr.Uma Katwa</b>	30 mins
8.00-8.40am	South African experiences of Long Covid - pulmonary rehabilitation	<b>Samantha Holtzhausen</b>	40 mins
8.40-9.25am	Post-exertional Malaise/Post-exertional Symptom Exacerbation (PEM/PESE): From clinical presentaion to cellular basis	<b>Todd Davenport</b>	45 mins
9.25-10.00am	BPD management in Long Covid	<b>Jessica DeMars</b>	35 mins
10.00-10.15am	Morning break		15 mins
10.15-10.55am	Covid and athletes	<b>James Hull</b>	40 mins
10.55-11.15am	Nitric Oxide and nasal breathing in Covid	<b>Rosalba Courtney</b>	20 mins
11.15-12.00pm	LIVE PANEL Chair: <b>Scott Pierce</b>	<b>Scott Pierce, Uma Katwa, Samantha Holtzhausen, Jessica DeMars, Todd Davenport, Rosalba Courtney</b>	45 mins
12.00-12.45pm	Lunch		45 mins
12.45-2.00pm	LIVE PANEL Where to from here?	Anyone from the conference who wishes to attend	1hr 15mins
2.00pm	FINISH		