
Breathing Behaviour Analyst Service Agreement

This Agreement is made and entered into by and between:

Breathing Behaviour Analyst Name: Deborah Erait

Client Name: _____

Date: _____

1. Services Provided: The Breathing Behaviour Analyst ("BBA") service provider agrees to stay within the scope of their practice related to breathing and respiration education and exploration. By signing this contact, the above noted client, has agreed to receive one or a combination of the following services:

- **Breathing Assessment Analysis:**

The "BBA" will assess the client's breathing patterns and habits using Somatic and Autonomic Biofeedback technologies (including Educational Capnography, HRV, EMG, and Oximetry as needed). The purpose is to analyze the client's breathing mechanics, identify areas for improvement, and set goals for breath retraining and learning sessions.

- **Breathing Learning Sessions:**

A personalized learning plan is created for each individual client based on the client's history, goals and assessment finding. Sessions can cover a wide range of topics, such as:

- Educational services on the difference between breathing and respiration.
- Identifying and addressing unhealthy breathing habits.
- Techniques for self-observation, self-exploration, and self-regulation.
- Learning behaviour modification techniques and intuitive approaches to change.
- Self-interventions, analyzing behaviours, setting learning goals, and counselling.
- Creating learning plans, tracking progress with session forms, and keeping records.

- **Sessions may also explore:**

- How conscious and unconscious learning affects breathing patterns.
- Understanding how breathing behaviours interact with relationships and life situations.
- Using behaviour analysis to identify triggers and reshape responses.
- Breaking long-term bad habits and creating new, healthier ones.
- Reinforcement strategies to maintain positive changes.
- Homework, habit extinction, and psychophysiological techniques like desensitization and counterconditioning.
- This approach helps clients make lasting changes in their breathing for better health and well-being.

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- **Somatic Breathwork Journey:**

These journeys are experiential methods focusing on using the human respiratory system to improve emotional regulation, nervous system resilience, and integration of past trauma, chronic pain, or injury compensation.

2. Disclaimer:

- This is not yoga.
- This is not talk therapy.
- This is not meditation.
- This is a client-centered – clients take the lead in learning, while practitioners offer guidance. The approach is about learning.
- “BBA” do not diagnosis or treatment, the focus is educational learning.
- Clients and practitioners work together as partners
- Most of the work is done by clients in their everyday life—at home or work

3. Code of Ethics:

- We stay within the scope of our relevant professional background.
- We do not make physical contact with clients
- We do not leave clients in altered states, e.g., hypocapnia
- We provide learning opportunities, not therapy sessions

4. Purpose and Mission:

The “BBA’s” mission is to help individuals improve health and performance through the application of behavioural learning principles related to breathing physiology. By engaging in breathing, the client seeks to enhance awareness, performance, health, and overall well-being through breath retraining.

5. Client Responsibilities:

- The client agrees to actively participate in the breathing education, learning sessions and homework as instructed.
- The client understands that this is a learning process and is responsible for communicating goals, discomfort, or any health-related issues on intake forms and during all sessions.

6. Payment and Fees:

- Service fees and payment details will be outlined in a separate attachment or provided upon booking.
- Payment is due at time of booking, and prior to intake forms being emailed to client.

7. Confidentiality:

All communications between Client and “BBA” are strictly bound by confidentiality, except in the following instances as required by law:

- Mandated reporting: If current physical or sexual abuse to an identifiable person is disclosed to me, I must report it to the appropriate provincial/state agencies.

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- Duty to warn: If there is a serious danger of harm because of a believable threat to an identifiable person including yourself, I must take action to protect the person who is being threatened. In other words, if you threaten yourself or another person, I will take steps to warn or protect the one in danger.

8. Health and Safety:

The client acknowledges that they are voluntarily participating in breathing practices and assumes responsibility for any health risks associated with these activities. It is recommended that the client consult with a healthcare provider before engaging in breathing practices, especially if there are pre-existing health conditions. Individuals who have been medically diagnosed with epilepsy, severe heart disorders and severe mental health concerns are NOT eligible to participate in any services offered by Breath Optimization.

9. Termination:

Either party may terminate this Agreement at any time. Refunds for pre-paid sessions may be provided at the discretion of the provider based on the circumstances of termination.

10. Limitation of Liability:

The BBA service provider is not liable for any injury, harm, or adverse effects resulting from the client's participation in breathing assessments or learning sessions. The client agrees to release the BBA service provider from any claims or liabilities arising from their involvement in breathing practices.

11. Governing Law:

This Agreement shall be governed by and construed in accordance with the laws of the province/state/country in which the service is provided.

Client Name: _____

Client Signature: _____

Date: _____

Parent or Gaurdian Signature (if under 18 years of age): _____

Definitions:

- Your **somatic** nervous system involves things you can consciously sense and do.
- Your **autonomic** nervous system works without you thinking about it, running the behind-the-scenes processes that keep you alive.

(Both are subdivisions of the peripheral nervous system, a subsystem of your overall nervous system.)