CHAPTER 21

Breathing Techniques in Psychiatric Treatment

1. Mindfulness
2. Breath awareness
3. Deep breathing

Breath is the bridge which connects life to consciousness, which

Parson L. Cefalu, M.D.
Richard P. Brown, M.D.

Trauma, and Mass Disasters
Stress, Anxiety, Depression, Attention, Relationships,
Breathing Techniques in Psychiatric Treatment

Neuropsychology of Voluntarily Regulated Breathing Practices

Complementary and Alternative Treatments

Voluntarily Regulated Breathing Practices

Breathing techniques and Polyvagal Theory

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Breathing Practices in Psychiatric Treatment

Resistant Breathing

1. Inhale slowly through your nose, fill your lungs, and hold for a few seconds.
2. Exhale slowly through your mouth, delaying the urge to exhale.
3. Repeat for a few minutes to relax.

High-Frequency Breathing Practices of Rapidd, Repeated Breathing Practices of

1. Inhale quickly through your nose, fill your lungs, and hold for a few seconds.
2. Exhale quickly through your mouth, delaying the urge to exhale.
3. Repeat for a few minutes to stimulate your nervous system.

Coherent Breathing or Resonant Breathing

1. Inhale through your nose, filling your lungs with fresh air.
2. Exhale through your mouth, releasing the stale air.
3. Repeat for a few minutes to balance your emotions.

Breathing Reversing Depression, Stress, and Anxiety

1. Inhale slowly through your nose, fill your lungs, and hold for a few seconds.
2. Exhale slowly through your mouth, delaying the urge to exhale.
3. Repeat for a few minutes to reduce stress and anxiety.

Biofeedback Techniques

1. Inhale slowly through your nose, fill your lungs, and hold for a few seconds.
2. Exhale slowly through your mouth, delaying the urge to exhale.
3. Repeat for a few minutes to improve your concentration and focus.

Breathing Reversing Depression, Stress, and Anxiety

1. Inhale slowly through your nose, fill your lungs, and hold for a few seconds.
2. Exhale slowly through your mouth, delaying the urge to exhale.
3. Repeat for a few minutes to reduce stress and anxiety.