

LEARNING PLAN

Client Name: _____ ☐ Original ☐ Revised Session # _____ Date: _____

Practitioner Name: _____ Email: _____

Overall learning objectives...

Breathing behaviors to be learned/unlearned (e.g., forced exhaling)...

Principal symptoms and/or deficits to be ameliorated...

Faulty beliefs about BREATHING and/or misguided INTERPRETATIONS of symptoms to be addressed...

Habit triggers (e.g., memories) to be addressed and in what contexts (e.g., while at work)...

Motivations, reinforcements, and emotions associated with breathing to be addressed...

En vivo work to be done in the field...

Specific learning protocols to be used during learning sessions (e.g., negative practice: chest vs. diaphragmatic breathing)...