

# Reading List on Breathwork and Birth Issues

[rev. 4-1-2002]

## **Breathwork**

Achterberg, J. (1985). *Imagery in Healing: Shamanism and Modern Medicine*. Boston and London: New Science Library Shambhala.

Albery, N. (1985) *How to Feel Reborn? Varieties of Rebirthing Experience: An Exploration of Rebirthing and Associated Primal Therapies, the Benefits and Dangers, the Facts and Fictions*. London: Regeneration Press.

Allen, T. & Agus, B. (1968). Hyperventilation leading to hallucinations. *American Journal of Psychiatry*, 125(5), 8589.

Fried, R. (1990). *The Breath Connection: How to Reduce Psychosomatic and Stress-Related Disorders with Easy-To-Do Breathing Exercises*. New York: Plenum Publishing.

Fried, R. (1993). *The Psychology and Physiology of Breathing in Behavioural Medicine, Clinical Psychology and Psychiatry*. New York: Plenum Publishing.

Aside from "take a deep breath and try to relax," or instructions given to women in labor, conventional medicine does not take much heed of the role of breathing in health and illness; yet its centrality to both physical and emotional functioning is emphasized by many philosophic and healing traditions. Fried has written on the subject before for both professional and lay audiences; this work is for practitioners, and it extends his previous writings to specific protocols for clinical psychophysiology and psychiatry. Coverage includes details of the anatomy and physiology of the respiratory system; capnometry and the computerized psychophysiological profile; functional relationships between hyperventilation and the endocrine, cardiovascular, and nervous systems; respiration, hyperventilation, and mental disorders; and various kinds of physiological feedback and breathing training.

Gee, J. (1999). Breath, movement & emotion. Chapter in *Intuition: Awakening your Inner Guide*. York Beach, ME: Samuel Weiser.

Gotoh, F., Meyer, J., & Takagi, Y. (1965). Cerebral effects of hyperventilation in man. *Archives of Neurology*, vol. 12, April, 410-423.

Hendricks, G. (1995). *Conscious Breathing*. New York: Bantam Books.

Hendricks first traces the physiological journey of a breath, then lists the benefits of conscious breathing. Reportedly, it reduces stress and tension; increases energy and endurance; facilitates emotional mastery, particularly over anxiety and depression; prevents and heals certain physical complaints, especially asthma, respiratory problems, and cardiovascular illness; contributes significantly to "graceful aging" ; helps in managing pain; enhances mental focus and physical performance, particularly when applied to sports; and enables psychospiritual transformation.

Hendricks, G. & Hendricks, K. (1991). *Radiance: Breathwork, Movement & Body-centered Psychotherapy*. Berkeley, CA: Wingbow Press.

Holmes, S. W. (1994). An examination of the comparative effectiveness of experientially and verbally oriented psychotherapy in the amelioration of client identified presenting problems. Doctoral dissertation, Georgia State University. *Dissertation Abstracts International*, 54(10-B), 5390.

- Holmes, S. W., Morris, R., Clance, P. R., & Putney, R. T. (Spring 1996). Holotropic breathwork: An experiential approach to psychotherapy. *Psychotherapy*, vol. 33(1), 114-120.
- Kent, H. & Hicks, K. M. (1997). *Breathe Better Feel Better*. London: Auarto Publishing.
- Krepack, A. F. (1980). An exploratory study into the 'functional unity' theory: Respiration and personality. Doctoral dissertation, California School of Professional Psychology. *Dissertation Abstracts International*. 40:3404B.
- LaFlamme, D. M. (1994). Holotropic breathwork and altered states of consciousness. Doctoral dissertation, California Institute of Integral Studies. *Dissertation Abstracts International*, 55(2-B), 597.
- Lee, K. J. & Speier, P. L. (1996). Breathwork: Theory and technique. In B. W. Scotton, A. B. Chinen & J. R. Battista (Eds.), *Textbook of Transpersonal Psychiatry and Psychology*. New York: BasicBooks.
- Leonard, J. (1983). Rebirthing integration: The inside story. In Ray, S. (Ed.) *Celebration of Breath*, pp. 140-159. Berkeley, CA: Celestial Arts.
- Lum, L. (April, 1987). Hyperventilation syndromes in medicine and psychiatry: A review. *Journal of the Royal Society of Medicine*, 80, 229-231.
- Mack, J. E. (1993). Nonordinary states of consciousness and the accessing of feelings. In, S. L. Ablon, D. Brown, E. J. Khantzian & J. E. Mack (Eds.), *Human Feelings: Explorations in Affect Development and Meaning*. Hillsdale, NJ: The Analytic Press.
- Meister, R. A. (1988). Respiration styles and personality: A study of their relationship. Doctoral dissertation, Saybrook Institute. *Dissertation Abstracts International*, 40:5527.
- Minett, G. (1994). *Breath and Spirit: Rebirthing as a Healing Technique*. San Francisco, CA: Aquarian/Thorsons (Harper Collins).
- Morningstar, J. (1994). *Breathing in Light and Love*. Milwaukee, WI: Transformations Inc.
- Okel, B. & Hurst, J. (1961). Prolonged hyperventilation in man. *Archives of Internal Medicine*, vol. 108, November, 757-762.
- Orr, L. & Ray, S. (1977). *Rebirthing in the New Age*. Millbrae, CA: Celestial Arts.
- Pressman, T. E. (1994). The psychological and spiritual effects of Stanislav Grof's Holotropic Breathwork technique: An exploratory study. Doctoral dissertation, Saybrook Institute. *Dissertation Abstracts International*, 54(8-B), 4403.
- Ray, S. (1983). *Celebration of Breath*. Berkeley, CA: Celestial Arts.
- Saltzman, H., Heyman, A., & Sieker, O. (1963). Correlation of clinical and physiological manifestations of sustained hyperventilation. *The New England Journal of Medicine*, vol. 268(26), 1431-1436.
- Schachter, S. & Singer, J. (1964). Cognitive, social and physiological determinants of emotional states. *Psychological Review*, vol. 69(5), 379-399.
- Sisson, C. (). *Breath of Life*. Auckland, NZ: Total Press Ltd.
- Sisson, C. (1985). *Rebirthing Made Easy*. Auckland, NZ: Total Press Ltd.
- Taylor, K. (1994). *The Breathwork Experience*. Santa Cruz, CA: Hanford Mead Publishers.
- Timmons, B. H. & Ley, R. (1994). *Behavioural and Psychological Approaches to Breathing Disorders*. New York: Plenum Publishing.

An introduction to the emerging field of respiratory psychology for professionals in any branch of the healing professions, synthesizing the knowledge of how emotions may inhibit breathing. Focuses on the clinical aspects of hyperventilation syndrome and panic attacks. The therapies explained range from the physical to the behavioral, the cognitive, and the psychodynamic.

Verny, T. (November, 1977). *The Psychic Life of the Unborn*. Fifth World Congress of Psychosomatic Obstetrics and Gynaecology, Rome.

Verny, T. (1982). *The Secret Life of the Unborn Child*. London: Sphere.

Zaritskii, M. G. (1996). The use of holotropic breathing in the treatment of chronic alcoholism. *Lik Sprava*, pp. 134-6.

Zimberoff, D. & Hartman, D. (1999). Breathwork: Exploring the frontier of 'being' and 'doing'. *Journal of Heart-Centered Therapies*, 2(2), 3-52.

'Rebirthing, an orphan or a member of the family of psychotherapies?' *International Journal of Prenatal and Perinatal Psychology and Medicine*, Vol.6 (1994), No. 4, 503-517.

'Rebirthing and a method for working with the breath from the Pali Buddhist texts.' *Breathe: The International Breathwork Journal*, Issue No. 60, 1994.

'Rebirthing, is it marvelous or terrible?' (Spring, 1995). *The Therapist: Journal of the European Therapy Studies Institute*, 16-23.

'Breath Language. (November, 1997). *Transpersonal Psychology Review: Journal of the British Psychological Society's Transpersonal Psychology Section*, 1(5), 15-23.

'Dialogue on Hyperventilation between Kylea Taylor and Joy Manné', (January, 1999) in *The Healing Breath: a Journal of Breathwork Practice, Psychology and Spirituality*, I(1), ed. Joy Manné, [www.i-breathe.com](http://www.i-breathe.com).

## **Birth Issues**

Arseneault, L., Boulterice, B., Tremblay, R. E., Saucier, J. F. A biosocial exploration of the personality dimensions that predispose to criminality. Raine, Adrian (Ed), Brennan, Patricia A. (Ed) et al. (1997). *Biosocial Bases of Violence*. NATO ASI series: Series A: Life Sciences, Vol. 292. (pp. 313-316). New York, NY: Plenum Press.

Bakan, Paul & Peterson, Kim. (Winter, 1994). Pregnancy and birth complications: A risk factor for schizotypy. *Journal of Personality Disorders*. Vol 8(4), 299-306.

Banner, Ronald H. (1969). Anxiety, personality and birth delivery. Dissertation Abstracts International (Colorado State University). 29(10-B), 3906.

Barnett, E. A. (1981). *Analytical Hypnotherapy: Principles and Practice*. Kingston, Canada: Junica Publishing Co. Ltd.

Barnett, E. A. (Spring, 1987). The role of prenatal trauma in the development of the negative birth experience. *Pre- & Peri-Natal Psychology Journal*. Vol 1(3), 191-207.

Batchelor, E. S., Jr.; Dean, R. S.; Gray, J. W., & Wenck, S. (1991). Classification rates and relative risk factors for perinatal events predicting emotional/behavioral disorders in children. *Pre- and Perinatal Psychology Journal*, 5(4), 327-346.

Cannon, Tyrone D. (1998). Genetic and perinatal influences in the etiology of schizophrenia: A neurodevelopmental model. Lenzenweger, Mark F. (Ed). Dworkin, Robert H. (Ed) et al. *Origins*

*and Development of Schizophrenia: Advances in Experimental Psychopathology.* (pp. 67-92). Washington, DC: American Psychological Association.

Chamberlain, D. B. (July, 1983). Consciousness at birth: The range of empirical evidence. Paper presented at the First International Congress on Pre- and Perinatal Psychology.

Chamberlain, D. B. (Dec., 1986). Reliability of birth memory: Observations from mother and child pairs in hypnosis. *Journal of the American Academy of Medical Hypnoanalysts*, 1(2), 89-98.

Chamberlain, David. (Winter, 1995). What babies are teaching us about violence. *Pre- and Perinatal Psychology Journal*, 10(2), 57-74.

Cheek, D. B. (1974). Sequential head and shoulder movements appearing with age regression in hypnosis to birth. *American Journal of Clinical Hypnosis*, 16, 261-266.

Cheek, D. B. (Oct., 1975). Maladjustment patterns apparently related to imprinting at birth. *American Journal of Clinical Hypnosis*, 18(2), 75-82.

Cheek, D. B. (1980). Ideomotor questioning revealing an apparently valid traumatic experience prior to birth. *Australian Journal of Clinical and Experimental Hypnosis*, 8, 65-70.

Cheek, D. B. (Winter, 1986). Prenatal and perinatal imprints: Apparent prenatal consciousness as revealed by hypnosis. *Pre- & Peri-Natal Psychology Journal*, 1(2), 97-110.

De Sousa, Alan. (January, 1974). Causes of behaviour problems in children. *Child Psychiatry Quarterly*. Vol 7(1), pp. 3-8.

Emerson, William R. (1987). Psychotherapy with infants. *Pre- and Perinatal Psychology News*, 1(2).

Emerson, William R. (1989). Psychotherapy with infants and children. *Pre- and Perinatal Psychology Journal*, 3(3), 190-217.

Emerson, William R. (Spring, 1996). The vulnerable pre-nate. *Pre- & Perinatal Psychology Journal*, Vol 10(3), 125-142.

Emerson, William R. (Fall, 1998). Birth trauma: The psychological effects of obstetrical interventions. *Journal of Prenatal and Perinatal Psychology and Health*, 13(1), 11-44.

Ethridge, Claire. (1993). Treating psychological problems through prenatal recall. In W. B. Lucas (Ed.), *Regression Therapy: A Handbook for Professionals, Vol. 2: Special Instances of Altered State Work*, 43-55. Crest Park, CA: Deep Forest Press.

Ewin, Dabney. M. (Jan., 1994). Many memories retrieved with hypnosis are accurate. *American Journal of Clinical Hypnosis*, 36(3), 174-176.

Fedor-Freybergh, Peter, & Vogel, M.L. Vanessa (Editors). (1988). *Prenatal and Perinatal Psychology and Medicine: Encounter With the Unborn: Comprehensive Survey of Research and Practice*.

Feher, L. (1981). *The Psychology of Birth*. New York: Continuum.

Flanagan, Geraldine. (1963). *First Nine Months of Life*. London: Heineman.

Gemmette, Elizabeth V. (June, 1982). Anxiety associated with birth trauma. *Psychological Reports*. Vol 50(3, Pt 1), 942.

Givens, Alice. (Spring, 1987). The Alice Givens approach to prenatal and birth therapy. *Pre- & Peri-Natal Psychology Journal*. Vol 1(3), 223-229.

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- Grof, S. (1985). *Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy*. Albany, NY: State University of New York Press.
- Grof, S. (1988). *The Adventure of Self-Discovery*. Albany, NY: State University of New York Press.
- Grof, Stanislav. (1992). *The Holotropic Mind*. San Francisco: Harper.
- Grotberg, Edith H. (June, 1970). Neurological aspects of learning disabilities: A case for the disadvantaged. *Journal of Learning Disabilities*. Vol. 3(6), pp. 321-327.
- Hau, T. F. (1979). Psychosomatic aspects of the prenatal, perinatal and postnatal situations. *Therapiewoche* (Germany, West), 29/12, 1930-1935.
- Hendricks, Gay & Hendricks, Kathlyn. (Spring, 1987). Techniques for dealing with prenatal and perinatal issues in therapy: A bodymind perspective. *Pre- and Perinatal Psychology Journal*, 1(3), 230-238.
- Hull, William F. (January, 1984). Prenatal oxygen deprivation, the source of birth trauma. *Medical Hypnoanalysis*. Vol 5(1), 7-16.
- Hull, William F. (Winter, 1986). Psychological treatment of birth trauma with age regression and its relationship to chemical dependency. *Pre- & Peri-Natal Psychology Journal*. Vol 1(2), 111-134.
- Hultman, Christina M. & Oehman, Arne. (Jun-Jul 1998). Perinatal characteristics and schizophrenia: Electrodermal activity as a mediating link in a vulnerability-stress perspective. Special Issue: The Impact of Stress on Nervous System Development and Naturation. *International Journal of Developmental Neuroscience*. Vol 16(3-4), 307-316.
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- Janov, Arthur. (Spring, 1974a). On psychosis. *Journal of Primal Therapy*. Vol 1(4), pp. 331-341.
- Janov, Arthur. (Winter, 1974b). Further implications of "Levels of consciousness": On suicide. *Journal of Primal Therapy*. Vol 1(3), 197-200.
- Janov, Arthur. (1977). *The Feeling Child*. London: Abacus.
- Janov, Arthur. (1983). *Imprints: The Lifelong Effects of the Birth Experience*. New York: Coward-McCann.
- Jordan, Brigitte. (1993). *Birth in Four Cultures: A Crosscultural Investigation of Childbirth in Yucatan, Holland, Sweden, and the United States*. Prospect Heights, IL: Waveland Press.
- Kinney, Dennis K., Yurgelun-Todd, Deborah A., Tohen, Mauricio, & Tramer, Sharon. (Sept., 1998). Pre- and perinatal complications and risk for bipolar disorder: A retrospective study. Special Issue: George Winokur. *Journal of Affective Disorders*, 50(2-3), 117-124.

- Kinney, Dennis K., Levy, Deborah L., Yurgelun-Todd, Deborah A., Tramer, Sharon J., & Holzman, Philip S. (July, 1998). Inverse relationship of perinatal complications and eye tracking dysfunction in relatives of patients with schizophrenia: Evidence for a two-factor model. *American Journal of Psychiatry*, 155(7), 976-978.
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Winnicott, Donald. (1958). *Collected Papers: From Pediatrics to Psychoanalysis*. London: Tavistock.

Zimberoff, Diane & Hartman, David. (1998a). The Heart-Centered Hypnotherapy modality defined. *Journal of Heart-Centered Therapies*, 1(1), 3-49.

Zimberoff, Diane & Hartman, David. (1998b). Insidious trauma caused by prenatal gender prejudice. *Journal of Prenatal and Perinatal Psychology and Health*, 13(1), 45-51.

Zomberg, Gwen L. (Sep-Oct 1998). Identifying critical periods of neurodevelopmental risk: The turning point in schizophrenia research. Special Issue: D. *Harvard Review of Psychiatry*. Vol 6(3), 171-174.