

# what is rebirthing therapy

Rebirthing therapy is an alternative therapeutic practice that aims to help individuals release emotional and psychological traumas through controlled breathing techniques. This form of therapy is rooted in the idea that many emotional and psychological issues stem from suppressed feelings and unresolved experiences, often linked to early childhood or past lives. By facilitating a process of conscious breathing, rebirthing therapists believe they can guide clients toward a state of emotional release and personal transformation.

## Understanding Rebirthing Therapy

Rebirthing therapy is a unique approach that combines aspects of psychological counseling with breathwork. Developed in the 1970s by Leonard Orlean, it draws on various modalities, including Gestalt therapy, holistic health principles, and spiritual teachings. The central tenet of rebirthing therapy is that our breathing patterns can reflect our emotional state, and by changing how we breathe, we can influence our mental and emotional well-being.

## The Concept of Breath in Rebirthing Therapy

Breath is often referred to as the life force, and in rebirthing therapy, it serves as the primary tool for healing. The therapy typically involves a specific technique called conscious connected breathing, which is characterized by:

1. Continuous Breath: Participants are encouraged to breathe in a circular pattern without pauses between inhalation and exhalation.
2. Awareness: Clients are guided to focus on their feelings, sensations, and thoughts that arise during the breathing process.
3. Relaxation: The environment is usually serene and calming, helping clients to relax and open up emotionally.

Through this method, individuals may experience a range of emotions as they access repressed memories and feelings, leading to catharsis and healing.

## Benefits of Rebirthing Therapy

Rebirthing therapy can offer numerous benefits, which may include:

- Emotional Release: Many participants report significant emotional breakthroughs, allowing them to let go

of long-standing fears, anxieties, and grief.

- **Increased Self-Awareness:** As individuals engage with their breath and emotions, they often gain insights into their patterns of behavior and thought.
- **Stress Reduction:** The breathing techniques employed can induce a state of relaxation, reducing stress and promoting a sense of calm.
- **Healing Past Traumas:** By revisiting and processing past experiences, clients can work through trauma, leading to improved mental health.
- **Enhanced Connection:** Clients may experience a greater sense of connection to themselves and others, fostering a sense of community and support.

## **The Process of Rebirthing Therapy**

The process of rebirthing therapy typically unfolds in several stages, each designed to facilitate emotional healing and personal growth.

### **1. Setting the Intention**

Before beginning the breathing session, the therapist usually helps the client set an intention for the process. This intention could be related to a specific issue, emotion, or area of life that the client wishes to explore or heal.

### **2. The Breathing Session**

The core of rebirthing therapy is the breathing session, which can last anywhere from 30 minutes to an hour. During this time, clients lie down comfortably, often with the therapist present to offer guidance and support. The therapist may encourage the client to relax and begin breathing in the conscious connected pattern.

### **3. Emotional Exploration**

As the client breathes, they may begin to experience various emotions, which can range from joy to sadness, anger, or fear. The therapist is there to guide the client through these feelings, helping them to process and understand their emotional experiences. This exploration can lead to significant insights and breakthroughs.

## 4. Integration and Reflection

After the breathing session, clients are often encouraged to reflect on their experiences. This may involve discussing what they felt, any memories that surfaced, and how they can integrate these insights into their daily lives. Integration is a critical part of the process, as it helps clients make sense of their experiences and apply them moving forward.

## Who Can Benefit from Rebirthing Therapy?

Rebirthing therapy can be beneficial for a wide range of individuals, including those who:

- Experience Anxiety or Depression: Those struggling with mental health issues may find relief through the emotional release facilitated by rebirthing.
- Have Past Trauma: Individuals dealing with unresolved trauma from childhood or significant life events may benefit from processing these experiences.
- Seek Personal Growth: Anyone looking to enhance their self-awareness or personal development can find value in the insights gained through rebirthing.
- Desire Stress Relief: Persons seeking relaxation techniques to manage stress may appreciate the calming effects of conscious breathing.

## Potential Risks and Considerations

While rebirthing therapy can be beneficial, it is essential to approach it with awareness and caution. Some considerations include:

- Emotional Intensity: The process can evoke intense emotions, which may be overwhelming for some individuals. It is crucial to work with a qualified therapist who can provide appropriate support.
- Physical Responses: Some people may experience physical sensations or discomfort during breathing sessions. It's important to communicate with the therapist and ensure a safe environment.
- Not a Substitute for Medical Treatment: Individuals with severe mental health conditions should consult with a healthcare professional before engaging in alternative therapies.

## Finding a Rebirthing Therapist

If you're interested in exploring rebirthing therapy, finding a qualified therapist is crucial. Here are some tips for locating a therapist:

1. **Research Credentials:** Look for practitioners with training in rebirthing therapy or breathwork. Check their certifications and experience.
2. **Read Reviews:** Seek testimonials or reviews from previous clients to gauge the effectiveness of the therapist's approach.
3. **Schedule a Consultation:** Many therapists offer preliminary consultations to discuss your needs and their methods. Use this opportunity to assess if you feel comfortable with them.
4. **Trust Your Instincts:** Ultimately, choose a therapist with whom you feel safe and understood.

## **Conclusion**

In summary, rebirthing therapy offers a unique and profound approach to emotional healing through conscious breathing. By facilitating a connection between breath and emotional state, this therapy enables individuals to release repressed feelings, gain self-awareness, and experience personal transformation. While it is not a one-size-fits-all solution, many have found solace and healing through the practice. As with any therapeutic approach, it is crucial to proceed thoughtfully and with the guidance of a qualified professional. Whether you seek to alleviate anxiety, heal past traumas, or embark on a journey of self-discovery, rebirthing therapy may provide valuable insights and support along the way.

## **Frequently Asked Questions**

### **What is rebirthing therapy?**

Rebirthing therapy is a holistic healing technique that involves conscious connected breathing to help individuals release emotional and psychological blockages from past traumas, often related to birth experiences.

### **How does rebirthing therapy work?**

Rebirthing therapy works by guiding individuals through a specific breathing pattern that promotes deep relaxation and self-awareness, allowing them to access repressed memories and emotions for healing.

### **What are the benefits of rebirthing therapy?**

Benefits of rebirthing therapy may include reduced anxiety and stress, improved emotional regulation, enhanced self-awareness, and a greater sense of inner peace and well-being.

### **Is rebirthing therapy scientifically proven?**

While many practitioners and clients report positive experiences with rebirthing therapy, scientific

evidence supporting its efficacy is limited, and it is often categorized as an alternative or complementary therapy.

## **Who can benefit from rebirthing therapy?**

Individuals dealing with trauma, anxiety, depression, or those seeking personal growth and self-discovery may benefit from rebirthing therapy. However, it is important to consult with a qualified therapist.

## **What should someone expect during a rebirthing therapy session?**

During a rebirthing therapy session, individuals can expect to engage in guided breathing exercises, often in a safe and supportive environment, where they may experience emotional releases and insights.

## **Are there any risks associated with rebirthing therapy?**

Rebirthing therapy may not be suitable for everyone, especially those with certain mental health conditions. Risks can include emotional distress during sessions, so it is important to work with a trained professional.

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