



Introduction into the management and treatment of HVS/breathing pattern disorders study day

9.00 - 9.15am	Registration and coffee
9.15 - 10.30am	What is Hyperventilation Syndrome/Breathing pattern disorder - the physiology and mechanics?
10.30 - 11.00am	How do we assess HVS/BPD's?
11.00 - 11.15am	Coffee break
11.15 - 12.30pm	Practical: How do we assess HVS/BPD's?
12.30 - 1.15pm	Lunch
1.15 - 1.45pm	How do we treat HVS/BPDs?
1.45 - 3.00pm	Practical Treatment techniques - part one
3.00 - 3.15pm	Coffee break
3.15 - 4.00pm	Practical treatment techniques - part two
4.00 - 4.30pm	Group/pair work - practising techniques
4.30 - 5.00pm	Evaluating practice / Q&As / summary of day