

*The Harm Reduction and Mental Health Project*

# The Healing Potential of Holotropic Breathwork in Addiction Treatment

Presented by Oliver Williams, BA  
and Emily Horowitz, PsyD

Holotropic Breathwork, developed in the 1970's by psychiatrist Stanislav Grof, uses breathing and music to facilitate access to non-ordinary states of consciousness. These may include profound insights, memories of long forgotten or repressed psychic material, emotional abreactions, and spiritual or mystical experiences.

The healing potential of non-ordinary states of consciousness is largely unacknowledged and inadequately understood. In this presentation, the history, theory, and process of Holotropic Breathwork will be discussed, as well as its potential use in the treatment of substance-abuse problems.

Oliver Williams, BA, was certified as a Holotropic Breathwork facilitator by Grof Transpersonal Training in 1996; he presently leads workshops and private sessions in New York and the Northeast.

Emily Horowitz, PsyD, graduated from the Ferkauf Graduate School of Psychology at Yeshiva University in 2007. She has since worked in the addiction field at St. Luke's Roosevelt Hospital, and is currently at the New York VA Medical Center. Dr. Horowitz is interested in the potential of alternative modalities in the treatment of addiction and trauma.

When: September 26, 2008; 3:00-4:30 PM

Where: New York University, 6 Washington Place, Room 551,  
NYC

The members of the Mental Health and Harm Reduction Project organizing committee are: Michele Stocknoff, LMSW ([mstocknoff@hotmail.com](mailto:mstocknoff@hotmail.com)), Kathryn Grooms, LMSW ([kathryn@kathryngrooms.com](mailto:kathryn@kathryngrooms.com)), and Scott Kellogg, PhD ([scott.kellogg@nyu.edu](mailto:scott.kellogg@nyu.edu)).