

*The Harm Reduction and Mental Health Project*

# Holotropic Breathwork in Addiction Treatment: Clinical and Research Perspectives

Presented by Oliver Williams, BA

Holotropic Breathwork (HB), developed in the 1970's by psychiatrist Stanislav Grof, has been experienced in open public workshops and meditation retreats by over one million people worldwide. This presentation will focus on the work at three psychiatric and recovery institutions that have successfully added HB as an adjunct to their existing programs.

The healing potential of non-ordinary states of consciousness is largely unacknowledged and inadequately understood, but the anecdotal evidence of profound healing from trauma, depression and addiction following exposure to HB is now being supported by empirical research outcomes.

Oliver Williams, BA, trained with Stanislav Grof and was certified as a Holotropic Breathwork facilitator in 1996. He is the founding Director of Research at the Association of Holotropic Breathwork International (AHBI) and through Rebecoming, [www.rebecoming.org](http://www.rebecoming.org), leads HB workshops and private sessions in New York City, New Jersey and the Northeast.

When: February 25<sup>th</sup>, 2011; 3:00-4:30 PM

Where: New York University, 6 Washington Place, Room 159, 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)).