New York State Trauma-Informed Network & Resource Center

BREATH-BODY-MIND™ (BBM) Information Session

February 26, 2026

Rooted in compassion, guided by community.

NEW YORK STATE | Office of Mental Health

New York State Trauma-Informed Network & Resource Center

Our Story

In 2016, the New York State Office of Mental Health and Coordinated Care Services, Inc. (CCSI) convened trauma-informed care champions statewide to connect and collaborate. The Trauma-Informed Network officially launched in 2018. In 2022, NYS OMH increased funding and resources to support expansion of the network to create the NYS Trauma-Informed Network and Resource Center (TINRC).

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New York State Trauma-Informed Network & Resource Center

We envision a New York State where all people and their communities can attain wellness and resiliency, and systems have the tools to support healing from toxic stress and trauma.

Guiding Values and Principles

safety

trustworthy

collaborative

empowerment

peer support

responsiveness

Pathways of Engagement

NYS Trauma-Informed Network & Resource Center

Connection & Collaboration:

- Advisory Council
- Quarterly Network Meetings
- Pathways Podcast
- Website
- Newsletter
- Annual Conference

Trauma-Informed Care:

- Tending the Roots
- Tending the Roots: Instructor's Edition
- TRUST/TRUST-S

Prevention & Wellness:

- Breath-Body-Mind™
- Curated Resources

Outreach & Engagement:

- Storytellers in Residence
- TINRC on Tour

INITIATIVES:

BREATH-BODY-MIND™

Scan Here to Join a Session

Breath-Body-Mind™ is a set of gentle exercises that are based on science and designed to help ease stress and calm your mind and body.

- Our virtual sessions are free and open to all New Yorkers.
- English and Spanish sessions offered.
- No prior experience needed.
- A wide range of practice sessions to fit your schedule

Breath-Body-Mind for Post-COVID Recovery, Stress, Trauma, Fatigue, Mass Disasters

BreathBodyMind Foundation

Founders

Patricia Gerbarg, MD

Assistant Professor in Clinical Psychiatry
New York Medical College

Richard P. Brown, MD

Associate Professor in Clinical Psychiatry
Columbia University College of Medicine

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Pandemics place heavy burdens on already strained healthcare services

- During the COVID-19 pandemic, workers in healthcare systems endured prolonged stress affecting their physical and emotional well-being.

- During mass disasters, one provider for one person does not work

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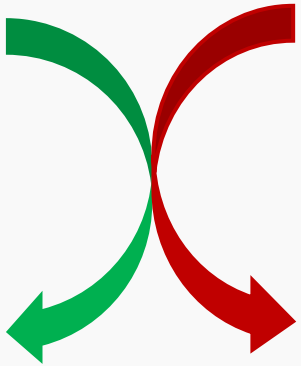
AUTONOMIC NERVOUS SYSTEM

Parasympathetic System

- Regulates Glands & Organs
- Emotional Regulation

Calm and Recover

- Anti-inflammatory
- Connect & Bond
- Restore Energy Reserves



Sympathetic System

- Regulates Glands & Organs
- Prepares for Action
  - ⇨Approach (**Fight**)
  - ⇨Avoid (**Flight**)
- Burns and Depletes Energy

Emotions, Thoughts, Behaviors

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Prolonged Severe Stress

- ⇨ Can cause changes in stress response systems that reduce the ability to work effectively
- ⇨ Increases vulnerability to cumulative emotional and physical impairments, deterioration of relationships, and professional burnout.
- ⇨ Workers may become locked into a defensive psychophysiological state of feeling unsafe, anxious, overwhelmed, and exhausted.

New Interventions to Relieve Stress

Goals for New Interventions

- ⇨ rapidly effective
- ⇨ low-risk
- ⇨ non-stigmatizing
- ⇨ inexpensive
- ⇨ group interventions
- ⇨ sustainability – train local trainers

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BREATH-BODY-MIND™ (BBM)

- ⇨ A program of gentle movement, breathing and relaxation
- ⇨ Developed over 25 years for safe, rapid relief of stress and trauma
- ⇨ During and after mass disaster

- ⇨ The Science of Breath – Why are breath practices so powerful?
- ⇨ Evidence for safety and efficacy
- ⇨ Benefits for children and adults

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Breath ⟺ Emotion

- Breath and Emotion are Bi-Directional
- Specific emotions induce specific breath patterns
- Voluntary changes in breath pattern induce specific emotions

Voluntarily Regulated Breathing Practices (VRBPs)

(Brown RP, Gerbarg PL. Breathing Techniques in Psychiatric Treatment. In Complementary and Integrative Treatments in Psychiatric Practice, ed. Gerbarg PL, Brown RP, Muskin PR. Washington D.C., American Psychiatric Association Publishing, 2017, 241-250; Philippot P, Gaetane C, & Blairy S. Respiratory Feedback in the Generation of Emotion. Cognition and Emotion. 2002.16(5):605-607)

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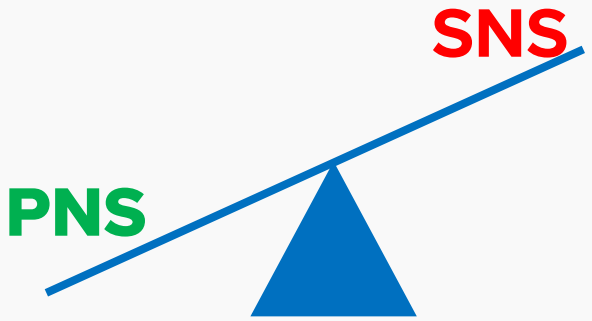
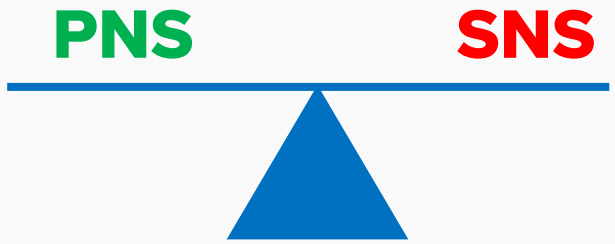
Autonomic Nervous System Imbalance
Target for Treatment of Anxiety, Depression, PTSD

Imbalance from Stress

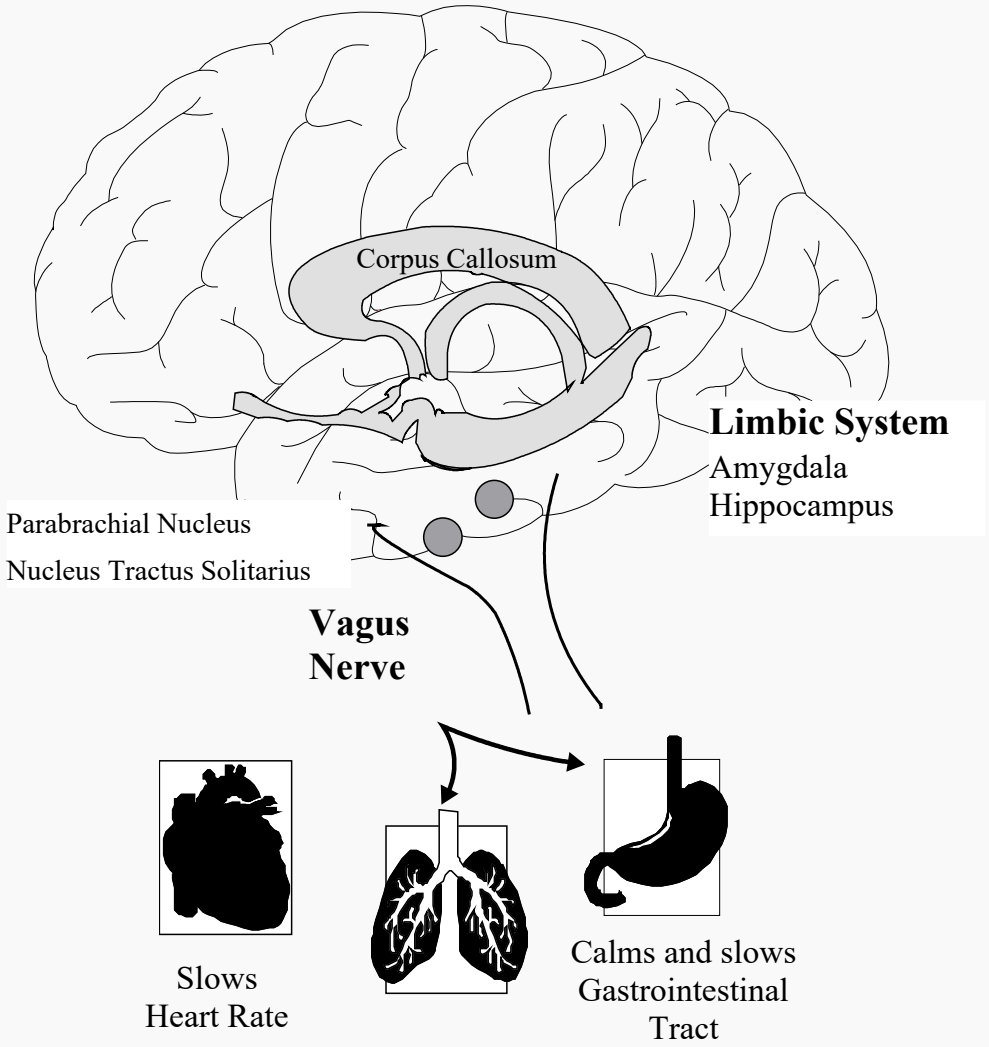


Balance Restored by Coherent Breathing



Every system in the body works better.

Emotion Regulation



- Slow breathing reduces emotional over reactivity (limbic system) and increases activity in higher thinking centers (e.g., prefrontal cortex).
- Consistent with improved emotion regulation.

Gerbarg PL, Brown RP. Neurobiology and neurophysiology of breath practices in psychiatric care. Psychiatric Times. 33(11):22-25, 2016.

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Coherent Breathing → ↑ Vagal Parasympathetic Activity

- ⇨ Coherent Breathing: gentle breathing at
- ⇨ 3.0-6.0 breaths per minute (cpm)
- ⇨ With equal inhalation and exhalation
- ⇨ Gently in and out through the nose
- ⇨ Without force or pressure
- ⇨ Neurophysiological State: **Calm and Alert**

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Coherent (Resonant) Breathing

Suggested Respiratory Rates for Healthy Adults & Children

⇨ Adults over 6 feet tall	3.0 – 4.5 bpm
⇨ **Average Adult**	**4.5 – 6.0**
⇨ Children age 9 – 13	5.0 – 6.0 bpm
⇨ Younger children	faster rates

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Coherent Breathing for Everyday Stress

- After you learn Coherent Breathing and practice daily for a few weeks
- Start to practice with eyes open first at home, then during everyday activities, e.g., while walking, while working, in stressful situations

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Our Clinical Studies of Breath Practices

1. Schizophrenia: Cognition
2. Inflammatory Bowel Disease, Cornell IBD Clinic
3. Southeast Asia Tsunami Survivors
4. Australian Vietnam Veterans with PTSD
5. Generalized Anxiety Disorder, START Clinic Toronto, Canada
6. 9/11 World Trade Center Attacks
7. Mississippi Healthcare Providers
8. South Sudanese Survivors of War & Slavery
9. Depression & Magnetic Resonance Spectroscopy Thalamic GABA Levels
10. Active duty & wounded military personnel & healthcare workers: Army, Navy, Marines
11. Staff of RISE N. Ireland serving 100,000 children with Special Needs
12. Rwanda – at risk youth and genocide survivors
13. Medical Students at San Juan Bautista Medical School, Puerto Rico

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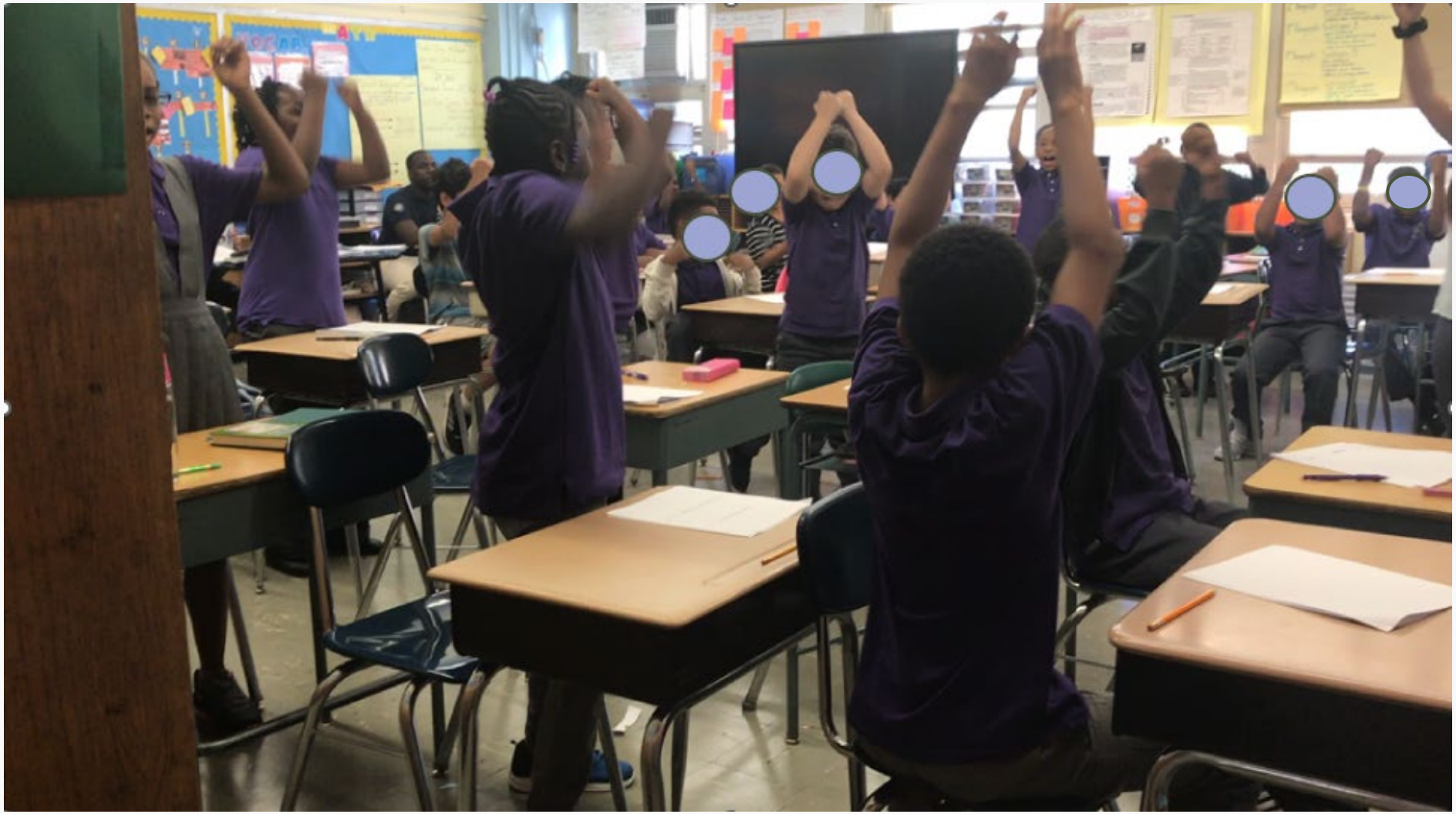
Dr. Brown Teaching Breath-Body-Mind in Chemung County

Dr. Brown leads future BBM teachers in breath and movement sequences

Breath-Body-Mind Class in Rwanda

NYC 4th Grade – Emotion Regulation
'Ha' Breath Quickly Settles, Focuses, Stops Children from Running



2019
Special Olympics

Bill and Martha Benedict
teach a BBM session thoughtfully designed to center on accessibility and individualized support

Girl with Breath Buddy

After school program
Community Center
Chemung County, NY

Breath Buddies help children feel safe as they learn Coherent Breathing

Coherent Breathing Effects

Reduces defensive reactions: fear/anger

Activates feeling safe, connected, loved and loving

Counteracts emotional isolation

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BREATHBODYMIND

Have a Healthy Mind

INFORMATION

BreathBodyMind Foundation

BREATHBODYMIND
Have a Healthy Mind

For more information:

https://www.breathbodymindfoundation.org/about

https://www.Breath-Body-Mind.com

Contact:

TINRC@ccsi.org

JOIN US

Practice Sessions

Scan Here to Join a Session

Tuesdays	Wednesdays	Sundays
• 6:00 - 6:30 AM • 12:00 - 12:30 PM • 8:00 - 8:45 PM	• 7:00 - 7:30 AM • 12:00 - 12:30 PM • 8:00 - 8:45 PM* (Spanish)	• 8:00 - 8:30 AM • 9:00 - 9:30 AM • 6:00 - 6:30 PM

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Let’s Pause

Questions and Comments

4th Annual
Join the Journey Conference

September 22nd & 23rd, Saratoga Springs, NY

- No cost to attend
- Scholarships are available to support travel/hotel
- Now accepting workshop proposals applications

Scan Here to Submit a Proposal

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New York State Trauma-Informed Network & Resource Center

Get Involved

Follow Us On Social

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- Get listed on our Directory
- Join a BBM™ session
- Join a Quarterly Network Meeting
- Take the TRUST Survey
- Listen to our Pathways podcast
- Subscribe to our newsletter

Get Involved

Visit Our Website

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Resources for Further Learning

- ***The Healing Power of the Breath.*** RP Brown & PL Gerbarg (Book + CD, Shambhala, 2012) Updated Audio Book 2023
- ***Complementary and Integrative Treatments in Psychiatric Practice.*** Ed. PL Gerbarg, RP Brown, PR Muskin. (American Psychiatric Association Pub. 2017)
- ***Non-Drug Treatments for ADHD.*** RP Brown & PL Gerbarg (WW Norton, 2012)
- ***How to Use Herbs, Nutrients and Yoga in Mental Health.*** RP Brown, PL Gerbarg, PR Muskin (WW Norton, 2009)

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9. Dissolving Pain. Fehmi & Robbins, Trumpeter Press, 2010
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