

TANIA CLIFTON-SMITH, MNZSP, FPNZ (Hon), DipMT, MBSM

Co-Director, BradCliff® Breathing | Physiotherapist | Author | Educator

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Professional Profile (Conference Version)

Tania Clifton-Smith, MNZSP, FPNZ (Hon), DipMT, MBSM

Co-Founder, BradCliff® Breathing | Physiotherapist | International Educator | Author

Tania Clifton-Smith is a world-recognised physiotherapist and educator specialising in **breathing pattern disorders, hyperventilation syndrome, and mind–body integration**. With more than 35 years of clinical experience across New Zealand and the United Kingdom, she co-founded **BREATHING WORKS**, Australasia's first physiotherapy-based breathing clinic, and the **BradCliff® Breathing Method**, now used internationally in clinical, sports, and rehabilitation settings.

Tania has contributed substantially to the scientific and clinical understanding of dysfunctional breathing—authoring multiple books, publishing peer-reviewed work, and collaborating with respiratory physicians, ENT surgeons, psychologists, and chronic pain specialists. Her teaching has reached thousands of clinicians across **Europe, Australia, Asia, and North America**, with particular influence in **respiratory physiotherapy, chronic pain management, stress physiology, and Long-Covid rehabilitation**.

Renowned for translating complex respiratory physiology into practical clinical tools, Tania's work bridges **biomechanical, biochemical, and psychophysiological** dimensions of breathing. Her approach integrates evidence-based physiotherapy with contemporary mind–body science to optimise breathing efficiency, autonomic regulation, resilience, and performance.

She is frequently invited as a keynote speaker for **medical, physiotherapy, respiratory, and interdisciplinary health conferences**, valued for her clarity, clinical relevance, and pioneering contributions to the field.

PERSONAL DETAILS

Date of Birth: 8 January 1965

Nationality: New Zealand

REFEREES

Prof Jim Bartley

Otolaryngologist, Auckland

10 Owens Road, Epsom, Auckland

Dr Chris Hanna

Sports & Medicine Physician

Axis Sports Medicine

PO Box 18067, Glen Innes

PROFILE

Tania Clifton-Smith is a New Zealand physiotherapist with more than four decades of clinical and teaching experience, specialising in **breathing pattern disorders, hyperventilation syndrome, chronic pain, stress physiology and mindbody medicine**.

After graduating from AUT in 1987, she worked across public hospital, musculoskeletal, neurological and private practice settings in New Zealand and the UK.

From 1992–1994 she contributed to multidisciplinary stress, pain and respiratory programmes at **Middlemore Hospital**, where she **established the first hyperventilation syndrome/breathing pattern disorder outpatient service**.

In 1998 she co-founded **BREATHING WORKS** and the **BradCliff® Method**, the first dedicated breathing pattern disorder clinic in Australasia. The BradCliff® Method provides a **structured, research-based physiotherapy assessment and treatment programme** used internationally by health professionals.

Tania is widely published, teaches nationally and internationally, and is recognised as a leading contributor to the field of breathing retraining.

PUBLICATIONS

Books

- *Breathe to Succeed* (Penguin NZ, 1999)
- *Breathe, Stretch & Move* (Random House NZ, 2002) – co-authored with Dinah Bradley
- *Breathing Matters* (Random House NZ, 2006) – co-authored with Dr Jim Bartley
- *Dynamic Breathing: Managing Your Asthma* (Random House NZ, 2008) – co-authored with Dinah Bradley
- *How to Take a Breath* (Penguin NZ, 2021)
- Chaitow's ***Breathing Pattern Disorders***, 3rd Edition (Evolve, April 2026) – co-authored

Book Chapter

- Clifton-Smith, T. (2013). *Breathing Pattern Disorders and the Athlete*. In **Recognizing and Treating Breathing Disorders: A Multidisciplinary Approach** (Chaitow, Gilbert & Morrison).

Academic Paper

- Clifton-Smith, T., & Rowley, J. (2011). *Breathing pattern disorders and physiotherapy: Inspiration for our profession*. **Physical Therapy Reviews**, 16(1), 75–86.

Guidelines Contribution

- **Severe Asthma Toolkit (Australia, 2018)** – Contributor (Breathing Pattern Disorders section)

BradCliff® Manuals & Method Publications

- **BradCliff Breathing Method Manual – Version 1.0** (July 2008)
- **Version 1.2** (June 2012)
- **Versions 1.3 – 2.0** (2013–2020)
- **BradCliff® Manual** – Updated editions used internationally for clinician education

PREVIOUS POSITIONS

NZ Asthma and Allergy Educational Board

NZ Physiotherapy Business Development Advisory Group

WORK HISTORY

New Zealand & International Clinical Roles

Wellington Hospital Board – Physiotherapist

Feb 1988 – Nov 1988

Rotations in medical respiratory, neurological rehabilitation (including sole-charge gym role).

Private Physiotherapy (NZ)

Mar 1988 – Sep 1988

Physiotherapist to National Winners, Exchequer Saints (Countrywide Men's Basketball).

National Women's Hospital (Locum)

Nov 1988 – Jan 1989

Women's Health / Neonatal Unit.

Auckland Private Hospitals

Feb 1989 – Jun 1989

Sole charge at three medical/geriatric hospitals.

Wembley Hospital, London

Oct 1989 – Dec 1989

Outpatients Department.

The Devonshire Clinic, London

Jan 1990 – Sep 1990

Specialising in hyperventilation syndrome, breathing pattern disorders, and musculoskeletal physiotherapy.

Middlemore Hospital, NZ

1991 – 1995

- Senior Musculoskeletal Outpatients
- Neurology rotations
- Coordinator: Stress Management & Relaxation Programme
- Chronic Pain Programme

- Founder: Hyperventilation Syndrome/BPD Outpatient Service
 - Physiotherapy management for HVS, musculoskeletal and pain patients
-

Mercy Specialist Centre & Eden-Epsom Clinic

1993 – 1998

- Hyperventilation, stress management and chronic pain
 - Multidisciplinary pain team (1 day/week)
-

KOS Group (NZ) Ltd

- Corporate Health Care Consultant (1 day/week)
-

BREATHING WORKS — Co-Founder / Director

1998 – 2021

Established first Physiotherapy Breathing Pattern Disorder clinic in Australasia.

BRADCLIFF® METHOD — Director & Educator

1999 – Present

International physiotherapy educator delivering Level 1–3 training, Long-Covid breathing courses, and professional development programmes worldwide.

PROFESSIONAL DEVELOPMENT (Selected)

Key Advanced Courses

- Cyrix Lumbar & Cervical Spine
- McKenzie Part A
- Michael Shacklock – Neurodynamic Mobilisation
- Francine St George – Myofascial Release
- N.Z.M.T.A Postgraduate Musculoskeletal Qualification
- ISARP Conferences (France, Holland, New York, San Diego, Oxford, 1996–2001)
- Paul Hodges – Science of Stability (2003)
- Meditation Teacher Training – Gawler Institute
- MindBody Medicine – AUT Postgraduate Diploma (2013–2015)

COURSES PRESENTED (Physiotherapy)

Full Chronological List — 1991 to 2025

1991

- Stress Management and the Physiotherapist's Role – Middlemore Physiotherapy Staff (Sept)
 - Hyperventilation Syndrome – Middlemore Physiotherapy Staff (Dec)
 - Hyperventilation Syndrome Workshop (7–11 Sept)
 - Hyperventilation Syndrome Lecture
 - Torture Victims Lecture – Physiotherapy Mental Health Workshop
-

1992

- Hyperventilation Syndrome – Auckland Hospital Physiotherapy Staff (Oct)
-

1993

- Stress Management & Hyperventilation Syndrome – NZ Fire Service (Mar)
 - Hyperventilation Syndrome & Physiotherapist's Role – The Cottage Staff, South Auckland (Sept)
 - Hyperventilation & Torture Victims – NZ Physiotherapy Society, Auckland Branch (Sept)
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1994

- Hyperventilation Syndrome & Physiotherapist's Role – Psychiatric Day Clinic, Papakura (Apr)
 - Hyperventilation Lecture & Practical Workshop – Biennial Physiotherapy *Building Bridges* Conference (May)
-

1995–1997

- Hyperventilation & Chronic Pain – Auckland Branch (1995, 1996, 1997)
- Hyperventilation Syndrome – Palmerston North (1-day workshop, 1996)
- Hyperventilation Syndrome & Chronic Pain – Waikato Branch (1997)

1998–2001

- Breathing Dysfunctions & Musculoskeletal Physiotherapy
 - Biannual Physiotherapy Conference (May 1998)
 - Biannual Physiotherapy Conference (May 2000)
- ISARP Conference – San Diego (Oct 2000)
- Physiotherapy Education Day (2001)
- Oxford University, UK – Breathing Disorders Education (2001)

2002

- Keynote Speaker – Asthma Australia Conference (Aug)

2003

- ProCare CME (North Shore) – Breathing Pattern Disorders & Hyperventilation
- ProCare CME (Central) – Breathing Pattern Disorders & Hyperventilation
- ProCare CME (South) – Breathing Pattern Disorders & Hyperventilation
- Muscle Symposium, AUT – Physiological & Physical Implications of Poor Breathing Patterns

2004

- Biennial Physiotherapy Conference – Breathing Pattern Disorders
- Bay of Plenty Workshop – Breathing Pattern Disorders (1 day, Sept)
- Olympic Physiotherapy CME
- Karen Sutton Physiotherapy Group CME

2005

- Psychiatry Registrars (Mar)
 - Wellington Physiotherapists – 1-Day BPD Workshop (19 Mar)
 - Peer Review – Barbara Guthrie (11 May)
 - Breathing Works CME – 1 hour
 - Phone education with Stella Harding
 - Kirsty Powell Physiotherapy Group CME (23 Jun)
 - Gisborne Workshop (13 Aug)
 - Christchurch Workshop (8–9 Oct)
-

2006

- Hawke's Bay Workshop (14 Oct)
 - CME Sessions – 18 May, 23 Nov
 - Auckland Branch Talk (16 Oct)
-

2007

- Wanganui Workshop (21 Apr)
 - Psych Services (22 Mar)
 - CREW (23 Aug)
 - GP Registrars (14 Jul)
 - Health Management Tauranga (16 May)
-

2008

- AUT Careers Talk (26 Jun)
 - Breathing Therapies for Asthma & Allergy – Allergy NZ
-

2009

- BradCliff Method Weekend Training (20–21 Jun)
-

2010

- Pink/Steel Pilates Courses
-

2011

- Pink/Steel Pilates Courses (Feb, Oct)
 - BradCliff Method Level Training (11–12 Jun)
 - Pink/Steel Sydney Weekend (2–3 Jul)
-

2012

- NZ Sports Conference (Mar)
-

2013

- Pink/Steel Physiotherapy Pilates Course (6 Jun)
 - Pink/Steel Physiotherapy Pilates (17 Oct, Adelaide)
-

2014

- BradCliff Method Level 1 – Auckland (Jun)
-

2015

- Ongoing BradCliff educator training and Pilates collaborations
-

2016

- BradCliff Method Level 1 – Auckland (Jun)
 - BradCliff Method Level 3 – Auckland (Aug)
 - BradCliff Method Level 1 – Sydney (Aug)
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2017

- BradCliff Method Level 1 – Auckland (Jun)
 - BradCliff Method Level 2 – Auckland (Aug)
 - BradCliff Method Level 1 – Melbourne (Sept)
 - Pink/Steel Physiotherapy Pilates Courses
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2018

- Pink/Steel Physiotherapy Pilates Courses
 - BradCliff Method Level 1 – Auckland (May)
 - BradCliff Method Level 2 – Auckland (Aug)
 - BradCliff Method Level 3 – Auckland (Aug)
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2019–2025

- Annual Pink/Steel Physiotherapy Pilates Courses
- Long Covid International Course (BradCliff)
- BradCliff Method Level 1 (x2) – International deliveries

- BradCliff Method Level 2 – International deliveries

LECTURES & WORKSHOPS (NON-PHYSIOTHERAPY)EXTENSIVE

1995-2025

Delivered to:

- Air New Zealand
- TVNZ
- Nokia
- Sony NZ
- PWC
- Nestlé
- NZ Fire Service
- Rotary
- SmithKline Beecham
- Auckland Council
- Teachers' Organisations
- Coeliac Conference (Keynote)
- Healthy Food Guide Live (Keynote)
- Allergy New Zealand
- NZ Dental Expo
- Numerous corporate wellness groups

(Full chronological list preserved and can be placed in a separate section.)

SUMMARY OF EXPERTISE

- Breathing Pattern Disorders & Hyperventilation Syndrome
 - Stress Physiology & Mind–Body Interaction
 - Chronic Pain & Multidisciplinary Rehabilitation
 - Respiratory, Musculoskeletal & Neurological Physiotherapy
 - Corporate Health, Workplace Stress & Performance Breathing
 - Education, Mentoring & Professional Training
 - Published Author & International Speaker
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