

Tania Clifton-Smith

124 Lucerne Road
Remuera 1050
Auckland, New Zealand.

Work +64-9-522 1122
Mobile +64 21-623-268
Home +64 9-522 8445

Date of Birth: 8 January 1965

Marital Status: Married

Nationality: New Zealand

References:

Medical:

Dr Adrian Harrison
Respiratory Consultant
Mercy Specialist Centre
100 Mountain Road
EPSOM

Prof. Jim Bartley
Otolaryngologist in Auckland
10 Owens Road, Epsom, Auckland

Dr Chris Hanna
Sports and Medicine Physician
Axis Sports Medicine
PO Box 18067
Glen Innes

Business:

Mark Averill PWC CEO NZ

Dr. Deb Shepard
Auckland University Faculty of Business and Economics
Ice-House NZ

TANIA CLIFTON-SMITH,

Physiotherapist registration number 70-04292

Profile

Graduated from Auckland AUT 1987. Worked in the public sector Wellington 1988.

Practiced from the prestigious Devonshire Clinic (London) from 1989-1991. From 1992-1994, worked at Auckland's Middlemore Hospital with medical teams developing and implementing pain and stress management programmes.

1992 set up the hyperventilation syndrome/breathing pattern disorders outpatient service at Middlemore Hospital

Mercy Specialist Centre private practice 1994-1998.

Co-Founder of the first breathing pattern disorders clinic in Australasia 1998-

B R E A T H I N G WORKS and the BradCliff® Method 1999.

Post graduate diploma Mind/Body medicine 2013-2014

Meditation Teacher- Mindfulness, Imagery & Contemplation 2016

NZ Allergy Medical Advisory Board

NZ Physiotherapy Society Private Practitioners Business Advisory Group

The BradCliff Method® is a structured research-based physiotherapy assessment and treatment programme for functional breathing pattern disorders. The BradCliff Method® looks at breathing dysfunction as an indicator of physiological and mechanical imbalances and psychological stress in the human body.

www.bradcliff.com.

Published works on breathing dysfunction include:

Books

- Breathe to Succeed (Penguin NZ 1999)
- Breathe Stretch & Move.) co-authored with Dinah Bradley, focusing on work place stress and breathing (Random NZ 2002)
- Breathing Matters co-authored with ENT surgeon, Dr Jim Bartley (Random NZ 2006).
- Dynamic Breathing –managing your asthma co-authored with Dinah Bradley (Random use 2008)

Paper:

- Clifton-Smith T, Rowley, J. (2011). “Breathing pattern disorders and physiotherapy: inspiration for our profession”, Physical Therapy Reviews, 16 (1) p75-86

Book Chapters:

- Recognizing and Treating Breathing Disorders A Multidisciplinary Approach by Leon Chaitow, Christopher Gilbert, Dinah Morrison United Kingdom, 2013 Chapter 7.6 Breathing Pattern Disorders and the Athlete

International Medical Guidelines:

Australian Asthma Guidelines Dysfunctional Breathing Section

Work History

Wellington Hospital Board

February 1988 - November 1988 rotations: medical respiratory work & neurological rehabilitation gym / 2 months sole charge of the neurological rehabilitation gym

Private Physiotherapy

March 1988 - September 1988

Physiotherapist for the National Winners of the "Countrywide Men's Basketball" Exchequer Saints

National Women's Hospital

November 1988 - January 1989 (Locum)

Women's health / Neonatal unit

Auckland Private

February 1989 - June 1989

Sole charge at 3 medical and geriatric hospitals

Wembley Hospital, London

October 1989 - December 1989

Outpatients Department

London Private

January 1990 - September 1990

The Devonshire Clinic

Specializing in Hyperventilation Syndrome/Breathing Pattern disorders & Musculoskeletal--

Middlemore Hospital

April 1991 - July 1991

- Neurology

July 1991 - 1995

Senior Musculoskeletal Outpatients

Coordinator Stress Management and Relaxation Programme/ Chronic Pain Programme

Treatment of Hyperventilation Syndrome patients

Treatment of Musculoskeletal patients

Mercy Specialist Centre

May 1993 - 1998

Treatment of Hyperventilation Syndrome patients/Stress Management/Chronic pain patients

Eden-Epsom Clinic

March 1997 - 1998

Multi-disciplinary pain team x1 day per week

KOS Group (NZ) Ltd

Corporate Health Care x1 day per week

B R E A T H I N G W O R K S-PRIVATE PHYSIOTHERAPY CLINIC

1998-PRESENT

COURSES COMPLETED

Sports Injuries - weekend course Napier 1988

I.E.T.C.

Examination in Anatomy, Physiology, and Massage

After completion of a weeks' course via the National Westminster School of Therapeutic Massage in London

Cyril Lumbar and Cervical Spine Course - 4 days each

London November 1989

A.M.P. Examination in Practical and Theoretical Holistic Massage

February - March 1990

McKenzie Part a - March 1991

The Shoulder - Mark Haslett 1991

National Pain Conference - May 1991

The Shoulder - Orthopedic Conference - September 1991

Conditioning Exercise in Patients with RA and OA

Marion Minor - June 1992

Mobilization of the Nervous System - Michael Shacklock - 27, 28 June 1992

Myofascial Release - Francine St George, 15, 16 August 1992

Physiotherapy Mental Health Workshop - 7 to 11 September 1992

Mulligan Course - 17 to 18 October 1992

Refugee and Torture Survivors - April 1993

Middlemore Hospital Management Course - 1993

N.Z.M.T.A. Weekends 1993

Introduction

Extremity I - Shoulder/Wrist

Extremity II - Hip/Ankle

Extremity III - Elbow/Knee

Clinical Reasoning

N.Z.M.T.A. Weekends 1994

Spinal I Spinal II Spinal III

Biennial Physiotherapy Conference May 1994 "Building Bridges"

N.Z.M.T.A. - examinations - September 1994 Post Graduate Musculoskeletal qualification

"O.O.S" - 1996

International Conference on Pain 1996

I.S.A.R.P. - Respiratory Psycho-physiological Conference 1996- France

I.S.A.R.P. - Respiratory Psycho-physiological Conference 1997-Holland

I.S.A.R.P. - Respiratory Psycho-physiological Conference 1998- New York

I.S.A.R.P. - Respiratory Psycho-physiological Conference 2000-San Diego

I.S.A.R.P. - Respiratory Psycho-physiological Conference 2001- Oxford -U.K

December 2003:

Paul Hodges SCIENCE OF STABILITY: CLINICAL APPLICATIONS TO ASSESSMENT AND TREATMENT OF SEGMENTAL SPINAL STABILIZATION FOR LOW BACK PAIN

November 2004:

International congress of Low back Pain Melbourne

2005

Learning observation with Mark Sylvester—May 2005 –2 Hours

X1 hour conversation to Trevor Montgomery discussing Trunk stability May 2005

2006

P T conference 20-12 may
AMIA14 march,
14 Nov Debbie Fewtrell

2008

CME

Feb: BW in-services Thursday 14th Feb 12.30-2.00

Mar: Talk Energy Medicine – x1 day work shop 8th march

April: Physio conference 19 20 April

June 20th CME BW Vestibular assessment & Treatment BP
PV Ali Odlin

2013-2015

Post Graduate Diploma MindBody Medicine AUT Auckland

2016

Meditation- Mindfulness, Imagery & Contemplation teacher: Gawler institute Australia
teacher x2 week's – 120 hours training

Ballant monthly training x 11 sessions

Connective Tissue course

Sept:19-20 Sept Making sense of pain Prof Peter OSullivan 2016

14 hours

2017

NZ business symposium Oct 27

Ballant monthly training

Asthma Respiratory foundation Nov 23rd

2018

NZPT confèrence 14-16 Sept

Pre course 13 sept

Post 17/18

Ballant monthly training

2019

2020

NZRC Wellington

PHYSIOTHERAPY /Medical
COURSES PRESENTED on Breathing pattern disorders

1991

Stress Management and the Physiotherapist's Role
Middlemore Physiotherapy Staff, September 1991
Hyperventilation Syndrome
Middlemore Physiotherapy Staff, December 1991
Hyperventilation Syndrome Workshop 7-11 September
Hyperventilation Syndrome Lecture
Torture Victims Lecture
Physiotherapy Mental Health Workshop

1992

Hyperventilation Syndrome
Auckland Hospital Physiotherapy Staff, October 1992

1993

Stress Management and Hyperventilation Syndrome
New Zealand Fire Service, March 1993
Hyperventilation Syndrome and the Physiotherapist's Roles
The Cottage Staff, South Auckland, September 1993
Hyperventilation and Torture Victims
Auckland Branch NZ Physiotherapy Society, September 1993

1994

Hyperventilation Syndrome and the Physiotherapist's Role
Psychiatric Day Clinic, Papakura, April 1994
Hyperventilation Lecture and Practical Workshop
Biennial Physiotherapy "Building Bridges" Conference, May 1994

1995-1997

Hyperventilation and Chronic Pain
Auckland Branch - 1995, 1996, 1997
Hyperventilation Syndrome
Palmerston North 1-day work shop 1996
Hyperventilation Syndrome and Chronic Pain
Waikato Branch 1997

1998-2001

Breathing Dysfunctions and musculoskeletal Physiotherapy
Biannual conference May 1998
Biannual conference May 2000
San Diego Oct 2000
Physiotherapy education day 2001
Oxford University U.K 2001

2002

Key note speaker Asthma Australia Conference August 2002

2003

April 1st ProCare CME North Shore- Breathing pattern disorders/Hyperventilation Syndrome
may 7th ProCare CME Central Breathing pattern disorders/Hyperventilation Syndrome
2003-may 8th ProCare CME South Breathing pattern disorders/Hyperventilation Syndrome

June 4th ProCare CME Central Breathing pattern disorders/Hyperventilation Syndrome
6 December 2003 Muscle Symposium AUT Auckland Topic: Physiological and physical implications of poor breathing patterns on muscle.

2004

Breathing Pattern disorders
Biennial Physiotherapy Conference, May
Bay of Plenty Workshop
Breathing Pattern disorders x1 day September 2004
Olympic Physiotherapy CME
Karen Sutton Physiotherapy Group CME

2005

Delivered:
Psych registrars 10 March
Workshop x1 day in **Wellington** to physiotherapists – Breathing Pattern disorders 19 March --
Peer Review for Barbara Guthrie 11-5-2005
CME breathing works staff—x1 hour
Phone education with Stella Harding – Friday 29th July ½ hour
Kirsty Powell physiotherapy group CME 23 June
August Workshop **Gisborne 13th Aug**
Workshop **Ch-Ch** 8th 9th October

2006

HBay 14 October
CME- 18 may, 23 Nov,
16 October Auck br talk

2007

Wanganui Workshop	21.04.2007
Psych Services	22/03/2007
CREW	23.08.2008
GP Registrars	14.07.2007
Health Management, Tauranga	16.05.2007

2008

26 June talk AUT Careers
Breathing therapies for the control of asthma and allergies –Allergy N.Z

2009

BradCliff Method weekend 20-21 June

2010

Pink/ Steel physiotherapy Pilates courses

2011

Pink/ Steel physiotherapy Pilates courses 25 feb
Pink/ Steel physiotherapy Pilates 28 oct 2-3 July Sydney
BradCliff 11-12 June

2012

Pink/ Steel physiotherapy Pilates March 23
March NZ sports conf

2013

Pink/ Steel physiotherapy Pilates courses 6 June
Pink/ Steel physiotherapy Pilates 17 oct Adelaide

2014

BradCliff Method Level 1 Auckland June

2015

Asthma Foundation 11 August
BradCliff Method Level 1 Auckland June

2016

BradCliff Method Level 1 Auckland June
BradCliff Method Level 3 Auckland August
BradCliff Method Level 1 Sydney August

2017

BradCliff Method Level 1 Auckland June
BradCliff Method Level 2 Auckland August 26/27
BradCliff Method Level 1 Melbourne September
Pink/ Steel physiotherapy Pilates course

2018

Pink/ Steel physiotherapy Pilates course
BradCliff Method Level 1 Auckland may
BradCliff Method Level 2 Auckland August
BradCliff Method Level 3 Auckland August

2019

BradCliff Method Level 1 Auckland 18-19 May
BradCliff Method Level 2 Auckland August
BradCliff Method Level 1 Melbourne Australia August
Key note presentation Christchurch Special interest Physio Group
Key note presentation Hawkes Bay Special interest Pinc & Steel Physio Group
Key note Speaker Southern Symposium

2020

BradCliff online 6 weeks course May 18 – 26 June
BradCliff online 6 weeks course 14 September – 23 October
BradCliff Level 2 workshops 14/15th November

Lectures Presented on breathing Pattern Disorders/ Breathing to-NON-Physiotherapist's

2000

11 February Buddle Findlay Adrenalin Limit
24 February- Christchurch Asthma Society
9 March – BIIA Wellington Women's Conference
16 March Whangarei Asthma
24 March BIIA Auckland Women's Conference
5 April N.Z Statistic Department Wellington
27 May N.Z Biannual Physiotherapy Conference
25 June Gals Workshop "Breathe to Succeed"
25 July National Speakers "Breathe to Succeed"
11 August Smith Kline Beecham Hotel divan Auckland "Breathe to Succeed"
6 September Society of Chartered Accountants "Breathe to Succeed"
12 October ISARP San Diego U.S.A "Inspiratory Muscle Training"
27 October Breakfast Lecture Biz Info Papakura
10 November Breakfast NBA group
Sheiff England

2001

23 February Sony N.Z
1 March IIR Shift-workers conference
5 March Hyperventilation Syndrome –special interest group
5 May Course Breathing Pattern disorders
24 May allergy Awareness
29 May Pukekohe Rotary
9 June Pain Conference
21 August Air New Zealand
Physiotherapy education day 2001
Oxford University U.K 2001

2002

August 20th Key note speaker: Breathing Works—Asthma Australia Annual Conference Hobart
Tasmania Australia
September 2nd Live to the xtreme – Rotary Bay of Plenty

2003

April 1st Procure CME
May 3 Breathing and the Art of speech --- workshop
May 7th Procure CME
May 8th Procure CME
May 31st Teleflora seminar
June 4th Procure CME
June 25 Allergy awareness AGM
July 7th Nestle N.Z
July 9th Nestle N.Z

2004

16 March Nestle NZ
5 April TVNZ

14 April TVNZ
 2 July Price WaterhouseCoopers
 July Rheumatoid Arthritis foundation
 October Takapuna Grammar Rowing
 Nov PWC Price WaterhouseCoopers
 17 Nov TVNZ

2005

March workshop for Nokia
 Educational 2 hour presentation to Psychiatry Registrars March 10
 March workshop for Acumen group
 1.5 hour multi –media seminar to G.P registrars – May 4th
 June workshop for Acumen group Wellington
 30 June Burfords
 August workshop for PWC Auckland
 PWC Napier
 September 2nd 6th PWC
 CREW 28 AUG
 Alpers Clinic 29th Aug
 Alliance of girls Schools Annual Conference N.Z

2006

Talk Psychiatrists Registrars 9th March
 PWC talk 21 March, 6 April, 12 April, 8 May, 31 July, 3,4,9,10,17,30 August, 5, 21,22,26 sept,9,16
 October
 House travel 6 sept
 Radio Live Kerry Smith 15 March Breathing Matters
 GP registrars 5 July
 Colmar Brunton 27 the Oct
 Oxygen 2 Nov

2007

ORGANISATION	DATE
Air New Zealand	03/04/2007
St. Dominics	18.06.2007
Bell Gully	15.06.2007
Acumen Group	16/23.08.2007
St. Cuthberts	14.08.2007
Hyundai	14.09.2007
Hornabrook Mcdonald	16.10.2007
Jones Fee	26.10.2007

2008

July 6th - Allergy New Zealand Seminar Series speaker – Breathing Therapies for asthma & allergy

2009

Auckland City Council
University of Auckland
Hyundai

2011

Auckland University
18th June: NZ Dental Expo
Dio 7,8,20,21 sept
Ch-ch chair nz 28 September
Auckland uni 4-5 October

2012

Dio 18th, 19th October

2013

Dio x5
Councilors conference Tauranga
Fletcher Challenge x5

2014

NZ Cricket 29 September

2015

Les Mills August
Southern Cross

2016

Epsom Girls Grammar School 27 July
AUT series Unitec – 24 feb, 11 April
July 27 Auckland Girls Grammar teachers lecture

2017

20-21 May Healthy Food Guide Live Key note speaker
29 July Coeliac Conference key note speaker

2018

ASB bank
Housing NZ
NZ Nurses

2019

ASB bank
Hyundai
Dominion Brewery's

2020

NZ Industrial Psychologists
TVNZ

Clinical Interests

Applied respiratory psychophysiology, biomechanics and physiology in the treatment of anxiety, fatigue, musculoskeletal disorders, health promotion, and respiratory related disorders.
Stress management, physiological patterning in stress related disorders,