

Becoming a Tongue Therapist Myofunctional and Breathing Reeduction Training Program

This is the first introductory program that incorporates live client practice along with the traditional didactic material so you can be confident in your abilities to start implementing these practices with clients right away.

This is a 15-week course designed for dentists, dental hygienists, speech and language pathologists and occupational or physical therapists.



Week by Week Breakdown

Week 1: Intro to Myofunctional Therapy	Live meeting week of Nov 10th, 2025. (Exact day of live meetings to be determined based on cohort voting.) ● Outlining the Basics of Myofunctional Therapy ● Coexisting Conditions Seen in Clients with Poor Oral Function ● <u>Assignment:</u> ○ Review the oral function guidebook that is included with this course. ○ To prepare for your partner myofunctional evaluation practice, take your evaluation photos of yourself and fill out your symptoms and history intake information.
Week 2: Adjuncts to the Myofunctional Therapy Process and The Evaluation Process	Live meeting week of Nov 17th, 2025. (Exact day of live meetings to be determined based on cohort voting.) ● Multidisciplinary Approach: Other Possible Interventions Along with Myofunctional Therapy ● Sleep Disordered Breathing and Sleep Studies ● Discussing the Evaluation Process and What to Look For ● <u>Assignment:</u> ○ Watch the full recorded appointment of a myofunctional evaluation. ○ Send your evaluation materials from last week to your evaluation partner. Schedule a time to meet before week 4.
Week 3: Learning Myofunctional Exercises	Live meeting week of Dec 1st, 2024. (Exact day of live meetings to be determined based on cohort voting.) ● Identifying the Types of Myofunctional Exercises and Reviewing Examples for Each ○ Passive Exercises ○ Active Exercises ■ Lips and face ■ Oral and tongue ■ Chewing and bolus gathering ■ Oral propulsion ■ Dissociation ○ Breathing Exercises ● Understanding Myofunctional Exercise Programming ● <u>Assignment:</u> ○ Meet with your evaluation partner for your practice evaluations. ○ Review full exercise library



BECOMING A Tongue Therapist BECOMING

Week 4: Preparing for Real Client Evaluations Hold First Client Evaluation	TWO live meetings week of Dec 8th, 2025. (Exact day of live meetings to be determined based on cohort voting.) • Deciphering Real Client Evaluation Materials (An adult, a teen and a child) • First Live Client Myofunctional Evaluation • <u>Assignment:</u> ◦ Review findings from real client evaluation and practice programming exercises. ◦ Refresh real client evaluation materials before the next two evaluations.
Week 5: Hold Second Client Evaluation Hold Third Client Evaluation	TWO live meetings week of Dec 15th, 2025 (Exact day of live meetings to be determined based on cohort voting.) • Second Live Client Myofunctional Evaluation • Third Live Client Myofunctional Evaluation • <u>Assignment:</u> ◦ Review findings from the two real client evaluation and practice programming exercises.
Week 6: Determining Recommendations and Programming Exercises for all Three Evaluation Clients +Live Client Practice	Live meeting the week of Dec 29th, 2025 (Exact day of live meeting to be determined based on cohort voting) • Review findings from all three evaluation clients ◦ Set forth recommendations for each client based on those findings • Program potential exercises for each client based on those findings
Week 7: Tethered Oral Tissues and Functional Releases +Live Client Practice	Live meeting the week of Jan 5th, 2026 (Exact day of live meeting to be determined based on cohort voting) • Review Tethered Oral Tissues ◦ Lingual, Labial, and Buccal Frena ◦ Understanding function vs. appearance and how to identify when they are restrictive to functional movement ◦ Discuss the fascial connection of tethered oral tissues ◦ Implications of not treating restrictive frena • Understand the differences in tethered oral tissue procedures; frenuloplasty, frenectomy, frenotomy • Review and understand myofunctional exercise considerations following tethered oral tissue releases • Watch functional frenuloplasty procedure • Bring client on for first session following comprehensive evaluation • <u>Assignment:</u> ◦ Review dental anatomy if needed. Look through guidebook breakdown on different types of orthodontic interventions, appliances and jaw surgeries.
Week 8: Orthodontic and Surgical Considerations +Live Client Practice x2	Live meeting the week of Jan 12th, 2026 (Exact day of live meeting to be determined based on cohort voting) • Review ideal dentofacial development ◦ Importance of wide and forward jaw growth ◦ Ideal dental arch size ◦ Identifying visible queues of suboptimal dentofacial development ◦ Review CBCT scans to see the correlation of dentofacial development and airway size



BECOMING A Tongue Therapist BECOMING

	• Understand surgical and orthodontic interventions for suboptimal dentofacial development ◦ Review when different interventions are indicated ◦ Understand the differences in protocols based on age and sex • Bring 2nd client on for first session following comprehensive evaluation • Bring 3rd client on for first session following comprehensive evaluation • <u>Assignment:</u> ◦ Practice the exercises outlined in your Buteyko Breathing Handbook yourself, then coach a friend or family member through some of the exercises.
Week 9: Buteyko Breathing Principles, Understanding the Power of Changing Our Breathing Patterns +Live Client Practice +Holotropic Session	TWO Live meeting the week of Jan 19th, 2026 (Exact day of live meeting to be determined based on cohort voting) • Review the principles of Buteyko breathing practices ◦ Ideal breathing mechanics ◦ Benefits of slow breathing ◦ Benefits of a high CO2 tolerance • Learn the basic Buteyko breathing exercises • Discuss other types of breathwork, and when they may be indicated. • Bring 1st client on for their second session. • Second meeting for a full holotropic breathwork session
Week 10: Considerations for clients with excessive muscle tension, TMJD +Live Client Practice x2	Live meeting the week of Jan 26th, 2026 (Exact day of live meeting to be determined based on cohort voting) • Identify the muscles of Mastication and their specific roles • Understand the relationship of TMJD and excessive tension to oral function and airway issues ◦ Effects of muscle compensation patterns and how to identify different compensations ◦ Revisit the fascial connection of tethered oral tissues ◦ The relationship of tongue posture, airway and bruxism ◦ Malocclusion or suboptimal dentofacial development • Techniques for alleviating symptoms of TMJD and excessive tension • Bring 2nd client on for their second session. • Bring 3rd client on for their second session. • Second meeting for a full holotropic breathwork session • <u>Assignment:</u> ◦ Practice vagus nerve activation exercises and take notes of any effects that you notice.
Week 11: Nervous System Regulation and its Impacts on Digestion, Sleep, ADHD, Anxiety & Depression +Live Client Practice	Live meeting the week of Feb 2nd, 2026 (Exact day of live meeting to be determined based on cohort voting) • Review the functions of the autonomic nervous system & understand the purposes of the sympathetic and parasympathetic branches • Understand the relationship of breathing, sleep quality and nervous system engagement • Identify the effects and symptoms of excessive sympathetic nervous system engagement ◦ Stress, anxiety, depression, and ADHD symptoms ◦ Digestive issues; bloating, burping, gassiness, irregular bowel movements • Review vagus nerve activation techniques and understand which myofunctional or breathing exercises can help stimulate the vagus nerve. • Bring 1st client on for their third session. • <u>Assignment:</u>



BECOMING A Tongue Therapist BECOMING

	○ Begin working on your Client Report. Find a family member, friend or someone else to evaluate. Over the next few weeks, you will: ■ Complete your evaluation ■ Record your findings from the evaluation and write up your recommendations. ■ Program a potential exercise plan for their needs ■ Locate provider options for your client for any other services that may be needed- Releases, Ortho, Bodywork, etc.
Week 12: Tools That Can Be Used Along With Myofunctional Therapy +Live Client Practice x2	Live meeting the week of Feb 9th, 2026 (Exact day of live meeting to be determined based on cohort voting) ● Review different tools on the market that can be beneficial to the myofunctional therapy process ○ Breathing aides ○ Exercise aides ○ Evaluation aides ● Identify when to supplement with additional tools ● Bring 2nd client on for their third session. ● Bring 3rd client on for their third session ● <u>Assignment:</u> ○ Continue working on your Client Report. Find a family member, friend or someone else to evaluate. Over the next few weeks, you will: ■ Complete your evaluation ■ Record your findings from the evaluation and write up your recommendations. ■ Program a potential exercise plan for their needs ■ Locate provider options for your client for any other services that may be needed- Releases, Ortho, Bodywork, etc.
Week 13: Discussing the Fascial Connection, Postural Impacts and the Benefits of Body Work +Live Client Practice	Live meeting the week of Feb 16th, 2026 (Exact day of live meeting to be determined based on cohort voting) ● Dive deeper into the fascial connections through the body ● Understand the benefits of bodywork and identify when different modalities are indicated ● Review the effects of fascial tension, tethered oral tissues, breathing and oral dysfunction on body posture ● Presentation from bodyworker ● Bring 1st client on for their fourth session ● <u>Assignment:</u> ○ Continue working on your Client Report. Find a family member, friend or someone else to evaluate. Over the next few weeks, you will: ■ Complete your evaluation ■ Record your findings from the evaluation and write up your recommendations. ■ Program a potential exercise plan for their needs ■ Locate provider options for your client for any other services that may be needed- Releases, Ortho, Bodywork, etc.
Week 14: Possibilities for Your Myofunctional Services, Marketing your Services,	Live meeting the week of Feb 23rd, 2026 (Exact day of live meeting to be determined based on cohort voting) ● Review possibilities for working as a myofunctional therapist ○ Incorporating into dental office or current SLP practice ○ Working separately as a myofunctional therapist



BECOMING A Tongue Therapist BECOMING

How to Coordinate with Other Providers +Live Client Practice x2	○ Considerations for DDS's vs. RDH's vs. SLP's ● Marketing your services ● Networking and coordinating with other providers ● Bring 2nd client on for their fourth session ● Bring 3rd client on for their fourth session ● <u>Assignment:</u> ○ Submit your final Client Report
Week 15: Business Logistics for Implementing Myofunctional Therapy Final Class Q and A	Live meeting the week of March 2nd, 2026 (Exact day of live meeting to be determined based on cohort voting) ● Review considerations and logistics for implementing myofunctional therapy ○ In-person vs. Virtual ○ Setting up a business license if needed ○ Supplies for services ○ Setting up pricing and taking payments ○ Working with insurance for SLP's and DDS's ● Final Q and A

Included with course:

- Complete oral function guidebook
- Full myofunctional therapy tool kit
- Intake nasal dilator strip
- MyoMunchee
- REMplenish straw
- Xlear nasal spray
- 5 of the most up to-date books covering topics from breathing to vagus nerve activation to tethered oral tissues

Course requirements:

- Presence and active participation in live meetings
- Submission of meeting recording review for any meetings missed
- Completion of course assignments and projects
- Completion of 100 question multiple choice review at the end of the course

Additional course information

- Live meetings will typically be 2.5 hours every week, but there may be a few weeks that have multiple meeting times.
- This course will have professionals across multiple time zones, voting will be done at the beginning of the course to determine what days/times will work best for the most people. It will be impossible to fit everyone's schedule, so you may have to work around meeting times.
- Access to oral function guidebook and lecture slides will be made available, and physical course materials will be sent, closer to the course start date.
- Upon completion of the course you will receive a "Qualified Tongue Therapist" certificate, you will be placed on The Tongue Therapist Network Directory for clients and professionals to find you, and you will be a part of The Tongue Therapist Study Group to continue collaborating and learning after the course.

Total Course Investment: \$2299 USD paid in full or 3 monthly payments of \$800.

[Find the course here.](#)

