

Beyond Trigger Points Seminars
Cathy Cohen
15224 Chicklet Lane
Fort Myers, FL 33919



Putting your hands to better use

Do you know how to attract clients who will rebook?

For a free introduction, visit www.askcathcohen.com

It's easier than ever to expand your skills...

Beyond Trigger Points Seminars offers online and hands-on continuing education for massage therapists interested in comfortably treating muscular pain and dysfunction. Online lessons allow you to absorb the knowledge at your own rate. Workshops in Fort Myers, Florida let you grasp the knowledge with your hands.

Mastering corrective therapy enables you to...

- Broaden your scope of practice to include treatment of pain and dysfunction
- Use easier techniques such as ice and stretch, trigger point release, postural assessment and myofascial manipulation
- Improve your effectiveness in interdisciplinary medical settings

Instructor

How have I gained the confidence to teach you about muscular pain and dysfunction? Experience yes, but I have also stood on the shoulders of many excellent teachers. From Janet Travell, MD, the leading pioneer in myofascial pain syndromes, I mastered the individual characteristics of each muscle. From George Kousaleos, founder of CORE Structural Integration, I developed effective ways of correcting the primary perpetuating factor for dysfunctional muscles... posture. As a dedicated student of ballroom dance and yoga, I suppose I am a wee bit biased to postural alignment. To me, if alignment is off, there is no joy in moving. For many of our clients, there is no lasting relief from pain until posture is corrected. That's as true for you working around the table as it is for your clients. Currently, I live, practice and teach half the year in Florida and the other half up North.

In today's economy, massage services oriented towards alleviating pain are on the rise. **Beyond Trigger Points Seminars** focuses on improving your ability to assess and treat muscle pain.

Let's face it! The number of potential clients seeing therapists for relaxation massage is shrinking.

As one of my students told me, *"It's not exciting for me to do relaxation work anymore. I call myself a myofascial trigger point therapist and am attracting people who want to get better and then just do maintenance. Improving my ability to assess is a huge thing. Now I don't waste my time."*
JoAnn Rahl, LMT

Do you know enough to confidently treat those who come to you with pain and dysfunction?



I'm Cathy Cohen, veteran practitioner and teacher of myofascial therapy.

It's just become a lot easier for you to master corrective therapy.

For Further Information
239-896-8977
www.beyondtriggerpoints.com
info@cathcohen.com

PRST STD
U.S. Postage
PAID
Ft. Myers, FL
Permit No. 569

Workshop with online lesson-\$425 (25CEUs)

Register for multiple units (workshops with online lessons) for maximum savings

Online lesson only-\$49 (4CEUs)

- Neck & Head
- Legs & Arms
- Low Back and Hip
- Upper Torso & Shoulder

- 4 Units-\$1495 save \$205
- 3 Units-\$1125 save \$150
- 2 Units-\$775 save \$75

- Neck & Head
- Legs & Arms
- Low Back and Hip
- Upper Torso & Shoulder

For repeat participants, a 50% discount is offered-\$212

One-half of tuition is due with registration and the balance payable at the door.

Name _____ Lic # _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____ (Email) _____

Please make check payable to **Beyond Trigger Points Seminars**

Charge my registration to: VISA MasterCard Discover Card # _____ Exp. Date _____

Authorized Signature _____

Send this form to: Beyond Trigger Points Seminars, 15224 Cricket Lane, Fort Myers, FL 33919-8316

CANCELLATION POLICY-Within 24 hours of the workshop date: 80% refund of tuition. We reserve the right to cancel any workshop at any time. If unforeseen circumstances occur and the unit is cancelled, the full registration fee will be returned or applied to a future unit, if desired. We can not be responsible for any charges incurred by the registrant, including lodging and transportation costs.

Beyond Trigger Points Seminars provides four separate units covering all parts of the body. Online lessons can stand alone or be combined with hands-on workshops.*

Tuition for the workshop is \$425 and includes the related online lesson at no cost. Completion of the online lesson is a prerequisite for the related workshop. The hands-on workshops are held in a beautiful resort setting in Fort Myers, Florida. If staying overnight at the resort, consider sharing a suite with a colleague for a substantial discount on lodging. Tuition for one online lesson is \$49 and includes four audio recordings, a complete transcript, a study guide, self correcting quizzes and 4 CE hours.

Neck & Head

Focuses on treatments for headaches, TMJ dysfunction, forward head posture, whiplash and other conditions of the head, neck and face.

- Module 1-Trapezius, Levator & Facial Muscles
- Module 2-Splenius Capitis & Cervicis, Posterior Cervicals & Suboccipitals
- Module 3-Sternocleidomastoid, Digastric, Other Anterior Neck Muscles & Temporalis
- Module 4-Masseter & Medial & Lateral Pterygoids

Workshop: Jan. 22nd-24th, 2010
Friday thru Sunday 9am-5pm

Low Back & Hip

Improves your understanding of acute and chronic low back pain, piriformis syndrome, sacroiliac dysfunction and abdominal and pelvic pain. Emphasizes postural and structural assessment, myofascial and trigger point release techniques, and identifying perpetuating and corrective factors.

- Module 1-Gluteus Maximus & Medius
- Module 2-Quadratus Lumborum & Gluteus Minimus
- Module 3-Piriformis & Iliopsoas
- Module 4-Thoracolumbar Erector Spinae, Serratus Posterior Inferior & Abdominals

Workshop: Mar. 19th-21st, 2010
Friday thru Sunday 9am-5pm

Legs & Arms

Sharpens your skills in assessing myofascial involvement of the lower and upper extremities. Emphasizes carpal tunnel syndrome, tennis elbow, plantar fasciitis, knee problems and more.

- Module 1-Quadriceps, Adductors & Hamstrings
- Module 2-Peroneus Longus & Brevis, Tibialis Anterior, Gastrocnemius & Soleus
- Module 3-Biceps, Brachialis Triceps & Supinator
- Module 4-Forearm Extensors & Flexors

Workshop: Feb. 19th-21st, 2010
Friday thru Sunday 9am-5pm

Upper Torso & Shoulder

Identifies problems of the shoulder joint and thoracic regions. Highlights pain regions of the rotator cuff and thoracic outlet.

- Module 1-Rotator Cuff Muscles
- Module 2-Pectoralis Major & Minor
- Module 3-Latissimus Dorsi, Teres Major, Rhomboids & Serratus Posterior Superior
- Module 4-Deltoids, Serratus Anterior, Scalene, Diaphragm & Intercostals

Workshop: April 16th-18th, 2010
Friday thru Sunday 9am-5pm

**Cathy Cohen is approved by the NCBTMB as a continuing educational provider (#450949-09) and the Florida Board of Massage Therapy (50-302).*