Going Beyond Trigger Points
Low Back & Hip Core Unit
A New Approach to Treating Low Back Pain

Upgrade your skill set to a higher level of professionalism:
Get Next-Gen training to become a Myofascial Trigger Point Therapist

Learn to confidently relieve myofascial pain & dysfunction by treating trigger points

Gain Self-Care Best Practices for improving your own postural wellness & hand comfort

Unique Connect the Dots™ system makes it easy to assess & treat pain conditions

Really retain the skills you gain in the Seminar: 6-week Follow-Up & Enrichment online program included free!

Stand out from a crowded field of competitors as a Myofascial Trigger Point Therapist -- a true health-care professional

Earn NCBTMB approved Continuing Education Credits as you deepen your knowledge & expand your skill-set
LOW BACK & HIP Core Unit Nov 17-18, 2018
2-Days - 16 Live CEUs at Wellspring
Balancing the Neck to Free the Jaw
New Approach to Chronic Low Back Pain

2 Days of In-Depth, Hands-On Training
Led by Master Teacher, Cathy Cohen, LMT

Upgrade your “Therapist’s Toolkit” with new protocols to relieve low back & hip pain & dysfunction

- Design treatment protocols for the 8 most commonly affected muscles causing low back & hip pain
- Upgrade your structural evaluation skills
- Measure & address hip height disparities
- Easily restore a muscle’s normal resting position with an innovative, super-efficient protocol you can apply to any muscle
- Identify the activation & perpetuating factors for common low back pain
- Upgrade your skill set to a new level of professionalism in interdisciplinary medical settings, such as hospitals, Chiropractors’ & Doctors’ clinics, etc.

Apply the 5-Step System to treat low back & hip trigger points

- Easily resolve Psoas/Piriformis dysfunctions with an effective 5-Step treatment protocol
- Locate the documented central & attachment trigger points for 8 muscles
- Teach your clients specific home correctives for low back & hip dysfunction
- Distinguish & treat 3 varieties of sciatica
- Connect the dots between the client’s pain & biomechanical perpetuating factors affecting the gluteus medius, minimus & quadratus lumborum
- Use less effort applying trigger point release, myofascial spreading & stretching techniques
- Gain new assessment tools: identify sacroiliac dysfunction, postural inequalities & Morton’s foot

Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

Nov. 17-18 16 Live CEUs
Wellspring School of Allied Health, KC, MO
Sat & Sun 9:00 am - 6:00 pm
$295 early registration before Oct. 27
16 NCBTMB approved CE hours

REGISTER NOW
BONUS 6 Week Program
Follow-Up Enrichment & Integration Series included at no extra charge

Tired of workshop overload?
Do you forget most of what you learn in a seminar?
Wish you could integrate the new techniques into your daily treatments?
The innovative Going Beyond Trigger Points Seminar structure makes it easy to retain ALL of the tips, knowledge and protocols you learn on the weekend!
In addition to the One- or Two-Day Live On-Site Seminar with Cathy Cohen, you’ll get her online Enrichment Program with 4-6 Weeks of helpful Follow-Up.

You receive access to Cathy’s paced, comprehensive Multi-Media Follow-Up Support for each course you take:
• Audio & Video Refresher Series
• Enrichment Materials
• Client Handouts
• Self-Care Guides

With this reinforcement you’ll find it easier to integrate the new skills you gain during the weekend workshops or One-day Seminars.

“How to stay healthy as you heal others”

Woven into every phase of Going Beyond Trigger Points workshops are Self-Care best practices for correcting your own postural issues & maintaining practitioner wellness and comfort.

“If I could climb on top of the podium, there’s one thing I would holler to my students ‘til I’m hoarse: “For a long and healthy career, take care of yourself first!”’ Cathy Cohen

• Techniques to establish balanced body mechanics
• How to maintain good posture for minimum fatigue
• Self-Care for your precious hands

Cathy provides detailed personal guidance in all these Self-Care areas, along with helpful handouts and follow-up videos to re-enforce your new knowledge and integrate it into your practice.

“Within nine months of expanding my individual practice I was diagnosed with Carpal Tunnel Syndrome and tenosynovitis. I was determined to beat it, and I did. I incorporated the protocols I used myself into my online program, CarpalTunnelCoaching.com. It provides detailed video coaching on hand and wrist health. I share this valuable knowledge and much more with my students in my Beyond Trigger Points Seminars.”

Cathy Cohen
with Cathy Cohen, LMT

More LIVE Seminars in 2019 at Wellspring

Upgrade your Skill-Set & Advance your Career with Connect the Dots® Myofascial Trigger Point Therapy Training

Each Going Beyond Trigger Points Seminar gives you:

1. Thorough Myofascial Trigger Point Training in the area of study
2. Essential Self-Care Protocols
3. Follow-Up Enrichment Program

2-Day Workshops - 16 Live CEUs

FAST-TRACK Intensive:
Hands-on Trigger Point Techniques for the Top 5 Pain Conditions

MAR 30-31, 2019 at Wellspring

Beyond Trigger Points Core Units focus deeply on pain relief for 1 body area

Core Units may be taken in any order
- Head & Neck
- Shoulders & Torso
- Legs & Arms
- Low Back & Pelvis

Taking the entire Connect the Dots® Going Beyond Trigger Points program prepares you to sit for the National Board Examination of Certified Myofascial Trigger Point Therapists.

1-Day Special Events-8 Live CEUs

Get A Grip: A Day of Fingers & Forearms
Relieving Carpal Tunnel Syndrome, Trigger Finger & Texting Thumb pain

Straighten Up!
Correcting neck & shoulder dysfunctions to relieve upper body pain

Treating the Weekend Athlete
Resolving common golf & tennis repetitive motion injuries

Put Your Best Foot Forward
Effective treatments for ankle/foot pain

Connect The Dots System™
Download Course Catalog

Here’s what students say about my Going Beyond Trigger Points Seminars

“Best tools ever for relieving pain -- a real blessing!"

“I have taken all of the Beyond Trigger Points courses with Cathy Cohen. They have been the best tool I have ever learned for my practice. When people come in with different pains in parts of their body, to be able to really target where to work is very helpful! Cathy is an awesome teacher.”

Patti Reed, LMT, Naples, FL

“Cathy is an awesome teacher -- her enthusiasm is contagious”

“At first, I was afraid to deviate from my basic routine, but now I use these techniques in every session. I am a better and more confident therapist. Cathy’s teaching style always encourages students to think, to question, and to speculate. Her enthusiasm is contagious.”

Brian Sorbello, LMT, RN

“Your system is probably the most helpful thing that I have learned as a massage therapist”

“I would like to say your class’s system is probably the most helpful thing that I have learned as a massage therapist. The classes have given me the knowledge to go out and help my patients with pain complaints. All the posture work we do has been an enormous help. If anything, just to keep reinforcing in my mind what I need to do to maintain my own posture.”

Meg Sapp, LMT

Cathy Cohen’s Beyond Trigger Point Seminars, BeyondTriggerPoints.com & CarpalTunnelCoaching.com are approved NCBTMB continuing education programs (#450949 -09) & by Florida Board of Massage Therapy (#50-302).
What are the unique features & benefits of the Going Beyond Trigger Points Connect The Dots System™?

The Going Beyond Trigger Points Connect The Dots System™ is a comprehensive pain therapy system that Massage Therapists can easily apply in their daily practice.

This advanced training program presents the work of Dr. Janet Travell, the originator of myofascial trigger point therapy, in the context of a highly accessible system for effectively resolving your clients’ pain conditions.

Going Beyond Trigger Points Connect The Dots System™ integrates four essential bodies of therapeutic knowledge into one coordinated and easy to use system:

1. **Myofascial Trigger Point Therapy** to relieve pain caused by myofascial trigger points
2. **Advanced myofascial therapeutic massage techniques**, such as cross-fiber friction, longitudinal stripping, myofascial spreading, and cyro-stimulated pain-free stretching
3. **Neuromuscular re-education protocols** to re-train dysfunctional muscular and fascial systems, based on a thorough assessment of the client’s condition, including often-overlooked activating and perpetuating factors
4. **Structural Integration / Postural Realignment / Kinesiological Therapies** to restore overall healthy posture and structural balance

You may have been exposed to the concept of myofascial therapy, and even a superficial introduction to trigger points, in the basic curriculum at your massage school. However, the breadth and depth of knowledge of Myofascial Trigger Point Therapy is rich, deep and vast. It requires time, dedication, and a desire to go beyond routine massage sessions to provide genuine lasting pain relief.

Cathy Cohen, LMT, the developer of the Going Beyond Trigger Points Connect The Dots System™ received extensive training in Trigger Point therapy - over 1,000 hours simply to be qualified as an entry-level Myofascial Trigger Point Therapist.

Cathys’ graduate studies included mentoring by Dr. Travell, certification as a CORE Structural Integration Therapist from George Kousaleos, and advanced training in Myofascial Release™ from John Barnes.

“Going Beyond Trigger Points is truly a graduate-level program. After I mastered the complex technical knowledge of trigger points, I had to find my own path to incorporating this into a do-able therapeutic massage session.”

“Out of that experience I developed my Going Beyond Trigger Points Connect The Dots System™ so that other massage therapists could ‘fast-track’ into becoming qualified Myofascial Pain Therapists. By now, more than 2,500 therapists have taken my seminars and are successfully treating their clients using these techniques.”

“If you want to up-grade your skill-set and evolve into a true health care professional, I’ve created an accessible step-by-step program. I’ll help you every step of the way - and I hope you’ll join me in this great adventure!” Cathy Cohen, LMT, Board Certified Myofascial Pain Therapist, NCBTMB Approved Continuing Education Provider

Feel free to email me: CathyCohen@BeyondTriggerPoints.com  Or call me at: (941) 564-9489

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About Cathy Cohen, LMT
Trigger Point Therapy Master Teacher

Approved National CEU Educator NCBTMB #450949-09
Florida Board of Massage Therapy: #50-302

Cathy Cohen, LMT is a National and Florida approved CEU Provider and Board Certified Myofascial Trigger Point Therapist. She provides live and online massage-therapy continuing education for massage therapists. Her students include many who are new to Trigger Point Therapy, as well as experienced Trigger Point Therapists who seek out her advanced knowledge and coaching.

Cathy has practiced myofascial therapies since the 1980s and has been teaching for over 18 years. She knows how frustrated both clients and therapists can become when dealing with muscular pain. Fortunately her background as a Trigger Point Myotherapist has equipped her with the confidence and skills to assess and treat myofascial pain syndromes.

Cathy’s deep insight into physical balance, structural alignment, and self-care comes through her own long experience in yoga and ballroom dance, as well as through her formal education. Cathy trained with Dr. Janet Travell, the leading pioneer in myofascial pain syndromes and President Kennedy’s White House Physician, and with Nancy Shaw and George Kousaleos (CORE Structural Integration).

In her practice and her teaching, Cathy specializes in resolving chronic musculoskeletal pain and structural alignment issues. Her leading-edge educational program, BeyondTriggerPoints.com, is a resource used by therapists and healthcare providers nationwide. Cathy has personally trained over 2,500 therapists in advanced Trigger Point Therapy protocols.

Cathy developed the in-depth Going Beyond Trigger Points Seminars to provide therapists with the best possible advanced training. The unique Connect the Dots System makes it easier for students to integrate and apply the breadth and depth of Travell and Simons’ Myofascial Trigger Point Therapeutic program.

In addition to giving students a firm foundation in the essentials, she provides specialized advanced training for systematically identifying and addressing the postural and behavioral conditions that perpetuate clients’ dysfunctions and myofascial pain.

“I would like to say your system is probably the most helpful thing I have learned as a massage therapist. The classes have given me the knowledge to go out and help my patients with pain complaints. All the posture work we do has been an enormous help. If anything, just to keep reinforcing in my mind what I need to do to maintain my own posture.”

Meg Sapp, LMT

Her unique Going Beyond Trigger Points Seminars format provides three-courses-in-one for her students:

1. Students get hands-on training in Trigger Point Therapy with abundant personal guidance and individual attention from Cathy over a carefully-paced two days of learning.

2. Students receive thorough training and practice in essential Therapist Self-Care protocols.

3. After the in-person, hands-on Going Beyond Trigger Points Seminar, students receive the six weeks Follow-Up & Enrichment Program with paced, comprehensive Multimedia Reinforcement for each 2 day course you take to ensure retention and integration of the new knowledge and skills.

In 2015 Cathy co-created an innovative online video-coaching program, CarpalTunnelCoaching.com that has helped clients (including many massage and body work therapists!) to systematically resolve their hand and wrist issues.

With her 30 years experience teaching and motivating patients and students in clinical, classroom and online settings, Cathy is deeply dedicated to helping people improve the quality of their lives, and to assisting therapists in caring for their own bodies as they treat others.

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