

Outline

DAY 1 (8 AM – 4:30 PM)

TAI CHI: DEFINITION, HISTORY & RELEVANCE

- What is Tai Chi?
- Benefits of Tai Chi for rehabilitation
 - Increases muscle strength, which supports and protects joints
 - Increases stamina
 - Increases flexibility
 - Helps balance, thereby reducing falls
 - Improves posture/memory/relaxation
- How to motivate to start the road to recovery: choice theory
- Positive psychology

Lab

- Warm-up exercises
- GROUP THERAPY PROGRAM LAB (Yang, Sun, and Chen Style) - Adaptions for knee, joint and balance limitations
- Strategies for increasing strength and balance
- Intro of TCR Eight Forms sequence - essential principles for fall prevention
- Cooling-down exercises

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Occupational Therapists
- Occupational Therapy Assistants
- Exercise Physiologists
- Nursing Home Administrators
- Restorative Team Members
- Personal Trainers
- Activity Professionals

Seminar Schedule

Registration: 7:30 a.m. *(coffee & tea provided)*

Seminar Begins: 8:00 a.m.

Lunch: 1 hour *(on your own)*

Seminar Ends: Day 1 - 4:30 p.m.
Day 2 - 3:30 p.m.

Breaks: 15 minutes *(mid-morning & mid-afternoon)*

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

What to Wear

- Loose, comfortable clothing and flat, supportive shoes suitable for exercise (shoes are required).

Questions? Call customer service at **800-844-8260**

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Clark Christian at cchristian@pesi.com or 715-855-5261.

Hassle-Free Cancellation Policy: If you contact us before the event date, a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**



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The course was the most
useful and applicable of
any CE course I've taken.
- Catherine, OT



I walked away with some real solid
direction on how to implement
the content in my studio. The best
course I've taken in the last 10 years.
- Peter, CSCS



Very useful info that
I will use in my clinic.
Fantastic presentation.
- Michael, PTA

- **Become Certified as a Tai Chi for Rehabilitation instructor** through the Tai Chi for Health Institute
- **Evidence-based treatment** to prevent falls; improve flexibility and balance; enhance muscle strength and the cardiovascular system; recover from injuries or surgeries faster
- **Easily adaptable exercises** for the specific needs of your clients
- **Join a growing, global community** of certified instructors with the Tai Chi for Health Institute

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Tai Chi for Rehabilitation: Instructor Certification Course

In this exclusive 2-day seminar, Ralph Dehner (COTA, CPT) – a Master Trainer in Tai Chi – guides you through the research, benefits, and movements of Tai Chi for Rehabilitation (TCR). Upon completion of the hands-on training, you become a board-certified Tai Chi for Rehabilitation instructor through Dr. Paul Lam’s Tai Chi for Health Institute and join a growing community of Tai Chi instructors around the world. Mr. Dehner equips you with the relevant tools and techniques to incorporate into any patient’s treatment plans. Such a plan reduces the fall risks in your clients, decreases debilitating pain, and leads to improved functional outcomes and goal achievement. Adding this reimbursable therapy to your toolbox will immediately enable you to provide an additional modality to enhance patients’ stability, flexibility, posture, balance, and coordination.

Speaker

RALPH DEHNER, COTA, CPT, is the director and program coordinator of the Mighty Vine Wellness Club, a nonprofit wellness center serving the mental health community. As a Certified Occupational Therapy Assistant (COTA) and a Certified Personal Trainer (CPT), his clinical experience includes rehabilitation and injury prevention through behavior modification, exercise, work simplification, and functional activity. Mr. Dehner started studying internal martial arts in the early 1970s and is a Certified Master/Trainer for Dr. Paul Lam’s Tai Chi for health programs in the USA. In addition, he is certified as an instructor for such courses as Tai Chi for Arthritis and Fall Prevention, Tai Chi for Diabetes, Tai Chi for Osteoporosis, Tai Chi for Back Pain, and Tai Chi for Balance. Mr. Dehner has taught both Qi Gong and Tai Chi in hospitals, cancer centers, nursing homes, senior centers, integrative medicine centers, and mental health facilities. In conjunction with his vast experience, he has presented several conferences, such as the National Autism Conference, Ehlers-Danlos Syndrome Conference, the Inaugural International Tai Chi for Health Conference (Seoul, So. Korea). Mr. Dehner is also an experienced program developer who has produced and presented training courses on such topics as fall prevention, Tai Chi for OTs, and integrative medicine in mental health. He received his BS in holistic studies with a concentration in wellness management from Union Institute and University. Mr. Dehner is a member of the American Occupational Therapy Association, American Council on Exercise, International Association of Reiki, and Tai Chi for Health Community of America.

Speaker Disclosures:
Financial: Ralph Dehner has an employment relationship with Mighty Vine Wellness Club. He receives a speaking honorarium from PESI, Inc.
Non-financial: Ralph Dehner is a member of the American Occupational Therapy Association; the American Council on Exercise; International Association of Reiki; and Tai Chi for Health Community of America.

Objectives

- Utilize safety precautions for Tai Chi when teaching others
- Apply the Stepwise Progressive Teaching Method during treatment
- Teach the movement, body, and internal principles of Tai Chi for effective progress
- Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits
- Practice the dan tien breathing method to promote relaxation
- Utilize weight transference techniques to improve balance
- Apply situational focus in Tai Chi practice,encouraging mental alertness
- Demonstrate the Chen, Yang, and Sun style of Tai Chi with application of lab
- Teach modifications for participants of different movement abilities
- Define the international fall reduction statistics directly related to Tai Chi programs
- Independently apply the basic styles of Chen, Yang, and Sun style of Tai Chi by the end of the course to strengthen clients’ flexibility, core, and balance
- Demonstrate the various Tai Chi movements into a seated position to be used for non-ambulatory patients
- Develop practices of incorporating Tai Chi into real life situations for fall prevention

To be certified, you must prove safe and independent performance of the routine by the end of the workshop.



“Mr. Dehner has contributed significantly to many people’s health and wellness through his work as a Master Trainer of the Tai Chi for Health programs.”
Dr. Paul Lam

RELATED PRODUCTS [Save by including with your seminar registration]



Tai Chi for Arthritis & Fall Prevention Handbook
By Dr. Paul Lam

The Tai Chi for Arthritis program outlined in this informative handbook has helped millions of people - both with and without arthritis - to find relief from pain, improved balance and health, and a better quality of life within a short time. This handbook pairs perfectly alongside Dr Lam’s Tai Chi for Arthritis DVD, and will empower learners to improve their health and wellness.



Tai Chi for Arthritis: 12 Lessons DVD
By Dr. Paul Lam

Reduce the suffering of your patients who have arthritis. Tai Chi expert Dr. Paul Lam guides you through the 12 movements that will result in pain relief and improved quality of life. Supported by both the Arthritis Foundation and the Center for Disease Control, this DVD is an important component of arthritis treatment.



Treating Chronic Pain
Pill-Free Approaches to Move People From Hurt To Hope

By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH

The best treatment for chronic pain isn’t found in a doctor’s office or pharmacy-it’s in the therapist’s office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.



RETHiNK Card Deck Mindful Conversation Starters
56 Questions to Encourage Compassion, Shift Perspective & Build Connection
By Theo Koffler, Mindfulness Without Borders

Whether you’re at home, in the classroom, or running a clinical practice, these conversation cards are meant to get people thinking and talking about who they are, what they like, and how they interact with the world around them.
Each question targets different skills and areas of life, but all the questions have one primary purpose: to get you discussing the important fundamentals of an emotionally balanced, mindful and compassionate way of living.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only.
After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times.
NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ATHLETIC TRAINERS: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 13 hours of Category A continuing education.

EXERCISE PHYSIOLOGISTS: ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

PERSONAL TRAINERS: This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

NURSING HOME ADMINISTRATORS: This program has been submitted (but not yet approved) for 13 continuing education clock hours and 13 participant hours from NAB/NCERS. Call our customer service department at 1-800-843-7763 for further information.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 13 contact hours or 1.3 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 13 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

MARYLAND PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

VIRGINIA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

OTHER PROFESSIONS: This activity qualifies for 780 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

How to Register

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53

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54

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