

Outline

DAY 1

THE IMPORTANCE OF BIOPSYCHOSOCIAL INTERVENTIONS IN HEALTHCARE

- Letting the evidence speak for itself
- The dangers of a strictly biomedical approach
- Addressing more than the pain – addressing the client's body, mind, emotions, and spiritual connectedness

WHAT IS TAI CHI & QIGONG

- Looking at the evidence
- How this model can comprehensively treat the client
- How to utilize this method in various clinical settings

DEMONSTRATION OF INTERVENTIONS

- 15 Qigong exercise strategies for developing a relaxed state of readiness to prevent and recover from injury
- 4 Tai Chi movements and physiological adaptations to manage physical and emotional stress
- 15 Qigong exercise strategies for improving flexibility and dynamic balance to prevent falls
- 3 Tai Chi movements for improving physical and emotional performance
- 15 Qigong exercises for enhancing upper and lower body functional movement and strength
- 8 Tai Chi movements and physiological adaptations for improving performance

ANCIENT ALTERNATIVE INTERVENTIONS

- Gua Sha
- Tui Na
- Acupressure (Tao-Well version)
- Cupping

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Exercise Physiologists
- Massage Therapists
- Social Workers
- Counselors
- Activity Professionals

DAY 2

TAKE HOME SOLUTIONS

- Safely review all Tai Chi and Qigong exercises
- When the student becomes the instructor: how to empower your clients toward change
- Why safety is important: teaching and practicing principles of Tai Chi and Qigong safely

WHEN, WHERE, AND HOW TO UTILIZE TAI CHI AND QIGONG METHODS

- Case studies of various rehab settings
 - Orthopedics
 - Geriatrics
 - Pediatrics
 - Oncology
- How to enhance your reimbursement using CPT codes
 - Real life scenarios

BECOMING CERTIFIED

- Written and practical certification examination to show you can safely utilize both Tai Chi and Qigong for a variety of settings and situations to receive Level 1: Mind-Body-Movement Specialist Certification



What to Bring/Wear

- Please wear comfortable clothing and shoes suitable for exercise
- If possible, bring 2-inch tubular stockinette and 3 tennis balls

Live Seminar Schedule

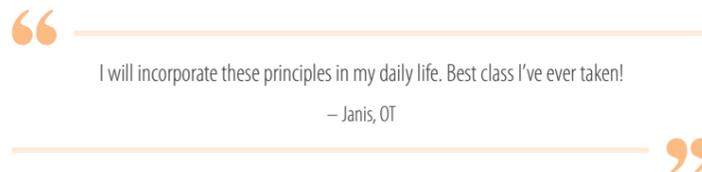
7:30: Registration/Morning Coffee & Tea

8:00: Program begins

Lunch: 1 hour (on your own)

3:30: Program ends

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.



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2-Day Experiential Workshop Mind-Body-Movement Specialist Certification

Use Tai Chi & Qigong to Decrease Pain, Build
Strength & Improve Functional Movement

Phoenix, AZ
January 17-18, 2019

Albuquerque, NM
January 19-20, 2019

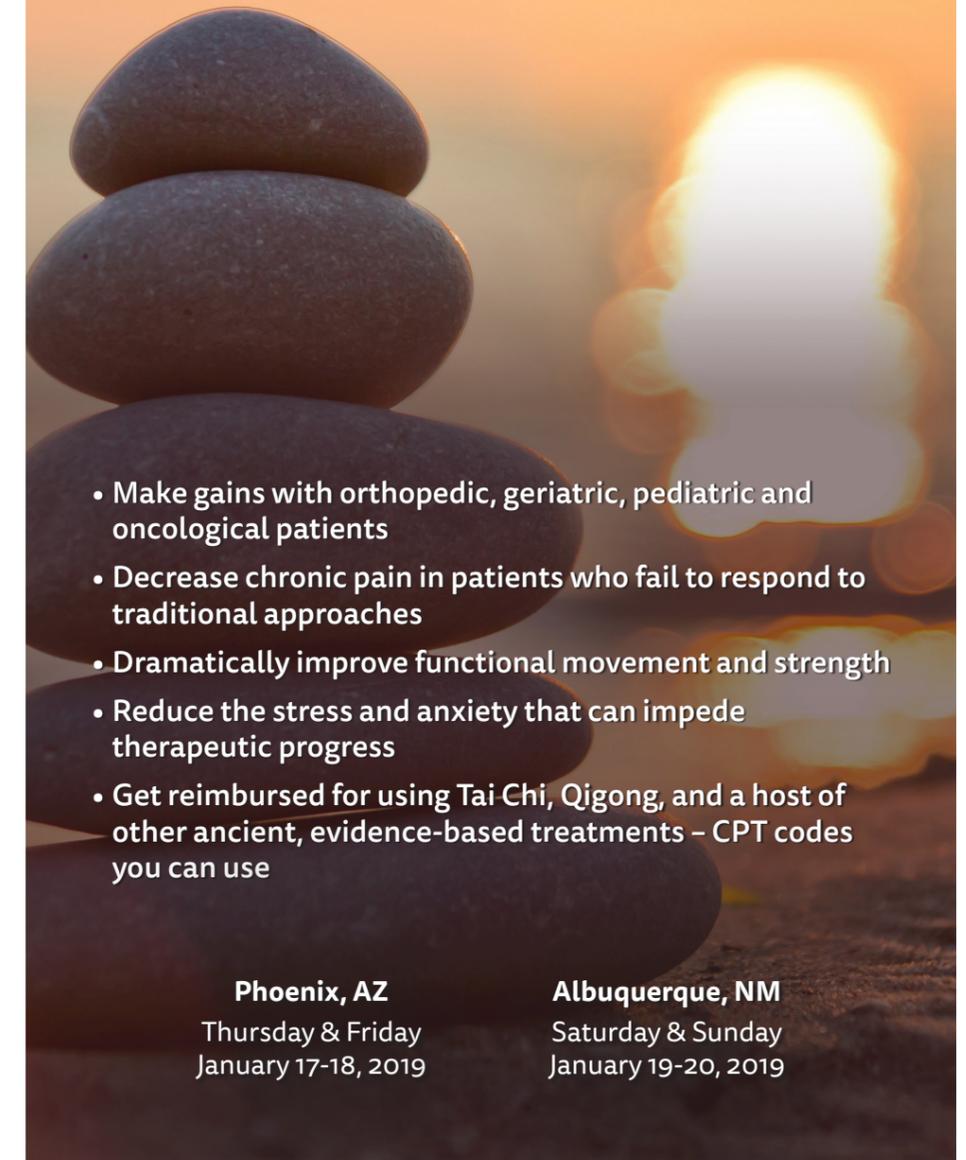
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2-Day Experiential Workshop Mind-Body-Movement Specialist Certification

Use Tai Chi & Qigong to Decrease Pain,
Build Strength & Improve Functional Movement



- Make gains with orthopedic, geriatric, pediatric and oncological patients
- Decrease chronic pain in patients who fail to respond to traditional approaches
- Dramatically improve functional movement and strength
- Reduce the stress and anxiety that can impede therapeutic progress
- Get reimbursed for using Tai Chi, Qigong, and a host of other ancient, evidence-based treatments – CPT codes you can use

Phoenix, AZ
Thursday & Friday
January 17-18, 2019

Albuquerque, NM
Saturday & Sunday
January 19-20, 2019



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979



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.

2-Day Experiential Workshop Mind-Body-Movement Specialist Certification

You work hard to bring healing to your patients. Bringing an end to pain and restoring movement, strength, dignity, and independence. With the right skills and tools, your work can have life-changing impacts on those you serve.

But many patients fail to respond to traditional biomedical approaches that ignore the stress and social influences that can hinder therapeutic progress. And with a short amount of time in session, you worry that the "homework" you give your patients can seem tedious, unappealing, and ultimately fail to encourage them to commit to your treatment plan.

Attend this 2-day workshop and discover how to breakthrough these barriers and improve treatment sessions using the time-tested methods of Tai Chi and Qigong.

In just 2 days, become a certified Mind-Body Movement Specialist to revolutionize your treatment methods, regardless of where you practice. These ancient methods have been proven to reduce chronic pain and emotional stress, which can dramatically improve a client's self-efficacy during and after therapy. In addition, these movements can help you reduce the risk of falls and dramatically improve functional movement. Best of all – get reimbursed using this comprehensive, mind-body method.

Don't miss out – this certification is a must-have for any clinician looking to boost results.

Speaker



JOHN BURNS DPT, MPT, MSOM, Dipl-Ac, is a nationally-recognized instructor of both Tai Chi and Qigong. For the past 30 years, he has explored the mind-body connection within the healthcare setting and created exercises and therapies to address it. Dr. Burns provides instruction of mind-body exercises in community and rehab settings, psychiatric hospitals, and to physical therapy students at Marquette University. In addition, he teaches students about oriental medicine at the Midwest College of Oriental Medicine. His seminars blend the most current evidence and his experience with a teaching style that reflects his passion and conviction to improve upon the health of people of all ages and abilities. He is the founding director of the Academy of Mind-Body-Movement and the Tao F.I.T. Center of Health Fitness and Wellness. Dr. Burns is also the clinical coordinator of acupuncture and mind-body exercises at Aurora Health Care. He holds a Doctor of physical therapy degree from the University of Colorado Medical School and a Master of Science in oriental medicine degree from the Midwest College of Oriental Medicine. With his extensive knowledge and experience in both Western and Eastern medicine, he developed this program to help empower you in your continued efforts to provide optimal client-centered care.

Speaker Disclosures:

Financial: John Burns has an employment relationship with Aurora Health Care. He is a faculty member at Marquette University; and Midwest College of Oriental Medicine Dr. Burns has received a United State Patent for a fitness and rehab apparatus. He receives a speaking honorarium from PESI, Inc.

Non-financial: John Burns has no relevant non-financial relationship to disclose.

Objectives

- Analyze the evidence behind the need for a biopsychosocial model of healthcare
- Review the research of utilizing Tai Chi and Qigong within a variety of clinical settings
- Demonstrate 30 Qigong movements for improving flexibility and dynamic balance to prevent the risk of falls
- Demonstrate 15 Tai Chi movements for improving upper and lower body functional movement and strength
- Examine the use of other ancient exercises such as Gua Sha, Tui Na, Acupressure, and cupping
- Demonstrate the ability to safely utilize both Tai Chi and Qigong for rehab, fitness, and athletic performance to review the Level 1 Mind-Body-Movement Specialist Certification
- Utilize weight transference techniques to improve balance
- Apply situational focus in Tai Chi practice, encouraging mental alertness
- Teach modifications for participants of different movement abilities
- Define the international fall reduction statistics directly related to Tai Chi programs
- Develop practices of incorporating Tai Chi into real life situations for fall prevention
- Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits

“After 1 day of exercise with Dr. Burns, my arthritic knees and feet increased in movement with no increased pain. I'm a believer!”
—Trudy, OTA



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

RELATED PRODUCTS [Save by including with your seminar registration]



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By Mary Nurriestearns, MSW, LCSW, RYT

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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 12.0 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.

COUNSELORS: This intermediate activity consists of 12.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

ARIZONA COUNSELORS: This intermediate activity consists of 12.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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.**

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.0 contact hours or 1.2 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.



NEW MEXICO OCCUPATIONAL THERAPISTS: This course has been submitted to the State of New Mexico Board of Examiners for Occupational Therapists for review. Credit is pending.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 12.0 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.

ARIZONA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:

This program has been submitted to the Arizona Physical Therapy Association for review.

NEW MEXICO PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to The New Mexico Chapter of the American Physical Therapy Association for review.

SOCIAL WORKERS: This intermediate self-study activity consists of 12.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

OTHER PROFESSIONS: This activity qualifies for 760 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.



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January 19-20, 2019

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** 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.

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/students or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.

How to Register

2-DAY EXPERIENTIAL WORKSHOP MIND-BODY-MOVEMENT SPECIALIST CERTIFICATION
Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

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1 Please complete entire form (to notify you of seminar changes):
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2 Check location: (make copy of locations)

3 Check tuition:

TUITION with seminar manual

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- per person for 2 or more preregistering together —OR—
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See below for individual product orders

2-Day Experiential Workshop Mind-Body-Movement Specialist Certification

___ **\$16.99*** *Daily Meditations for Healing and Happiness: 52 Card Deck* (PUB084265)

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