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No

Tai Chi experience needed!

The Art of Living

Retreat Cente

Boone,

North Carolina

August 15

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Become a Tai Chi for Rehabilitation instructor through Dr. Paul Lam's Tai Chi for Health Institu & Earn up to 15.5 CE Hours!

800-554-9775 ) Box 1000 J. Claire, WI 54702-1000

FAX

Guarantee

COME

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Choose the easiest registration method for

800-844-8260

# TAI CHI FOR HEALTH AND WELLNESS RETREAT

Discover deep rest and rejuvenation in a pristine natural setting in the Blue Ridge Mountains of Boone, North Carolina. In 4 days at the beautiful Art of Living Retreat Center, you'll be eligible to become a certified Tai Chi for Rehabilitation Instructor.

Some of your patients need more than traditional therapy. Yet you still need to use evidence-based practices to be reimbursed for your care. This is your chance to get away, and immerse yourself in the proven effectiveness of Tai Chi!

Tai Chi combines low-impact and adaptable exercises you can easily use safely with patients. The practice puts profound emphasis on breathing, relaxing, and focusing the mind in specific postures. A variety of benefits include:

- Improve flexibility and balance
- Reduce stress and anxiety
- Strengthen cardiovascular system
- Decrease chronic pain
- Recover from injuries and surgeries faster

Master Trainer in Tai Chi, Ralph Dehner, COTA, CPT, will personally quide you step-by-step through each movement of Tai Chi for Rehabilitation (TCR). By learning these specialized movements, you will be able to teach your patients an enjoyable exercise without the use of equipment. Ralph will equip you with relevant tools and techniques to incorporate into any patient's treatment plans.

Don't miss out on this opportunity to become certified and add this reimbursable therapy to your toolbox. The retreat is organized with plenty of down time for rest, rejuvenation and relaxation. You will leave this retreat feeling restored, revitalized and ready to return to your deeply meaningful work.

### RETREAT HIGHLIGHTS

- Shankara Ayurveda Spa
- Nature Walks & Hiking
- Labyrinth
- Pottery Studio
- 380-acre setting in the peaceful Blue Ridge Mountains
- Plant-based dining
- Incredible landscapes



No Tai Chi experience needed!

Limited availability! Register today at pesirehab.com/express/70594

# Facilitator

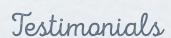
RALPH DEHNER, COTA, CPT, after 17 years as the director and program coordinator of the Mighty Vine Wellness Club, a nonprofit wellness center serving the mental health community, has stepped into a consultant's role. As a Certified Occupational Therapy Assistant (COTA) and a Certified Personal Trainer (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 Rehabilitation, Tai Chi for Arthritis and Fall Prevention, and Tai Chi for Diabetes.

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 and 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

Financial: Ralph Dehner has an employment relationship with Mighty Vine Wellness Club. He receives a speaking honorarium from PFSI. 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



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

-Catherine, OT -

\*\*\*\*

Very useful info that I will use in my clinic. Fantastic presentation.

-Michael, PTA



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 -

PESI sponsored retreat located at The Art of Living Retreat Center, Boone, North Carolina



# Retreat Content

# 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

### TAI CHI: TEACHING SAFELY LAB

- Warm-up exercise
- Deepening your understanding of the Tai Chi movements through the essential principles
  improving upper body/lower body coordination, center of gravity awareness to improve balance
- Seated Tai Chi for the non-ambulatory patient
- Cooling-down exercise

### **HOW TO TEACH EFFECTIVELY**

- Overview
- Role play the Stepwise Progression teaching method
- Precautions and modifications
- Taking it to the street community classes

### **Retreat Location**

The Art of Living Retreat Center 639 Whispering Hills Road Boone, NC 28607

800-392-6870

www.artoflivingreatreatcenter.org

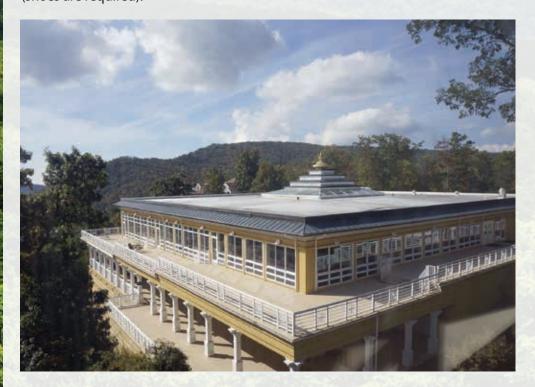
# Learning Outcomes

- 1. Analyze the history of Tai Chi principles and practices.
- 2. Explain the relevancy of Tai Chi in the rehab clinical setting.
- . Articulate the link between chronic arthritis pain and fall risk.
- 4. Utilize safety precautions for Tai Chi in rehab.
- Apply the Stepwise Progression Teaching Method during treatment.
- 5. Teach the movement, body, and internal principles of Tai Chi for effective progress.
- 7. Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits.
- 8. Practice the dan tien breathing method to promote relaxation.
- 9. Utilize weight transference techniques to improve balance.
- 10. Apply situational focus in Tai Chi practice, encouraging mental alertness.
- 11. Demonstrate the Chen, Yang, and Sun style of Tai Chi with application of lab.
- 12. Teach modifications for participants of different movement abilities.
- 13. Practice Tai Chi adaptations for arthritis and fall prevention.
- 14. Define the international fall reduction statistics directly related to Tai Chi programs.
- 15. Independently apply the basic styles of Chen, Yang, and Sun style of Tai Chi by the end of the course to strengthen patients' flexibility, core, and balance.
- 16. Demonstrate the various Tai Chi movements into a seated position to be used for non-ambulatory patients.
- 17. Develop practices of incorporating Tai Chi into real life situations for fall prevention.

For cancellation policy and FAQ go to: pesirehab.com/express/70594

### What to Wear:

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



## Retreat Schedule

#### Thursday, August 15, 2019

3:00–4:30pm Check in

4:30–6:00pm Introduction/Educational Session\*

6:00–7:00pm Dinner

7:00–7:20pm AOLRC Orientation

7:30–8:30pm Educational Session/Lab & Experiential\*

#### Friday-Saturday, August 16-17, 2019

6:30–7:30am Morning Activity (Optional)

7:30-9:00am Breakfast

9:30am-12:00pm Educational Session/Tai Chi Instruction\*

12:00–1:30pm Lunch

1:30–4pm Educational Session/Tai Chi Practice\*

4:15–6:00pm Individual Activity/Free Time

6:00-7:30pm Dinner

### Sunday, August 18, 2019

6:30–7:30am Morning Activity (Optional)

7:30–9:00am Breakfast

9:30am-10:30pm Tai Chi Warmup\*

10:30am–12:30pm Educational Session/Tai Chi Closing\*

12:30–1:30pm Lunch & Conclusion

Optional FREE Activities Provided by the Retreat Center:

7:30-8:30am Yoga (Sat only)

4:15–5:15pm Yoga 5:30–6:00pm Meditation

7:30–8:15pm Meditative Chant Kirtan

8:15–9:30pm Fire Circle (Sat only)

\*CE is awarded during these specified times

# Tai Chi Instructor Certification

Upon completion of the digital pre-study course, the hands-on training, and demonstration of safe and independent performance of the routine by the end of the retreat – you'll be eligible to become a certified Tai Chi for Rehabilitation instructor through Dr. Paul Lam's Tai Chi for Health Institute. Join a growing community of Tai Chi instructors around the world!





### **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 complet the seminar evoluation and allow attendees to print, email or download a certificate of completion if in full attendance to 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" on this brochure 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 800-844-8206 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's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherap 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 15.5 hours of Category A continuing education.



**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 15.5 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.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 15.5 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERA-

PY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 15.5 contact hours or 1.55 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 15.5 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.

NORTH CAROLINA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:

PESI, Inc. is an approved provider with the Illinois Division of Professional Regulation, Provider Number: 216-000071. This intermediate course is approved by the North Carolina Board of Physical Therapy Examiners by virtue of PESI Inc. approved provider status with the Illinois Division of Professional Regulation. This course qualifies for 15.5 continuing education hours. PLEASE BRING YOUR LICENSE NUMBER WITH YOU TO THE PROGRAM.

**OTHER PROFESSIONS:** This activity qualifies for 930 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.

#### **Target Audience:**

Physical Therapists • Physical Therapist Assistants • Athletic Trainers Occupational Therapists • Occupational Therapy Assistants Exercise Physiologists • Nurses • Nurse Practitioners Personal Trainers • Activity Professionals

For additional information: pesirehab.com/express/70594