

## 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

**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](mailto: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. **Advanced online registration required.**



### DAY 2 (8 AM – 3:30 PM)

#### TAI CHI: TEACHING SAFELY

#### Lab

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

#### HOW TO TEACH EFFECTIVELY

- Overview
- Role play the Stepwise Progressing teaching method
- Precautions and modifications
- Take it to the street – community classes

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**Become a board-certified Tai Chi for Rehabilitation instructor through the Tai Chi for Health Institute and get 13 hours of CE in this 2-day, hands-on course.**

# 2-DAY TAI CHI FOR REHABILITATION

## Instructor Certification Course

➔ **FREE DIGITAL RESOURCE** ➔

**Des Moines, IA**  
Thursday & Friday  
June 27-28, 2019

**Omaha, NE**  
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# 2-DAY TAI CHI FOR REHABILITATION

## Instructor Certification Course

➔ **FREE DIGITAL RESOURCE** ➔



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, Patricia Lawson – 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. Ms. Lawson 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

**Jocelyn Simpson** is a Master Trainer and Board-Certified Instructor for the Dr. Paul Lam Tai Chi for Health Institute (TCHI), a nonprofit corporation based in Sydney, Australia. Ms. Simpson also serves as Secretary of the TCHI governing board. Currently, she offers instructor qualification workshops in 6 TCHI programs, including Tai Chi for Arthritis, Tai Chi for Arthritis for Fall Prevention, Tai Chi for Diabetes and Seated Tai Chi for Arthritis, and is Board-Certified in 9 programs including Tai Chi for Back Pain, Tai Chi for Rehabilitation, and Tai Chi for Osteoporosis. She is a certified Pilates instructor with over 1000 hours of formal training with a specialty certificate in pre/postnatal Pilates (trained personally with Carolyne Anthony). She has taught Tai Chi for Health programs in a variety of settings including physical therapy clinics, assisted living facilities, community centers, senior centers, specialized rehab/fitness centers, and Pilates studios. Ms. Simpson has served on the Programs Committee and Walk for a Cure Committee with the Arthritis Foundation and has presented in various capacities for that organization as well as the Fall Prevention Coalition and State of Georgia Department of Human Services, Division of Aging Services. She works closely with the latter in bringing evidence-based Tai Chi programs to all counties of the state of Georgia, working with regional Area Agencies on Aging and other organizations.

### Speaker Disclosures:

Financial: Jocelyn Simpson is a master trainer for the Tai Chi for Health Institute. She receives a speaking honorarium from PESI, Inc. Non-financial: Jocelyn Simpson is a member of the Tai Chi for Health Institute.

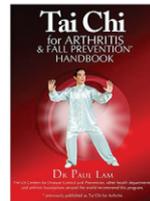
## Objectives

- 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.



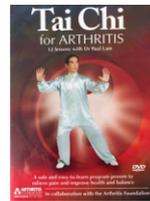
## RELATED PRODUCTS [ Save by including with your seminar registration ]



### Tai Chi for Arthritis & Fall Prevention Handbook

By Dr. Paul Lam

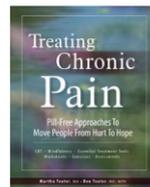
The Tai Chi for Arthritis program outlined in this informative handbook has helped millions of people - both with and without arthritis - to find relief from pain, improved balance and health, and a better quality of life within a short time. This handbook pairs perfectly alongside Dr Lam's Tai Chi for 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" 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](mailto: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 profession's 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 13.0 hours of Category A continuing education.



**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 10 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 approved by the National Academy of Sports Medicine (NASM-BOC) for 13.0 CEUs. PESI, Inc. Provider Number is 544.

**NURSING HOME ADMINISTRATORS:** This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 13.0 clock hours and 13.0 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 13.0 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 13.0 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.

**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

2-DAY TAI CHI FOR REHABILITATION: INSTRUCTOR CERTIFICATION COURSE  
Questions? Visit [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs), or call 800-844-8260

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### 2 Check location: (make copy of locations)

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### Register now!

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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. **Advanced online registration required.**

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesirehab.com/coord](http://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/faqs](http://www.pesirehab.com/faqs) or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.

**1 Please complete entire form** (to notify you of seminar changes):  
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\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

### 3 Check tuition:

**TUITION with seminar manual & FREE DIGITAL RESOURCE**

**\$409.99** early registration\*

\*postmarked 3 weeks prior to seminar date

**\$429.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—Free Shipping!

**\$9.95\*** *Tai Chi for Arthritis & Fall Prevention Handbook*

**\$29.95\*** *Tai Chi for Arthritis* DVD

**\$24.99\*** *Treating Chronic Pain* book

**\$16.99\*** *RETHiNK Card Deck Mindful Conversation Starters* card deck

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

### 4 Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID.**  
Purchase orders welcome (attach copy).

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**CAN'T ATTEND THE SEMINAR?**  
See below for individual product orders

\_\_\_\_ **\$9.95\*** *Tai Chi for Arthritis & Fall Prevention Handbook*  
(SAM085585)

\_\_\_\_ **\$29.95\*** *Tai Chi for Arthritis* DVD (ZNV085605)

\_\_\_\_ **\$24.99\*** *Treating Chronic Pain* book (PUB085190)

\_\_\_\_ **\$16.99\*** *RETHiNK Card Deck Mindful Conversation Starters*  
card deck (PUB085205)

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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