

# 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

## 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

## 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.

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](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.**

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2-DAY  
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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

Des Moines, IA  
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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.

**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 Carolyn 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.

- 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 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.

TABLE 1. *Estimated 2.5 "D" and 10 "D" Values*



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.

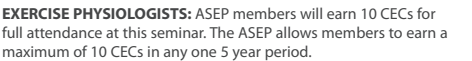
Reduce the suffering of your patients who have arthritis. Tai Chi expert Dr. Paul Lam guides you through the 12 movements that will result in pain relief and improved quality of life. Supported by both the Arthritis Foundation and the Center for Disease Control, this DVD is an important component of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

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.

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.

**PERSONAL TRAINERS:** This course has been approved by the National Academy of Sports Medicine (NASM-BCEP).

**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.



**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.

**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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• **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.*

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

\*American Express: 4-digit # above account # on face of card.)

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

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

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*Shipping	_____
<b>Subtotal</b>	<b>Subtotal</b>
**Tax	_____
<b>TOTAL</b>	<b>TOTAL</b>