



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.

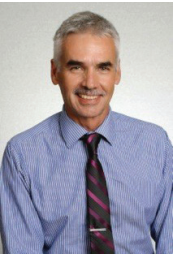
But many patients fail to respond to traditional biomedical approaches that ignore the stress and social influences that can hinder therapeutic progress. And with a short amount of time in session, you worry that the “homework” you give your patients can seem tedious, unappealing, and ultimately fail 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, revolutionize your treatment methods, regardless of where you practice. These ancient methods of mind-body exercise 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 hands-on certificate training is a must-have for any clinician looking to boost results by embracing the mind-body model of healthcare. Sign up today!

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 currently 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.

RELATED PRODUCTS [Save by including with your seminar registration]

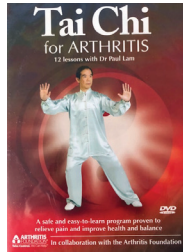


Daily Meditations for Healing and Happiness

52 Card Deck

By Mary Nurriestearns, MSW, LCSW, RYT

Transform your life with meditations for healing and happiness. This unique card deck gives you 52 simple meditations to connect you to the present moment, cultivate happiness, take loving care of your emotions, enhance your wellbeing, and develop gratitude. Select a card each day for a relaxing and renewing meditation.



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.

Questions?

Call customer service at 800-844-8260

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



Seminar on DVD Package:

You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 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.

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2-Day Certificate Training

Tai Chi & Qigong for Rehab, Wellness & Prevention



Yonkers, NY

August 15-16, 2019

Live Video Webcast

August 15-16, 2019

Manhattan, NY

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2-Day Certificate Training

Tai Chi & Qigong for Rehab, Wellness & Prevention



This class was a
life-changing experience!

– Pauline, PT



After 1 day of exercise with Dr. Burns, my arthritic knees
and feet increased in movement with no increased pain!

– Trudy, OTA

- Evidence-based treatments to improve flexibility and balance, thereby preventing falls and re-injury
- Decrease emotional stress and chronic pain
- Easily adaptable exercises for the specific needs of your patients
- Dramatically improve functional movement and strength
- Reimbursable exercises – CPT codes you can use tomorrow



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

THE IMPORTANCE OF MIND-BODY INTERVENTIONS IN HEALTHCARE

- The dangers of a strictly biomedical approach
- Problem of pain management, opioids, and mental health crisis
- Addressing more than the pain – addressing the client's body, mind, emotions, and spiritual connectedness
- Review the research on mind-body interventions
- How to improve and motivate patients being more active in their rehab, wellness and prevention goals
- Aligning Tai Chi and Qigong with Dialectical Behavioral Therapy (DBT), mindfulness and distress tolerance

WHY YOU SHOULD IMPLEMENT 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 MOVEMENTS TO IMPROVE VARIOUS DYSFUNCTIONS - LAB

- Tai Chi & Qigong warm-up
 - Rhythmic movements to elicit a therapeutic dopamine response, graded weight shifting and proximal to distal muscle recruitment
- Qigong to improve upper body functional strength, flexibility and ROM
- Qigong to improve lower body functional strength, flexibility and ROM
- Qigong to improve static and dynamic balance

- Qigong to improve segmental spinal control for improved stability and mobility
- Qigong to improve bone density to prevent fractures
- Qigong to improve stamina and cardiovascular endurance
- Tai Chi to improve proximal-to-distal muscle recruitment
- Tai Chi to improve an individual's physical and emotional performance potential to face and overcome life's physical and emotional challenges
- Tai Chi and Qigong as an ancient “physical therapy” intervention to enhance an individual's ability to achieve their functional and sports performance goals

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
 - Behavioral health
- How to enhance your reimbursement using CPT codes
- Real-life scenarios

Objectives

1. Analyze the evidence behind the need for a biopsychosocial model of healthcare.
2. Review the research of utilizing Tai Chi and Qigong within a variety of clinical settings.
3. Demonstrate 30 Qigong movements for improving flexibility and dynamic balance to prevent the risk of falls.
4. Demonstrate 15 Tai Chi movements for improving upper and lower body functional movement and strength.
5. Examine the use of other ancient exercises such as Gua Sha, Tui Na, Acupressure, and cupping.
6. 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.
7. Utilize weight transference techniques to improve balance.
8. Apply situational focus in Tai Chi practice, encouraging mental alertness.
9. Teach modifications for participants of different movement abilities.
10. Define the international fall reduction statistics directly related to Tai Chi programs.
11. Develop practices of incorporating Tai Chi into real-life situations for fall prevention.
12. Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits.

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Exercise Physiologists
- Athletic Trainers
- Activity Professionals

What to Wear

- Comfortable clothing and shoes suitable for exercise

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 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 12.0 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.

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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.

NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the New Jersey State Board of Physical Therapy for review.

NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 14.4 Contact Hours.

OTHER PROFESSIONS: This activity qualifies for 720 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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on August 15-16, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesirehab.com/webcast/73039

How to Register

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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. *Limited seats available; advance online registration 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.*



Live Seminar and Webcast Schedule

Both days — Times in Eastern

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.

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

2-Day Certificate Training:

Tai Chi & Qigong for Rehab, Wellness & Prevention

— **\$299.99*** Seminar on DVD (RNV020781)

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

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

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