

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

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

What to Wear

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

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

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. Limited seats available; **advanced online registration required.**



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P.O. Box 1000
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A division of PESI, Inc.

Become a board-certified Tai Chi for Rehabilitation instructor through the Tai Chi for Health Institute *and* get 12 hours of CE in this 2-day, hands-on course.

2-DAY

TAI CHI FOR

REHABILITATION

Instructor Certification Course

FREE DIGITAL RESOURCE

Nashville, TN

Thursday & Friday

August 22-23, 2019

Knoxville, TN

Saturday & Sunday

August 24-25, 2019

REGISTER NOW: pesirehab.com/express/71973

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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, Meghan Bryant, LMT – 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. Bryant 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

MEGHAN BRYANT, LMT, 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. Bryant is a member of the Tai Chi for Health Community (TCHC) and served on the scholarship committee for six years. She is a licensed massage therapist in Virginia. She has worked as a Rehab Tech for nearly 20 years, working with pediatric and geriatric patients.

Ms. Bryant’s entrance into the world of Tai Chi began as a rehab tech for Genesis. Asked to become a balance instructor to enhance the residents’ rehabilitation, she took her first Tai Chi course in 2006 and was asked to become a master trainer for TCHI in 2013. Ms. Bryant is authorized through TCHI to teach Tai Chi for Arthritis (TCA) for Fall Prevention (TCAFP) and Seated; Tai Chi for Diabetes; Tai Chi for Rehabilitation; and Tai Chi at Work. She has taught Tai Chi for Health programs in a variety of settings, both locally in the Charlottesville, VA area on a weekly basis as well as along the East Coast and nationally with the VA Hospital system through v-tel. Her enthusiasm and mastery with Tai Chi will undoubtedly put you at ease yet empower you to pass along its benefits toward your own patients.


Speaker Disclosures:
Financial: Meghan Bryant has employment relationships with the Tai Chi for Health Institute and Genesis Rehab Services. She receives a speaking honorarium from PESI, Inc.
Non-financial: Meghan Bryant is a member of the Tai Chi for Health Community.

Objectives

- Examine the evidence behind Tai Chi and how it benefits your clients
- 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.

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 or 715-855-5261.

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 cepsi@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 6.25 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.

PERSONAL TRAINERS: This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 1.25 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 12.5 clock hours and 12.5 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 12.5 contact hours or 1.25 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 12.5 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 course is approved by the North Carolina Board of Physical Therapy Examiners by virtue of PESI Inc’s approved provider status with the Illinois Division of Professional Regulation. This course qualifies for 12.5 continuing education hours.

TENNESSEE PHYSICAL THERAPISTS & PHYSICAL THERAPY ASSISTANTS: This course has been submitted to the Tennessee Physical Therapy Association for review. Credit is pending. Please contact our customer service department for the most current information.

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.

How to Register

2-DAY TAI CHI FOR REHABILITATION: INSTRUCTOR CERTIFICATION COURSE

Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

1

Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

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See mail code box on address panel on reverse side

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2

Check location: *(make copy of locations)*

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3

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☐ **\$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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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; **advanced 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.

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