

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

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.



**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

TAI CHI FOR REHABILITATION

Instructor Certification Course

FREE DIGITAL RESOURCE

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Thursday & Friday

September 12 & 13, 2019

Long Beach, CA

Saturday & Sunday

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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

San Diego, CA

Thursday & Friday

September 12 & 13, 2019

Long Beach, CA

Saturday & Sunday

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Tai Chi for Rehabilitation:
Instructor Certification Course

In this exclusive 2-day seminar, Darci Alexander, PTA – 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. Alexander 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

DARCI ALEXANDER, PTA, is a certified Master Trainer with the Dr. Paul Lamb Tai Chi for Health Institute. She has been teaching Tai Chi since 2010. Her interest and proficiency with this ancient practice ties in to her personal experience, during which she used Tai Chi simultaneously with physical therapy, thereby improving her successful recovery from a back injury. Darci works at an outpatient neuro rehabilitation clinic in Visalia, California, where she incorporates Tai Chi regularly with her patients to minimize falls and promote better balance. In addition, she teaches a wide variety of Tai Chi workshops in her community, including Tai Chi for Arthritis for Fall Prevention, Tai Chi for Energy, Tai Chi for Diabetes, and Tai Chi for Osteoporosis. Darci is a member of the Tai Chi for Health Community of America.

Speaker Disclosures:
Financial: Darci Alexander has an employment relationship with Kaweah Delta Rehab. She receives a speaking honorarium from PESI, Inc.
Non-financial: Darci Alexander has no relevant non-financial relationship to disclose.

Objectives

- ◆ Analyze the history of Tai Chi and its relevancy in the rehab clinical setting.
- ◆ Articulate the link between chronic arthritis pain and fall risk.
- ◆ Demonstrate the Chen, Yang, and Sun style of Tai Chi with application of lab.
- ◆ 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.

To be certified, you must prove safe and independent performance of the routine by the end of the workshop.

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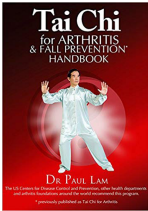
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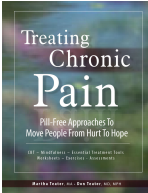
Tai Chi for Arthritis & Fall Prevention Handbook
By Dr. Paul Lam

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.

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 13.0 hours of Category A continuing education.



EXERCISE PHYSIOLOGISTS: ASEP members will earn 10.0 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 1.3 CEUs. PESI, Inc. Provider Number is 544.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 171118 for 13.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

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.

NURSING HOME ADMINISTRATOR (NAB) PARTICIPANTS ONLY: To be reported to NAB, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Nursing Home Administrator?" and include your complete NAB # (starts with an R) when prompted. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

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.

CALIFORNIA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: PESI, Inc. is recognized by the Physical Therapy Board of California as an approval agency to approve providers. This lecture qualifies for 13.0 continuing competency hours.

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.

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\$29.95* Tai Chi for Arthritis DVD
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