

3-DAY

# Certificate in Women's Health

*Today's Best Practices for Improving Recovery and Outcomes*

Women's bodies go through a lot in a lifetime. And the stresses and strains of pregnancy, childbirth, surgery, and trauma can lead to many problems, from pelvic floor disorders and lymphedema to back pain and bone loss.

**Without specialized training in the unique needs of women, you could be leaving your patients misunderstood, misdiagnosed, undertreated and underserved** – failing to end their pain, missing an opportunity to restore wellness to their lives, and leaving them to face the risk, discomfort and cost of unnecessary surgeries.

**This 3-day intensive Certificate Course will provide you with today's most innovative treatments to help women reclaim active, satisfying, pain-free lives.**

Attend and bring valuable additions to your clinical toolbox that will allow you to implement advanced treatment plans for the most common issues women face, including pregnancy/postpartum complications, pelvic floor dysfunction, breast cancer, lymphedema, fibromyalgia and osteoporosis. What's more, you'll leave this training better able to expand your practice, serving as a go-to clinician on issues related to women's health in rehabilitation.

Without proper training, your work with women can only rise to a certain level!

**Sign up today, earn your Certificate in Women's Health,** and leave feeling confident and fulfilled, knowing that you can change the lives of women!

## Speaker

**Debora Chasse, PT, DPT, WCS, CLT, is an expert in women's health** with over 20 years of experience helping women recover from pregnancy/postpartum complications, pelvic floor dysfunction, breast cancer, lymphedema, fibromyalgia and osteoporosis.

Among the first to receive the APTA's Board Certification in Women's Health, Dr. Chasse travels nationally to present seminars on women's health topics, and she is known for her dynamic, hands-on teaching style. In addition, she has served on the Specialization Academy of Content Experts and was a writer for the APTA pelvic pain certification courses. Dr. Chasse earned her doctorate in physical therapy from Loma Linda University, where she also began teaching in 2000, and she holds additional certifications in Complete Lymphatic Therapy and Matrix Repatterning.

Speaker Disclosures:  
Financial: Debora Chasse is the owner of Function Ability Physical Therapy. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Debora Chasse has no relevant non-financial relationship to disclose.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$90 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](http://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.



## Objectives

1. Develop strategies for creating safe environments and discussing sensitive medical concerns.
2. Outline strategies for providing culturally competent care and supporting trauma survivors.
3. Demonstrate evaluation methods for pregnancy/postpartum complications, pelvic floor dysfunction, lymphedema, fibromyalgia, osteoporosis, and impairments related to breast cancer treatment.
4. Demonstrate interventions for reducing pelvic pain and managing pelvic floor dysfunction.
5. Demonstrate interventions for resolving bladder hyperactivity and incontinence.
6. Demonstrate interventions for reducing low back pain related to pelvic floor dysfunction.
7. Demonstrate interventions for rebuilding core muscles and stability after childbirth.
8. Demonstrate interventions for pain, swelling, ROM, fatigue, and functional impairments in patients undergoing treatment for breast cancer.
9. Demonstrate interventions or reducing pain and improving strength, flexibility, and stamina in patients with fibromyalgia.
10. Demonstrate interventions for controlling swelling, decreasing fluid buildup, and preventing infections in patients with lymphedema.
11. Demonstrate interventions for decreasing bone loss, protecting the spine, reducing fall risk, and increasing mobility in patients with osteoporosis.
12. Demonstrate dynamic neurocognitive imagery techniques for helping patients identify and recruit the correct muscles during exercises.
13. Discuss strategies for more effectively combining multiple modalities during treatment, therapeutic exercise, soft tissue mobilization, lymphatic drainage, trigger point release, mindfulness, and dynamic cognitive imagery (Franklin Method).
14. Develop comprehensive treatment strategies for specific impairments.
15. Apply evaluation and treatment techniques demonstrated throughout the course to case scenarios.
16. Discuss the latest advances in women's health and their implications for treatment.
17. Review coding, billing, and documentation for women's health.
18. Discuss strategies for specialization, professional networking, and health programming in women's health.

## Target Audience

Physical Therapists • Physical Therapist Assistants  
Occupational Therapists • Occupational Therapy Assistants  
Rehab Directors • Rehab Managers • Nurse Practitioners  
Nurses • Physician Assistants

## Live Seminar and Webcast Schedule

All 3 Days – Times in Central

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

**4:00** 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.

## What to Bring

- Lab-appropriate clothing
- Exercise mat

## Questions?

Call customer service at  
**800-844-8260**

Don't Miss!

# LIVE VIDEO WEBCAST

MONDAY-WEDNESDAY  
September 23-25, 2019

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3-DAY

# Certificate in Women's Health

*Today's Best Practices for Improving Recovery and Outcomes*

Minneapolis, MN  
September 23-25, 2019

Live Video Webcast  
September 23-25, 2019

REGISTER NOW: [pesirehab.com/express/72354](http://pesirehab.com/express/72354)



3-DAY

# Certificate in Women's Health

*Today's Best Practices for Improving Recovery and Outcomes*

**Advance your career with a Certificate in Women's Health** and help your patients reclaim active, satisfying, pain-free lives

- ✔ **Discover proven techniques** that get results fast
- ✔ **Practice effective treatments** for conditions related to pregnancy, pelvic floor dysfunction, breast cancer, lymphedema, fibromyalgia and osteoporosis
- ✔ **Become the go-to resource** for women's health in your facility and grow referrals

Minneapolis, MN  
Monday-Wednesday  
September 23-25, 2019

Live Video Webcast  
Monday-Wednesday  
September 23-25, 2019



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Course Content

WHAT EVERY CLINICIAN NEEDS TO KNOW ABOUT WOMEN'S HEALTH

- Why women's health skills are the missing link
- Top 10 mistakes clinicians make with female patients
- How training in women's health can benefit any caseload

KEYS TO TREATING SENSITIVE ISSUES WITH CONFIDENCE

- How to create safe environments and open dialogues
- Tips for discussing sensitive medical, emotional, and trauma history
- Reveal critical information that can change the course of treatment
- Sharpen your sensitive listening skills
- Support survivors with a trauma-informed approach
- Culturally competent care strategies every clinician should know

UPGRADE YOUR ASSESSMENT AND CLINICAL REASONING SKILLS

- Get to the root causes of impairments faster with better evaluation techniques for:
  - Pelvic pain
  - Pelvic floor and bladder function
  - Pre- and post-natal issues
  - Scar mobility
  - Lymphatic swelling and inflammation
  - Functional strength and mobility
  - Bone integrity
  - Balance and fall risk
  - Age-related degeneration

• Lab

EXPAND YOUR CLINICAL TOOLBOX FOR WOMEN'S HEALTH

- Effective techniques you can use immediately
  - Pregnancy/postpartum interventions to:
    - Manage low back pain
    - Prevent tearing during childbirth
    - Reduce pelvic pain and muscle tightness
    - Improve scar mobilization
    - Rebuild core muscles and stability
  - Pelvic floor interventions to:
    - Resolve pelvic and related back pain
    - Calm bladder hyperactivity
    - Resolve incontinence
    - Retrain pelvic floor muscles
  - Breast cancer interventions to:
    - Reduce pain and lymphatic swelling
    - Restore ROM, strength, endurance and energy
    - Manage functional impairments
  - Lymphedema interventions to:
    - Control swelling and edema
    - Improve lymphatic flow
    - Decrease fluid buildup
    - Prevent infections
    - Support swollen areas
  - Fibromyalgia interventions to:
    - Reduce pain and fatigue
    - Increase strength, flexibility and stamina
    - Decrease environmental stress on the body
    - Combat "fibro fog" -- improve focus, attention and concentration
  - Osteoporosis interventions to:
    - Build bone and decrease bone loss
    - Protect the spine from fracture
    - Reduce fall risk
    - Increase mobility

• Lab

HOW TO EFFECTIVELY COMBINE MULTIPLE MODALITIES FOR BETTER RESULTS

- Dynamic neurocognitive imagery/Franklin Method
- Yoga
- Mindfulness
- Breathing exercises
- Soft tissue mobilization
- Trigger point release
- Lymphatic drainage

DESIGN ROBUST, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

- Comprehensive treatment strategies for specific impairments, including:
  - Pelvic pain
  - Pelvic floor dysfunction
  - Vaginal tears
  - Sexual health
  - Bladder hyperfunction
  - Incontinence
  - Diastasis recti/transverse abdominus
  - Radiation scarring
  - Lymphedema
  - Fibromyalgia
  - Osteoporosis

• Lab

CODING, BILLING, AND DOCUMENTATION FOR WOMEN'S HEALTH

- Justify treatment with the right progress measures and documentation
- How to maximize your reimbursement
- Avoid denials and audits with these tips

CASE STUDIES: PUT KNOWLEDGE TO PRACTICE

- Case study 1: Stabilize abdominal muscles and decrease pregnancy-related pain
- Case study 2: Successfully treat incontinence
- Case study 3: Improve tissue mobility and joint motion with a breast cancer patient
- Case study 4: Manage lymphatic swelling with a breast cancer survivor
- Case study 5: Reduce pain and fatigue related to fibromyalgia
- Case study 6: Safeguard the spine in a patient with osteoporosis

HOT TOPICS AND INNOVATIONS IN WOMEN'S HEALTH

- Give your patients the benefits of cutting edge research

HOW TO BECOME YOUR REGION'S GO-TO WOMEN'S HEALTH SPECIALIST

- The insider's guide to specialization and professional networking
- Key components of a world-class women's health program

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.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 19.0 contact hours. Partial contact hours will be awarded 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 19.0 contact hours or 1.9 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 19.0 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.

**MINNESOTA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Minnesota Board of Physical Therapy for review. Credit is pending.

**WISCONSIN PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Wisconsin Physical Therapy Association. Credit is pending.

**PHYSICIAN ASSISTANTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/72354](http://www.pesi.com/events/detail/72354).

**OTHER PROFESSIONS:** This activity qualifies for 1140 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 September 23-25, 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 \$99.99 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/72745](http://www.pesirehab.com/webcast/72745)

How to Register

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

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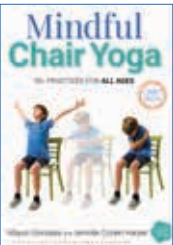
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