### **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



- Warm-up exercises
- GROUP THERAPY PROGRAM LAB (Yang, Sun, and Chen Style) - Adaptions for knee, joint and balance limitations
- · Strategies for increasing strength and
- Intro of TCR Eight Forms sequence essential principles for fall prevention
- Cooling-down exercises

DAY 2

### Lab

Warm-up exercise

TAI CHI: TEACHING SAFELY

- 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



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Become a board-certified Tai Chi for Rehabilitation instructor through the

## 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



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.

### Seminar Schedule

Registration: 7:30 a.m. (coffee & tea provided)

**Lunch:** 1 hour (on your own) Seminar Ends: Day 1 - 4:30 p.m.

There will be two 15-min breaks (mid-morning & mid-afternoon).

Seminar Begins: 8:00 a.m.

Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Day 2 - 3:30 p.m.



Become a board-certified Tai Chi for Rehabilitation instructor through the Tai Chi for Health Institute and get 13 hours of CE in this 2-day, hands-on course.

# 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



\*\*\*\*

• 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

Maumee, OH

Friday & Saturday October 11 & 12, 2019 Sterling Heights, MI Sunday & Monday

October 13 & 14, 2019



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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, 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.

Questions? Call customer service at 800-844-8260

Hassle-Free Cancellation Policy: If you contact us before the event date, you can receive 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; advance online registration reguired.

### **RELATED PRODUCTS** [ Save by including with your seminar registration ]



# Tai Chi for Arthritis & Fall Prevention Handbook

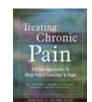
By Dr. Paul Lam

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.



#### Treatina 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

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 activitie. 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.

contact cepesi@pesi.com or 800-844-8260 before the event.

**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.

**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.

### 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.

#### MICHIGAN PHYSICAL THERAPISTS & PHYSICAL THERAPIST **ASSISTANTS:** For the most up-to-date credit information. please go to: www.pesi.com/events/detail/72790.

**OHIO PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Ohio Physical Therapy Association for review. Credit is pending.

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.

# **How to Register**

2-DAY TAI CHI FOR REHABILITATION: INSTRUCTOR CERTIFICATION COURSE Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

72790MAM

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

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### Check tuition:

#### TUITION with seminar manual & FREE DIGITAL RESOURCE

☐ \$409.99 early registration\* \*postmarked 3 weeks prior to seminar date

\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation

☐ **\$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

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

#### 4) Indicate method of payment: ALL REGISTRATIONS MUST BE PREPAID.

☐ Check enclosed payable to **PESI**, **Inc.** 

☐ MC 16 digits	□ VISA 13-16 digits	☐ AE 15 digits	☐ Discover Novus 16 digits	
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(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least wo weeks prior to the seminar date

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

#### **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

\$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and

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

CAN'T ATTEND THE SEMINAR? ee below for individual product orders

\$9.95\* Tai Chi for Arthritis & Fall Prevention Handbook \$29.95\* Tai Chi for Arthritis DVD (ZNV085605)

\_\$24.99\* Treating Chronic Pain book (PUB085190) Product

CE hours and approvals on products may differ from live CE approvals. \*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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