

Become  
Certified

# Tai Chi for Fall Prevention

## Retreat & Instructor Certification

September 16-20, 2020  
The Art of Living Retreat Center  
Boone, North Carolina

In 5 days at the beautiful Art of Living Retreat Center in Boone, North Carolina, not only will you **be eligible to become a certified Tai Chi for Arthritis and Fall Prevention instructor** but leave feeling restored, revitalized and ready to return to your deeply meaningful work.

Tai Chi combines low-impact exercises you can easily use safely with patients. The practice puts profound emphasis on breathing, relaxing, and focusing the mind in specific postures. Benefits include:

- Improve flexibility and balance to prevent falls
- Reduce stress and anxiety
- Strengthen cardiovascular system
- Decrease chronic pain
- Recover from injuries and surgeries faster

**This training opportunity is a MUST if you work with patients who need easily adaptable and non-invasive exercises—and an opportunity to practice Tai Chi in a serene setting.**

Your retreat presenter has trained extensively with Dr. Paul Lam and risen to Master Trainer Status, providing you the research and benefits of Tai Chi. Most importantly, he will guide you step-by-step through specialized movements, so you can teach your patients an enjoyable exercise without the use of equipment.

In addition, these 5-days will bring an inner calmness to your life, restoring you mentally and physically so that you can be the best practitioner your patients need.

Set yourself apart from other practitioners and let patients and colleagues know you've invested the extra time and effort necessary to provide treatment at the highest level!



### No experience with Tai Chi is required!

A digital pre-study course will be opened up to you prior to the retreat to learn the basic movements. At the retreat, your instructor will teach you the movements step-by-step to ensure you can safely and properly teach others.

**Target Audience:** Physical Therapists • Physical Therapist Assistants • Athletic Trainers  
Occupational Therapists • Occupational Therapy Assistants • Nurses • Nurse Practitioners  
Exercise Physiologists • Personal Trainers • Activity Professionals

## Retreat Location



Embrace the art of living in a pristine natural setting in the Blue Ridge Mountains in Boone, North Carolina. Here in this vast mountain range under serene blue skies, you will find beauty to feed your soul and peace to ease your mind. The Art of Living Retreat Center offers a balance of rest and activities to begin your journey:

- Hotel and Retreat Sleeping Rooms – All with Private Baths
- 380-acre setting in the peaceful Blue Ridge Mountains
- Healthful Vegetarian Cuisine (3 Meals Daily)
- Shankara Ayurveda Spa
- Nature Trails
- Yoga Classes
- Mind & Meditation Classes
- Labyrinth
- Fire Circle (Sat only)
- Kirtan
- Pottery Studio
- Nearest Airports:
  - Charlotte-Douglas International Airport (CLT) in Charlotte, NC (100 miles)
  - Tri-Cities Regional Airport (TRI) in Johnson City, TN (80 miles)
  - Piedmont Triad International Airport (GSO) in Greensboro, NC (110 miles)
- Airport shuttle service to and from Charlotte airport can be arranged in advance through Hickory Hop Shuttle (additional fees)



639 Whispering Hills  
Boone, NC 28607  
800-392-6870 • [www.artoflivinggreatreatcenter.org](http://www.artoflivinggreatreatcenter.org)

**Please note:** mobility is needed from sleeping room, training room and dining hall.



Become a Tai Chi for Arthritis & Fall  
Prevention instructor through Dr. Paul Lam's  
Tai Chi for Health Institute  
& Earn up to 20 CE Hours!

PESI Rehab  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A Division of PESI, Inc.

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Register today! [pesirehab.com/express/81420](http://pesirehab.com/express/81420)

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*The course was the most useful and  
applicable of any CE course I've taken.*

— Catherine, OT —



*The class was so practical that I used it  
immediately with my patients.*

— Melissa, DPT —

Register today!

[pesirehab.com/express/81420](http://pesirehab.com/express/81420)



Become a Tai Chi for Arthritis & Fall Prevention instructor  
through Dr. Paul Lam's Tai Chi for Health Institute  
& Earn up to 20 CE Hours!





## Retreat Outline

### Unlock the Power of Tai Chi *Who and How Tai Chi Benefits*

The latest research on Tai Chi Recommendation from the CDC and Arthritis Foundations across the globe Effective movements you can use immediately to:

- Prevent falls
- Build muscle strength, which supports and protects joints
- Increase stamina
- Enhance flexibility and balance
- Optimize mobility and function
- Reduce arthritis and back pain
- Improve posture/memory/relaxation
- Decrease stress and anxiety

### Essential Principles to Remember

Improve upper body/lower body coordination

- Make the movements slow, even, and continuous
- Gentle resistance

Be mindful of your body/center of gravity awareness to improve balance

- Be aware of weight transference
- Importance of upright position, if possible

Be mindful of your mind

- Stay focused on each movement so that the internal and external are integrated

### Tai Chi: Why It Is Important to Keep Safety in Mind

What environment is ideal for teaching Tai Chi?

Realize the limitation of your patient, even if they don't recognize it

### Incorporate Tai Chi into Your Practice

Where to start – assess your patients' ability to perform certain movements Motivate your patients toward recovery with 3 methods:

- Choice theory
- Positive psychology
- Mindfulness

Affecting rehab outcomes positively

Group exercise – LAB

- Warm-up exercises
- Cooling down exercises

Coding and billing tips to get the most out of reimbursement

### Teaching Your Patients and The Community at Large

Role play the Stepwise Progression teaching method

Precautions and modifications

Taking it to the street – community classes

### Hands-On Demonstration and Lab *Introducing the 12 Forms Sequence, Step-By-Step*

Warm-up exercises

Step-by-step instruction of each movement

6 basic movements

- Commencement
- Open and close
- Single whip
- Waving hands
- Open and close
- Closing

6 advanced movements

- Brush knees
- Playing the lute
- Parry and punch
- Block and close
- Push the mountain
- Open and close

Cool-down exercises

### Group Therapy Program

*Sun Style Tai Chi*

Adaptations for knee, joint, and balance limitations

### Seated Tai Chi

Build strength and flexibility for non-ambulatory patients

### Post-Test For Certification

*Demonstrate Safe and Independent Performance of the 12 Movements*

### What to Wear:

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

## Retreat Instructor

**Ralph Dehner, COTA, CPT**, after 17 years as the director and program coordinator of the Mighty Vine Wellness Club, a nonprofit wellness center serving the mental health community, has stepped into a consultant's role. As a Certified Occupational Therapy Assistant (COTA) and a Certified Personal Trainer (CPT), his clinical experience includes rehabilitation and injury prevention through behavior modification, exercise, work simplification, and functional activity.

Mr. Dehner started studying internal martial arts in the early 1970s and is a certified master/trainer for Dr. Paul Lam's Tai Chi for health programs in the USA. In addition, he is certified as an instructor for such courses as Tai Chi for Rehabilitation, Tai Chi for Arthritis and Fall Prevention, and Tai Chi for Diabetes.

Mr. Dehner has taught both Qi Gong and Tai Chi in hospitals, cancer centers, nursing homes, senior centers, integrative medicine centers, and mental health facilities. In conjunction with his vast experience, he has presented several conferences, such as the National Autism Conference, Ehlers-Danlos Syndrome Conference and the Inaugural International Tai Chi for Health Conference (Seoul, So. Korea). Mr. Dehner is also an experienced program developer who has produced and presented training courses on such topics as fall prevention, Tai Chi for OTs, and integrative medicine in mental health. He received his BS in holistic studies with a concentration in wellness management from Union Institute and University. Mr. Dehner is a member of the American Occupational Therapy Association, American Council on Exercise, International Association of Reiki, and Tai Chi for Health Community of America.

#### Speaker Disclosures:

Financial: Ralph Dehner has an employment relationship with Mighty Vine Wellness Club. He receives a speaking honorarium from PESI, Inc.

Non-financial: Ralph Dehner is a member of the American Occupational Therapy Association; the American Council on Exercise; International Association of Reiki; and Tai Chi for Health Community of America.

## Objectives

1. Analyze the history of Tai Chi principles and practices.
2. Explain the relevancy of Tai Chi in the rehab clinical setting.
3. Articulate the link between chronic arthritis pain and fall risk.
4. Utilize safety precautions for Tai Chi in rehab.
5. Apply the Stepwise Progression Teaching Method during treatment.
6. Teach the movement, body, and internal principles of Tai Chi for effective progress.
7. Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits.
8. Practice the dan tien breathing method to promote relaxation.
9. Utilize weight transference techniques to improve balance.
10. Apply situational focus in Tai Chi practice, encouraging mental alertness.

**Additional objectives can be found online at [pesirehab.com/express/81420](https://pesirehab.com/express/81420)**



*"Ralph Dehner has extensive training which he shares unselfishly. Capable of training the beginner to the advanced student in the same class and not anyone feeling wanting learning. Patient, fun. Worth every bit of your time and investment to attend a class taught by Ralph."*



*"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."*



*"The course was the most useful and applicable of any CE course I've taken."*



*"Excellent course, it was very informative, would definitely recommend!"*

## Retreat Schedule

### Wednesday September 16, 2020

- 3:00–5:00 pm Sleeping Room Check-In
- 5:00–6:00 pm Educational Session Introduction\*
- 6:00–7:20 pm Dinner
- 7:30–8:30 pm Educational Session/Lab Experiential\*

### Thursday-Saturday September 17-19, 2020

- 6:30–7:30 am Tai Chi Play Time (Optional)
- 7:30–9:00 am Breakfast
- 9:30–11:45 am Educational Session / Tai Chi Instruction\*
- 12:00–1:30 pm Lunch
- 2:00–4:00 pm Educational Session / Tai Chi Instruction\*
- 4:00–6:00 pm Individual Activity / Free time
- 6:00–7:30 pm Dinner
- 7:45–8:45 pm Educational Session / Tai Chi Instruction\*

### Sunday September 20, 2020

- 6:30–7:30 am Tai Chi Play Time (Optional)
- 7:30–9:00 am Breakfast
- 9:30–11:45 am Educational Session / Tai Chi Instruction\*
- 12:00–1:30 pm Closing lunch and departure

### Optional Activity (Thursday-Saturday)

- 4:15–5:15 pm Yoga (The Art of Living Retreat Center activity)

\*CE is awarded during these specified times

## Tai Chi Instructor Certification

Upon completion of the digital pre-study course, the hands-on training, and demonstration of safe and independent performance of the 12 movements with General Tai Chi shape by the end of the retreat – you'll be eligible to become a certified Tai Chi for Arthritis and Fall Prevention instructor through Dr. Paul Lam's Tai Chi for Health Institute. Join a growing community of Tai Chi instructors around the world!



**Tai Chi for Health Institute**  
Dr. Paul Lam | Empowering People to Improve their Health and Wellbeing

## 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" 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](mailto: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 professions 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 20.0 hours of Category A continuing education.

**Exercise Physiologists:** ASEP members will earn 20.0 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 submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

**Nurses, Nurse Practitioners, and 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 20.0 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 20.0 contact hours or 2.0 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 20.0 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.

**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 intermediate course is approved by the North Carolina Board of Physical Therapy Examiners by virtue of PESI Inc. approved provider status with the Illinois Division of Professional Regulation. This course qualifies for 20.0 continuing education hours. PLEASE BRING YOUR LICENSE NUMBER WITH YOU TO THE PROGRAM.

**Other Professions:** This activity qualifies for 1200 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 Tai Chi for Fall Prevention Retreat & Instructor Certification

### 1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name \_\_\_\_\_

Profession \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Work Ph ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

*E-mail required to receive registration confirmation, CE Certificate and retreat updates.*

### 2 Registration (81420BNE) September 16-20, 2020 (Registration closes September 2nd)

**Sleeping Room Reservation \*\*Bring a colleague and save \$200 each**

#### Retreat Style

- ☐ \$1799 Single Room—per person
- ☐ \$1599 Double Room—per person

#### Hotel Style

- ☐ \$2199 Single Room—per person
- ☐ \$1999 Double Room—per person

\* All prices increase by \$200 after July 16th.

### 3 Please indicate method of payment.

**All registrations must be prepaid.**

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

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC ☐ VISA ☐ AE ☐ Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*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 email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least one month prior to the retreat date.**

For cancellation policy, FAQ and additional details go to: [pesirehab.com/express/81420](https://pesirehab.com/express/81420)

**Free Access to a Digital Pre-Study Course**