



# BEYOND Trigger Point

Carlson College, Anamosa Iowa

Seminars with Cathy Cohen

## ***"3 Courses-in-1" Unique Training Program***

*Each of the four Core Units provides:*

- 1. Thorough Trigger Point Training*
- 2. Essential Self-Care Protocols*
- 3. Follow-Up Enrichment Program*

Each Core Unit covers 1 body area  
Students earn 16 CEUs on-site

Carlson College, Anamosa Iowa

- **Shoulders & Torso: June 23-24**
- **Head & Neck: Oct 27-28**
- Low Back & Pelvis
- Legs & Arms

(Core Units may be taken in any order)

### [Click for Seminars at other locations](#)

Each Core Unit includes:

- Profound & practical knowledge
- Paced learning
- Personal guidance
- Hands-on practice

### ***Unique "3-Courses-In-1" format:***

- 1. Students get hands-on training in Trigger Point Therapy with abundant personal guidance & individual attention from Cathy Cohen over two days of carefully-paced learning.*
- 2. Students receive thorough training and practice in essential **Therapist Self-Care** protocols.*
- 3. After the in-person, hands-on **Beyond Trigger Point Seminar**, students receive six weeks of online multimedia Follow-Up Enrichment to ensure retention & integration of the newly learned knowledge and skills.*

Drs. Travell & Simons' Trigger Point Therapy methodologies are taught by Master Teacher Cathy Cohen, LMT, approved CEU Educator (NCBTMB #450949-09) with 18 years of experience guiding and mentoring over 2,500 therapists in advanced Trigger Point Therapy protocols.

Cathy's Beyond Trigger Point Seminars provide in-depth training in a unique 3-in-1 Program that includes 6 weeks of follow-up plus a complete Self-Care Program.



## ***Students learn how to upgrade their skill set for treating clients with myofascial pain***

- Accurately assess and treat acute & chronic myofascial pain
- Easily restore any muscle's normal resting position with a super-efficient time-saving protocol
- Master the 5-step protocol for locating & treating the trigger points involved in initiating and maintaining your client's pain
- Identify & systematically address the mechanical, systemic and psychological factors that perpetuate your client's pain condition

## ***Students gain confidence with effective new protocols for relieving pain & dysfunction***

- Operate as a skilled health-care provider instead of a technician
- Provide a higher level of professional service with less physical demand
- Design custom treatment plans in place of routine massage sessions
- Teach your clients these simple home correctives for lasting relief
- Stand out from a crowded field of competitors as a true health-care professional

## ***Unique program makes it easy to master your new skills with both hands-on & follow-up training, develop better self-care habits, too!***

- 70% Hands-On Workshop: You give and receive treatments yourself
- Get thorough training in trigger point protocols in the specific unit's body region: Hands-on experience plus 6 weeks of convenient follow-up
- Assess your personal risks for career injury & learn Self-Care protocols
- Improve grip strength & lessen hand/wrist pain with 12-Step routine
- Unique post-workshop 6-week Enrichment Program reinforces the knowledge you gain during your 2 days of on-site, hands-on training

# ***SHOULDERS/UPPER TORSO Core Unit: Relieve the Burden of Shoulder Dysfunction***

## ***Beyond Trigger Point Seminar: 16 CEUs***

**June 23-24, 2018 Carlson College, Anamosa, Iowa**

### ***Master these techniques to relieve your clients' shoulder pain***

- Identify and treat troublesome medially rotated shoulders
- Improve your analysis and feel of rotator cuff musculoskeletal imbalances
- Relate specific injuries to predictable shoulder pain patterns
- Master three methods for identifying key trigger points
- Practice and receive a treatment protocol for Thoracic Outlet Syndrome
- Learn a faster, less demanding and more effective method to painlessly restore range of motion
- Design individualized home care programs specific to your client's needs



### ***Relieve myofascial pain due to postural compensation***

- Address the perpetuating factors in forward head posture and rounded shoulders
- Use proven methodologies from Drs Travell and Simons to treat the underlying source of many shoulder problems
- Relieve the range of motion restrictions associated with a frozen shoulder
- Identify the biomechanical factors contributing to rotator cuff tears
- Learn to assess commonly overlooked perpetuating factors of the scalene muscles, including breathing patterns and sleep position
- Design treatment protocols for each of the 9 most commonly involved muscles causing upper torso & shoulder dysfunction

## ***HEAD & NECK Core Unit: Balancing the Neck to Free the Jaw***

## ***Beyond Trigger Point Seminar: 16 CEUs***

**Oct. 27-28, 2018 Carlson College, Anamosa, Iowa**

### ***Learn how to bring lasting relief to your clients with head & neck pain***

- Identify & address the top behavioral & postural factors that perpetuate neck pain & stiffness
- Identify the ten muscle groups harboring trigger points in the neck & head
- Relate common neck & headache pain patterns to specific injuries
- Learn the rationale & treatment protocol for the super-efficient, fast-acting method to painlessly restore range of motion
- Practice & receive a treatment protocol for the posterior cervical muscles
- Determine if a cervical problem is originating from a postural origin, an over-stretched periarticular structure or an intervertebral displacement



### ***Develop your skills in identifying & resolving muscular pain complaints***

- Identify the top factors that perpetuate face, jaw & TMJ pain
- Improve client-therapist interaction during the intake phase
- Develop a customized treatment plan for correcting forward head posture
- Experience & comfortably administer an intraoral treatment
- Practice effective neuromuscular massage routines of the neck
- Learn to help a client with swallowing problems
- Distinguish the layers of muscles within the lamina groove
- Master techniques such as trigger point release, myofascial manipulation, deep tissue massage & stretch

## ***Included in every Beyond Trigger Point Therapy Seminar***

### ***BONUS 6 Week Follow-Up Program:***

**Follow-Up online Enrichment & Integration Series included**

### ***Therapist Self-Care Training Included:***

**Hands-On Instruction & Coaching plus Follow-Up Video Series**

***If you have any additional questions, I'll be happy to answer them.***

***Please feel free to email me: [CathyCohen@BeyondTriggerPoints.com](mailto:CathyCohen@BeyondTriggerPoints.com)***

***Or call me at: 941-564-9489***

# GOING BEYOND Trigger Point

## Seminars with Cathy Cohen

Self-Care Feature in Every Workshop



### ***"How to stay healthy as you heal others"***

Woven into every phase of Cathy's workshops are Self-Care best practices for correcting postural issues and maintaining practitioner wellness and comfort.

*"If I could climb on top of the podium, there's one thing I would holler to my students 'til I'm hoarse: 'For a long and healthy career, take care of yourself first!'"* Cathy Cohen

- How to maintain good posture for minimum fatigue
- Techniques to establish balanced body mechanics
- Self-Care for your precious hands

Cathy provides detailed personal guidance in all these Self-Care areas, along with helpful handouts and follow-up videos to re-inforce your new knowledge and integrate it into your practice.

*"Within nine months of expanding my individual practice I was diagnosed with Carpal Tunnel Syndrome and tenosynovitis. I was determined to beat it, and I did. I incorporated this effective protocol in my online program, [CarpalTunnelCoaching.com](http://CarpalTunnelCoaching.com), that provides detailed video coaching on hand and wrist health. I share this valuable knowledge and much more with my students in my Beyond Trigger Point Seminars."* Cathy Cohen

**BONUS 6 Week Program**  
**Follow-Up Enrichment & Integration Series included at no extra charge**

Tired of workshop overload?

Do you routinely forget most of what you learn on a course?

Wish you could integrate the new techniques into your daily treatments?

Cathy Cohen's innovative Beyond Trigger Point Seminar structure makes it easy to retain ALL of the tips, knowledge and protocols you learn on the weekend!

In addition to the 2 day 16 CEU On-Site, Hands-On Seminar with Cathy Cohen you get her online 6 Week *Follow-Up & Enrichment Program*.

You'll receive access to Cathy's paced, comprehensive *Multi-Media Follow-Up Support* for each 2 day course you take:

- Audio & Video Refresher Series
- Enrichment Materials
- Client Handouts
- Self-Care Guides

Thoroughly and easily integrate the new skills you gain during the weekend workshop into your personal practice.

***This multimedia enrichment and support program is included in your registration fee—no extra cost!***

### ***Here's what my students say about these training programs:***

#### ***"Best tools ever for relieving pain - a real blessing!"***

*"I have taken all of the Beyond Trigger Points courses with Cathy Cohen. They have been the best tool I have ever learned for my practice. When people come in with different pains in parts of their body, to be able to really target where to work to get rid of their pain has just been a blessing in my practice. It has been very, very helpful! Cathy is an awesome teacher."*

Patti Reed, LMT, Naples, FL

#### ***"Cathy is an awesome teacher - her enthusiasm is contagious"***

*"At first, I was afraid to deviate from my basic routine, but now I use these techniques in every session. I am a better and more confident therapist. Cathy's teaching style always encourages students to think, to question, and to speculate. Her enthusiasm is contagious."*

Brian Sorbello, LMT, RN

Cathy Cohen's Beyond Trigger Point Seminars, [BeyondTriggerPoints.com](http://BeyondTriggerPoints.com) and [CarpalTunnelCoaching.com](http://CarpalTunnelCoaching.com) are approved NCBTMB continuing education programs (#450949-09).





## About Cathy Cohen, Trigger Point Therapy Master Teacher

Approved National CEU Educator NCBTMB #450949-09  
Florida Board of Massage Therapy: 50-302



Cathy Cohen, LMT is a National and Florida approved CEU Provider and Board Certified Myofascial Trigger Point Therapist. She provides live and online massage-therapy continuing education for massage therapists. She has practiced myofascial therapies since the 1980s and has been teaching for over 18 years. She knows how frustrated both clients and therapists can become when dealing with muscular pain. Fortunately her background as a Trigger Point Myotherapist has equipped her with the confidence and skills to assess and treat myofascial pain syndromes.

Cathy's deep insight into physical balance, structural alignment, and self-care comes through her own long experience in yoga and ballroom dance, as well as through her formal education. Cathy trained with Dr. Janet Travell, the leading pioneer in myofascial pain syndromes and President Kennedy's White House Physician, and with Nancy Shaw and George Kousaleos (CORE Structural Integration).

In her practice and her teaching, Cathy specializes in resolving chronic musculoskeletal pain and structural alignment issues. Her leading-edge educational program, [BeyondTriggerPoints.com](http://BeyondTriggerPoints.com), is a resource used by therapists and healthcare providers nationwide. Cathy has personally trained over 2,500 therapists in advanced Trigger Point Therapy protocols.

Cathy developed the in-depth *Going Beyond Trigger Point Seminars* to provide massage therapists with the best possible training. Cathy's unique *Connect the Dots System*® makes it easier for students to integrate and apply the breadth and depth of Travell and Simons' Myofascial Trigger Point Therapeutic program.

In addition to giving students a firm foundation in the essentials, she provides specialized advanced training for systematically identifying and addressing the postural and behavioral conditions that perpetuate clients' dysfunctions and pain.

*"I would like to say your class' system is probably the most helpful thing I have learned as a massage therapist. The classes have given me the knowledge to go out and help my patients with pain complaints. All the posture work we do has been an enormous help. If anything, just to keep reinforcing in my mind what I need to do to maintain my own posture."*

Meg Sapp, LMT [More testimonials and endorsements](#)

Her unique *Beyond Trigger Point Seminars* format provides three-courses-in-one for her students:

1. Students get hands-on training in Trigger Point Therapy with abundant personal guidance and individual attention from Cathy over two days
2. Students receive thorough training and practice in essential *Therapist Self-Care* protocols
3. After the in-person, hands-on *Going Beyond Trigger Point Seminar*, students receive the six weeks *Follow-Up & Enrichment Program* with paced, comprehensive *Multimedia Reinforcement* for each 2 day course students take to ensure retention and integration of the new knowledge and skills.

In 2015 Cathy co-created an innovative online video-coaching program, [CarpalTunnelCoaching.com](http://CarpalTunnelCoaching.com) that has helped clients (including many massage and body work therapists!) to systematically resolve their hand and wrist issues.

With her 30 years experience teaching and motivating patients and students in clinical, classroom and online settings, Cathy is deeply dedicated to helping people improve the quality of their lives, and to assisting therapists in caring for their own bodies as they treat others.

*If you have any questions about my Seminars, I'll be happy to answer them.*

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## ***Students' Comments about Cathy Cohen's Beyond Trigger Point Seminars***

### ***Precise and informative format: the tools & protocols literally changed the way I work***

"First, I thoroughly enjoyed your workshop! The material was exactly what I was hoping for and beyond. The format was precise and informative, leaving me with real tools and a protocol to follow, with a genuine understanding of why it works! Wonderful!

It has very literally changed the way I work and why. I feel more confident in my approach and I believe that is inspiring my clients to feel the same. I am inspired to continue this route of education as I truly believe it is one of the most powerful and empowering approaches to healing and pain management... For client AND practitioner!

I can't thank you enough. You will definitely see me in a future class! Thank you again... It is truly a wonderful gift of yourself and your knowledge you share. Happy healing..teaching...and dancing."  
Elle Harmon, LMT

### ***Great teaching style - Cathy's enthusiasm is contagious***



"At first, I was afraid to deviate from my basic routine, but now I use these techniques in every session. As I see the positive results achieved by using trigger point and myofascial techniques, I am eager to continue on this path. I am a better and more confident therapist. Cathy's teaching style always encourages students to think, to question, and speculate. Her enthusiasm is contagious."

Brian Sorbello, RN, LMT

### ***Paced instruction makes it easier to learn***



"What I like most about your programs is all the online work you do prior to the workshop. I love getting the information in advance. So when we get to work with you it's all hands-on. I just like all the information you give to us. I loved the added touch of taking care of ourselves...I thought it was really cool how you showed us how to take care of ourselves along with taking care of others. I really truly believe you have helped me become a better therapist. I will be taking more courses and I know I will continue learning from you."

Debra Collins, LMT

### ***Cathy Cohen's "Connect the Dots System" makes assessment easier and more accurate***



"Improving my ability to assess is a huge thing. Now I don't waste all my time. It's not exciting for me to do relaxation work anymore. I call myself a myofascial trigger point therapist and am attracting people who want to get better and then just do maintenance."

JoAnn Rahl, LMT



## ***Students' Comments about Cathy Cohen's Beyond Trigger Point Seminars***

### ***Correcting Clients' Perpetuating Factors is an invaluable key to relieving pain***



"Because no-one's ever taught my clients that perpetuating factors were important to correct, I have made a file of the hand-outs from class and copy them for my patients. When they return for follow-ups, I check their progress."

Dr. Eileen Slack

### ***Your System is the most helpful thing I have learned as a massage therapist***



"I would like to say your class' system is probably the most helpful thing that I have learned as a massage therapist. The classes have given me the knowledge to go out and help my patients with pain complaints. All the posture work we do has been an enormous help. If anything, just to keep reinforcing in my mind what I need to do to maintain my own posture."

Meg Sapp, LMT

### ***A blessing in my practice - Cathy is an awesome teacher!***



"I have taken all of the Beyond Trigger Points courses with Cathy Cohen. They have been the best tool I have ever learned for my practice. When people come in with different pains in parts of their body, to be able to really target where to work to get rid of their pain has just been a blessing in my practice. It has been very, very helpful! Cathy is an awesome teacher."

Patti Reed, LMT

### ***Great workshop with valuable personal benefits to the participating therapists***



"Thanks again for the great workshop. I wanted to tell you that to my sheer joy (!!!) my sciatica and lower back pain completely went away and has been holding since our class! You know I had back surgery and have had sciatica type symptoms and the feeling of a "bag of rocks" on the lower back for a long time now. The treatments we learned on each other really helped me immensely and I cannot wait to help others."

Chris Manion, LMT



## ***Students' Comments about Cathy Cohen's Beyond Trigger Point Seminars***

### ***More confidence in addressing the root of clients' pain patterns***



"Thanks so much Cathy, I really enjoyed all of your online courses and appreciate your attention to detail! I put the study guide and transcripts in separate binders for notes and interactive learning. I will certainly be reviewing them in the months to come until I can find the TrPs without reference. After taking all four units, I have a more comprehensive picture of how pain affects the body. I feel more confident addressing the root of their pain versus simply treating it."  
Mary Lambrecht, LMT

### ***Great depth of knowledge - Self-Care training helps you work safer***



"I like the way you teach us how to work better so we're not harming ourselves while helping other people. That's very important to me because I'm older and I'm going to have less time or be less able to recover from an injury than a younger person would. But I also like the depth that you cover with the hands-on in the classes. I think it's a great idea to have the seminars before the classes so you can take the time to actually do the work and get the feel of things. It's just been really tremendous for me because when I first started in massage therapy I thought I knew what it was all about, and then I had to get out of school and find out that I didn't know anything. So this has been very helpful. Thank you!" Jim Staudt, LMT

### ***I recommend your course to all of the therapists I know!***

"I am enjoying the online program, it is really helping to refresh my memory! My clients are really enjoying the new techniques I learned from you, and I recommend your course to all of the therapists I know!" Tiffany Holladay, LMT



***If you have any questions about my Seminars, I'll be happy to answer them.***

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*I'm looking forward to helping your students grow  
in confidence and professionalism - and to learn  
how to care for themselves as they treat others.*

*Cathy Cohen, LMT*

[For details on other upcoming Seminars click here.](#)