



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Shoulder / Upper Torso Core Unit 16 Live CEUs

"Relieve the Burden of Shoulder Dysfunction"



November 7 & 8, 2020

Sat & Sun 9 am - 5:30 pm \$325
16 NCBTMB approved CE hours

Anamosa, IA:

Carlson College of Massage Therapy

Upgrade your skill set to a higher level of professionalism:

Get Next-Gen training to become a *Myofascial Trigger Point Therapist*



Myofascial Trigger Point Therapy Skills

Learn to confidently relieve myofascial pain & dysfunction by treating trigger points

Gain Self-Care Best Practices for improving your own postural wellness & hand comfort



Therapist Self Care



Pain Detective Skills

Unique *Connect the Dots*SM system makes it easy to assess & treat pain conditions

Really retain the skills you gain in the Seminar: 6-week *Follow-Up & Enrichment* online program included free!



Follow-Up Professional Development Program



Client Coaching Skills

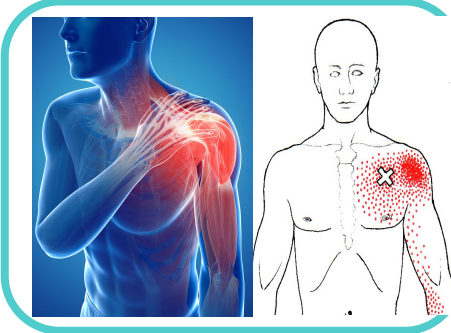
Stand out from a crowded field of competitors as a *Myofascial Trigger Point Therapist* -- a true health-care professional

Earn NCBTMB approved *Continuing Education Credits* as you deepen your knowledge & expand your skill-set

More about Shoulder & Upper Torso Core Units

GOING BEYOND Trigger Points

Connect the DotsSM System



SHOULDER/UPPER TORSO Core Unit

2 Days—16 Live CEUs \$295

Relieve the Burden of Shoulder Dysfunction

2 Days of In-Depth, Hands-On Training

Nov. 7-8, Carlson College of Massage Therapy

Led by Master Teacher, Cathy Cohen, LMT

Connect The Dots SystemSM
Click for Seminar Schedule

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
- Practice & receive an effective treatment for Thoracic Outlet Syndrome
- Master three methods for identifying key trigger points
- Relate specific injuries to predictable shoulder pain patterns
- Learn a faster, less demanding and more effective method to painlessly restore range of motion
- Design individualized home care programs specific to your clients' 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



Pain
Detective
Skills

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up
Professional
Development
Program

**BONUS 6 Week
Program**
Online Enrichment
& Integration Series

**Therapist Self-Care
Training**

Hands-On Instruction
plus Follow-Up Video Series



Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen



What are the unique features & benefits of the Going Beyond Trigger Points Connect The Dots SystemSM ?

The **Going Beyond Trigger Points Connect The Dots SystemSM** is a comprehensive pain therapy system that Massage Therapists can easily apply in their daily practice.

This advanced training program presents the work of Dr. Janet Travell, the originator of myofascial trigger point therapy, in the context of a highly accessible system for effectively resolving your clients' pain conditions.

Going Beyond Trigger Points Connect The Dots SystemSM integrates four essential bodies of therapeutic knowledge into one coordinated and easy to use system:

1. **Myofascial Trigger Point Therapy** to relieve pain caused by myofascial trigger points
2. **Advanced myofascial therapeutic massage techniques**, such as cross-fiber friction, longitudinal stripping, myofascial spreading, and cyro-stimulated pain-free stretching
3. **Neuromuscular re-education protocols** to re-train dysfunctional muscular and fascial systems, based on a thorough assessment of the client's condition, including often-overlooked activating and perpetuating factors
4. **Structural Integration / Postural Realignment / Kinesiological Therapies** to restore overall healthy posture and structural balance

You may have been exposed to the concept of myofascial therapy, and even a superficial introduction to trigger points, in the basic curriculum at your massage school. However, the breadth and depth of knowledge of Myofascial Trigger Point Therapy is rich, deep and vast. It requires time, dedication, and a desire to go beyond routine massage sessions to provide genuine lasting pain relief.

Cathy Cohen, LMT, the developer of the **Going Beyond Trigger Points Connect The Dots SystemSM** received extensive training in Trigger Point therapy - over 1,000 hours simply to be qualified as an entry-level Myofascial Trigger Point Therapist.

Cathys' graduate studies included mentoring by Dr. Travell, certification as a *CORE Structural Integration Therapist* from George Kousaleos, and advanced training in *Myofascial ReleaseTM* from John Barnes.

"Going Beyond Trigger Points is truly a graduate-level program. After I mastered the complex technical knowledge of trigger points, I had to find my own path to incorporating this into a do-able therapeutic massage session."

"Out of that experience I developed my Going Beyond Trigger Points Connect The Dots SystemSM so that other massage therapists could 'fast-track' into becoming qualified Myofascial Trigger Point Therapists. By now, more than 2,600 therapists have taken my seminars and are successfully treating their clients using these techniques."

Cathy Cohen, LMT, Board Certified Myofascial Trigger Point Therapist, NCBTMB Approved Continuing Education Provider

Feel free to email me: CathyCohen@BeyondTriggerPoints.com Or call me at: (941) 564-9489

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GOING BEYOND Trigger Points

Connect the DotsSM System

Included **FREE** in the
Shoulder & Upper Torso Core Unit
Register NOW

with Cathy Cohen, LMT

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

Tired of workshop overload?

Do you forget most of what you learn in a seminar?

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

The innovative *Going Beyond Trigger Points Seminar* structure makes it easy to retain ALL of the tips, knowledge and protocols you learn on the weekend!

In addition to the One- or Two-Day Live On-Site Seminar with Cathy Cohen, you'll get her online *Enrichment Program* with 4-6 Weeks of helpful Follow-Up.



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

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

With this reinforcement you'll find it easier to integrate the new skills you gain during the weekend workshops or One-day Seminars.

"How to stay healthy as you heal others"



Woven into every phase of *Going Beyond Trigger Points* workshops are Self-Care best practices for correcting your own postural issues & 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

- Techniques to establish balanced body mechanics
- How to maintain good posture for minimum fatigue
- 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-enforce 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 the protocols I used myself into my online program, CarpalTunnelCoaching.com. It provides detailed video coaching on hand and wrist health. I share this valuable knowledge and much more with my students in my Beyond Trigger Points Seminars."
Cathy Cohen

GOING BEYOND Trigger Points

Connect the DotsSM System

with Cathy Cohen, LMT

Here's what students say about my Going Beyond Trigger Points Seminars

"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 is 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

"Your system is probably the most helpful thing that I have learned as a massage therapist"



"I would like to say your class's 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

Cathy Cohen's Beyond Trigger Point Seminars, BeyondTriggerPoints.com & CarpalTunnelCoaching.com are approved NCBTMB continuing education programs(#450949-09) & by Florida Board of Massage Therapy (#50-302).

More LIVE Seminars

Upgrade your Skill-Set & Advance your Career with Connect the DotsSM Trigger Point Therapy Training

Each Going Beyond Trigger Points Seminar gives you:

1. Thorough Myofascial Trigger Point Training in the area of study
2. Essential Self-Care Protocols
3. Follow-Up Enrichment Program

2-Day Workshops - 16 Live CEUs

Beyond Trigger Points Core Units focus deeply on pain relief for 1 body area
Core Units may be taken in any order

- Postural Dysfunctions Core Unit
- Head & Neck Core Unit
- Shoulders/Upper Torso Core Unit
- Low Back & Hip Core Unit
- Legs & Arms Core Unit

[Schedule TBA -- Click for updates](#)

Taking the entire Connect the DotsSM Going Beyond Trigger Points program prepares you to sit for the National Board Examination of Certified Myofascial Trigger Point Therapists.

1-Day Special Events-8 Live CEUs

Get A Grip: A Day of Fingers & Forearms

Relieving Carpal Tunnel Syndrome, Trigger Finger & Texting Thumb pain

Straighten Up!

Correcting neck & shoulder dysfunctions to relieve upper body pain

Treating the Weekend Athlete

Resolving common golf & tennis repetitive motion injuries

Put Your Best Foot Forward

Effective treatments for ankle/foot pain

Connect The Dots SystemSM
[Download Course Catalog](#)



About Cathy Cohen, LMT 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. Her students include many who are new to Trigger Point Therapy, as well as experienced Trigger Point Therapists who seek out her advanced knowledge and coaching.

Cathy has practiced myofascial therapies since the 1980s and has been teaching for over 19 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, is a resource used by therapists and healthcare providers nationwide. Cathy has personally trained over 2,600 therapists in advanced Trigger Point Therapy protocols.

Cathy developed the in-depth *Going Beyond Trigger Points Seminars* to provide therapists with the best possible advanced training. The unique *Connect the Dots System*sm 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 myofascial pain.

"I would like to say your 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

Her unique *Going Beyond Trigger Points 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 a carefully-paced two days of learning.
2. Students receive thorough training and practice in essential *Therapist Self-Care* protocols.
3. After the in-person, hands-on *Going Beyond Trigger Points Seminar*, students receive the six weeks *Follow-Up & Enrichment Program* with paced, comprehensive *Multimedia Reinforcement* for each 2 day course you 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 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.

Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489