



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

STRAIGHTEN UP! 1-Day 6 CEU Live Interactive Webinar *Relieving Head, Neck & Shoulder Pain*

Sat. Oct 24, 2020 10 am to 4:30 pm CDT

*Bring lasting relief to your clients
with myofascial neck & shoulder pain*



\$129 6 CEUs
Discount Available:

Sign up with another therapist
to save \$20 -- only \$109 each



Gain practical understanding of how to apply Travell & Simons' proven Trigger Point Therapy techniques to relieve myofascial pain

- Identify the 8 muscle groups that can harbor trigger points in the neck & rotator cuff
- Discover easier ways to relieve neck/shoulder pain with trigger point release, myofascial manipulation, neuromuscular massage & perpetuating factor corrections
- Practice & receive an effective treatment sequence for the posterior cervical muscles
- Upgrade intake accuracy & Improve your structural evaluation skills

"Connect the Dots" between posture, neck, head & shoulder pain

- Develop your detective skills to identify the origin of common cervical problems:
Bad postural habits or over-stretched periarticular structure or intervertebral displacement
- Discover the hidden links between sleep position & neck & shoulder pain
- Identify the biomechanical factors contributing to rotator cuff tears
- Treat various headache patterns by accessing different layers of the posterior cervical muscles

SCHEDULE

- **Saturday October 24, 10 am to 4:30 pm CDT**
6-hour live interactive webinar on Saturday with 1/2 hour lunch break
- **Hands-On Interactive Learning**
You'll need an internet-connected computer, massage table and a warm body to practice hands-on protocols!
- **No therapist partner? No problem!**
Invite a "safe" client or family member to be your warm body
- **4 weeks free multi-media followup enrichment**



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STRAIGHTEN UP!

Relieving Head, Neck
& Shoulder Pain with
Trigger Point Therapy

6 CEUs \$129



October 24, 2020

Sat 9 am - 4:30 pm

6 NCBTMB approved CE hours

ONLINE WEBINAR

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*



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

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



Pain
Detective
Skills

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

Really retain the skills you gain in
the Seminar: 4-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



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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

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).

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 Webinar* structure makes it easy to retain ALL of the tips, knowledge and protocols you learn on the weekend!

In addition to the One-Day Live Interactive Webinar with Cathy Cohen, you'll get her online Enrichment Program with 4 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.



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