



# GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Connect the Dots System



## Beyond Trigger Points Low Back & Hip Unit

"Freeing the Pelvis to  
Balance the Spine"  
A New Approach to Treating  
Chronic Low Back Pain



March 13-14, 2022

Sun. & Mon. 9 am - 6 pm

16 Hands-On CEUs - \$350

Carlson College of Massage  
Therapy, Anamosa Iowa

### Upgrade your "Therapist's Toolkit" with new protocols to relieve low back & hip pain & dysfunction

- Design treatment protocols for the most commonly affected muscles causing low back & hip pain
- Upgrade your structural evaluation skills
- Measure & address hip height disparities
- Easily restore a muscle's normal resting position with an innovative, super-efficient protocol you can apply to any muscle
- Identify the activation & perpetuating factors for common low back pain
- Upgrade your skill set to a new level of professionalism in interdisciplinary medical settings, such as hospitals, Chiropractors' & Doctors' clinics, etc.



### Apply the Connect the Dots System™ to treat low back & hip trigger points

- Easily resolve Psoas/Piriformis dysfunctions with an effective treatment protocol
- Locate the documented trigger points for 8 muscles
- Teach your clients specific home correctives for low back & hip dysfunction
- Distinguish 3 varieties of sciatica
- Connect the dots between the client's pain & biomechanical perpetuating factors affecting the gluteus medius, minimus & quadratus lumborum
- Use less effort applying trigger point release, myofascial spreading & stretching techniques
- Gain new assessment tools: identify sacroiliac dysfunction, postural inequalities & Morton's foot



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](mailto:CathyCohen@BeyondTriggerPoints.com)



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## What are the unique features & benefits of the Going Beyond Trigger Points Connect The Dots System<sup>SM</sup> ?

The Going Beyond Trigger Points *Connect The Dots System*<sup>SM</sup> is an advanced continuing education program for Massage Therapists.

It teaches a comprehensive pain therapy system that Massage Therapists can apply in their daily practice. It integrates the work of Dr. Janet Travell, the originator of myofascial trigger point therapy, into a highly accessible system that Massage Therapists can easily apply to resolve their clients' pain conditions.

Going Beyond Trigger Points *Connect The Dots System*<sup>SM</sup> 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 related activating and perpetuating factors
4. **Structural Integration / Postural Realignment / Kinesiological Therapies** to restore overall healthy posture and structural balance

Some form of myofascial therapy, and even a superficial introduction to trigger points, is often included in the basic curriculum at many massage schools. However, the breadth and depth of knowledge of Myofascial Trigger Point Therapy is rich 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 System*<sup>SM</sup>** received extensive training in Trigger Point therapy at Shaw Institute - over 1,000 hours at the Shaw Institute simply to be qualified as an entry-level Myofascial Trigger Point Therapist.

Cathy's graduate studies included mentoring by Dr. Travell, certification as a CORE Structural Integration Therapist from George Kousaleos, and advanced training in Myofascial Release<sup>TM</sup> 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 System**<sup>SM</sup> 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



Questions? Feel free to email me: [CathyCohen@BeyondTriggerPoints.com](mailto:CathyCohen@BeyondTriggerPoints.com)





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Included **FREE** in  
**EVERY** Core Unit  
**REGISTER NOW**



## 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 Two-Day Live On-Site Seminar with Cathy Cohen, you'll get her online *Enrichment Program* with 6 Weeks of helpful Follow-Up.



Follow-Up Professional Development Program



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 workshop.



## *"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