



# GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Connect the Dots System



## 1-Day 6 CEU Live Interactive Webinar

### *Stabilizing the Feet for Pain-Free Mobility*

Sun. January 30, 2022 10 am to 4:30 pm Central Time

*Bring lasting relief to your clients  
with myofascial leg & foot pain*



\$129 6 CEUs

**REGISTER**



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

*"My first webinar class ever and my first "in person" class with Cathy was so fantastic! She is so knowledgeable and was great to learn from!"*

- Identify the muscle groups that can harbor trigger points in the legs & feet
- Discover easier ways to relieve pain with trigger point release, myofascial manipulation, neuromuscular massage & perpetuating factor corrections
- Practice & receive an effective treatment sequence for the Tibialis Anterior, Fibularis, Gastrocnemius, Soleus, Abductor Halucis & Abductor Digiti Minimi muscles
- Learn how to easily incorporate these techniques into your usual massage routine

### *"Connect the Dots" between posture, leg, foot & ankle pain*

- Develop your detective skills to assess & re-educate your client on key behavioral & postural factors that activate & perpetuate foot pain
- Discover how foot problems can generate a "ripple effect" up into hips, back & upper body
- Upgrade your structural evaluation skills for the arches & ankles
- Apply the Connect the Dots system to identify & successfully treat Morton's Foot & the "pain chain reaction" caused by ankle pronation
- Relieve the excruciating pain of calf cramps by treating specific trigger points
- Improve your communication skills with clients and upgrade your intake accuracy

## SCHEDULE

- Sunday Jan 30, 10 am to 4:30 pm Central Time  
6-hour live interactive webinar with a 1/2 hour lunch break
- Hands-On Interactive Learning  
You'll need an internet-connected computer or smartphone, massage table & a practice partner for hands-on exchange
- No therapist partner? No problem!  
Invite a client or family member to be your practice buddy
- 4 weeks free multi-media follow-up enrichment includes videos of protocols

*"I believe the content and flow of material was perfect for a 6 hour course.*

*The demo videos were well done and I especially thought Cathy was amazing.*

*I enjoy all the Beyond Trigger Point instruction/classes. Thank you for continuing to teach and adapting to current times."*



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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 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 each Webinar  
**REGISTER NOW**



## BONUS 4 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 live 6 hour interactive webinar with Cathy Cohen, you'll get her online *Enrichment Program* with 4 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