



# GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Connect the Dots System



## Beyond Trigger Points: Restoring Shoulder Function & Balance



April 4, 2022

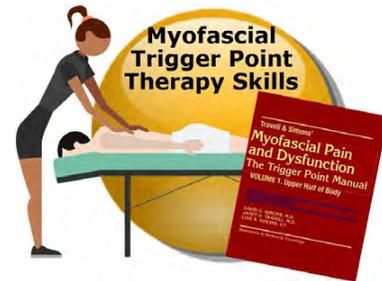
Mon. 9 am - 6 pm

8 Hands-On CEUs - \$175

Carlson College of Massage  
Therapy, Anamosa Iowa

### Discover new techniques to confidently treat myofascial pain in the shoulder

- Discover how to relieve stubborn shoulder pain with trigger point release, myofascial manipulation & postural corrections
- Identify the biomechanical factors contributing to rotator cuff tears
- Practice & receive an effective 5-step treatment sequence for the Shoulder Girdle
- Discover how to use less effort applying trigger point release, myofascial spreading & stretching



### Apply the Connect the Dots System™ to treat trigger points in the shoulder

- Connect-the-Dots between your client's pain and forward head posture
- Learn specific home correctives for common shoulder dysfunctions



Pain  
Detective  
Skills

- Easily incorporate trigger point release protocols into your standard massage routines
- Upgrade your intake & evaluation skills to develop custom treatment plans
- Develop your Pain Detective skills to relate specific injuries to predictable shoulder pain patterns

### Included in every 8 CEU Beyond Trigger Points Seminars

#### BONUS 4 Week Program

Receive Video  
Reviews of techniques

#### Therapist Self-Care

Apply Self-Care techniques  
to your own shoulders



Follow-Up  
Professional  
Development  
Program



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 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  
every 1-Day Workshop  
**REGISTER NOW**



## BONUS 4 Week Program

Follow-Up Enrichment &  
Video 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-Day Live On-Site  
Seminar 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:*

- Review Videos of Techniques
- 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