



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Connect the Dots System



Beyond Trigger Points Seminars

Postural Dysfunctions Core Unit

Creative solutions to 5 linked "Hunchaholic" pain conditions



May 15-16 2022

Sun & Mon 9 am - 6 pm

16 Hands-On CEUs - \$350

Carlson College of Massage Therapy, Anamosa, Iowa

This *Going Beyond Trigger Points Connect the Dots System*SM approach gives you the tools to successfully treat 5 common inter-related myofascial pain problems:



✓ Headaches & Neck pain ✓ Front-of-shoulder pain

✓ Low Back pain ✓ Wrist pain ✓ Buttocks pain

Forward head posture ... collapsed front body ... rounded shoulders ... weak low back ... piriformis/psoas imbalance ... overuse & misuse of wrist & thumbs - all these conditions are caused & perpetuated by persistent postural dysfunction accompanied by painful trigger points.

- ✓ Receive step-by-step protocols for accurately treating these top posture-linked pain conditions.
- ✓ Gain practical understanding of how to apply Travell & Simons' proven Trigger Point Therapy techniques in conjunction with Structural Integration protocols to relieve myofascial pain due to postural dysfunction.
- ✓ Get 2 days of direct hands-on experience giving & receiving integrated treatments.

Gain confidence treating these common posture-related myofascial dysfunctions using proven neuromuscular methodologies



Create step-by-step progressive treatments using Trigger Point Therapy, Structural Integration therapies & postural re-education protocols that work together

- ✓ Discover effective pain relief strategies you can apply to any region of the body.
- ✓ Gain insight into the negative effects that bad posture inflicts on the fascial system - and how this creates a rich breeding ground for painful myofascial trigger points.
- ✓ Understand the interaction between postural & phasic muscles.
- ✓ Learn to easily integrate these new protocols in your own practice using the *Connect the Dots System*SM approach.



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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 System*SM 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*SM 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*SM** 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 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 System**SM 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



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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