

Introduction of CranioSacral Therapy for Conception, Pregnancy and Birth with Kimberly Painter

8 CEs

This hands-on workshop will teach the benefits of using CST for the childbearing population along with basic techniques to use specifically during the childbearing year. It guides participants on a journey to, through and around one of the body's most fascinating healing channels; the craniosacral system and is intended for students in a healthcare profession, or healthcare professionals. This class is specifically for students who are interested in understanding how Craniosacral Therapy can benefit families dealing with fertility challenges, facilitate a more comfortable pregnancy for Mom and baby as well as support increased communication between them, improve the efficiency of the labor and delivery process while decreasing the need for interventions and support for the newborn recovering from the birth process or experiencing challenges with breastfeeding.

FL & NCBTMB Approved

Lymphatic Massage with Craig Knowles

8 CEs

Lymphatic Massage is a type of gentle massage which is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymph system depends on intrinsic contractions of the smooth muscle cells in the walls of lymph vessels and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and then beyond the lymph nodes to the lymph ducts which return lymph to the cardiovascular system. Lymphatic Massage is a very gentle manual treatment that is proven to reduce swelling by dramatically enhancing the function of the lymphatic system, helping to improve the quality of sleep, decrease pain, calm the nervous system, and benefit the immune system.

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Manual Muscle Testing Human Compensatory Patterns, with added Wardrobe/Environmental Effects with Patrick N McWhirter

8 CEs

This eye opening class will be the first of its kind to disseminate to the public the most prominent inhibitory factors present and unnoticed in every human beings immediate daily life. This Manual Muscle Testing Class will first start with a captivating introduction about common Human Compensatory Patterns, how they are recognized by other modalities as Primitive Reflex Patterns, and the prominent muscles/muscle groups that change and can be recognized as facilitated with each instance. Students will learn the basics of manual muscle testing, learn particular standards that enable more consistent and accurate assessment with muscle testing, learn the common muscles and muscle groups that distinguish the common compensatory patterns, and learn exactly how to consistently evaluate the function of these muscles. When this broader sense of pattern recognition is present, with the added skill set of testing, Massage Practitioners will have a deeper mode of communication with other advanced modalities, as well as a greater understanding about gait and muscle function in the Human Movement System. The class culminates atop this aforementioned learning process with using muscle testing to recognize the most common inhibitory factors present in every persons daily living, factors that all people overlook: (including but not limited to) Socks, Glasses, Belts, Yoga/ Athletic Elastic and Compression Clothing, Hats, Sunglasses, Eyeglasses, Shoes (including athletic shoes), Electronics, Cellular Phone Direct Contact, and Bluetooth Headphones.

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Manual Therapy to Eliminate Multiple Nerve Compression Patterns of the Upper Body with James Waslaski

8 CEs

State of the art anatomy and nerve graphics will allow manual therapists to look inside the human body. Starting with the brain and spinal cord, therapists will use positional release, muscle energy techniques, and soft tissue balancing protocols to address OA & C1-C2 fixations, cervical kyphosis (military neck), spinal stenosis patterns, stuck facet joints, and treat sprains and strains throughout the upper body. Nerve tests include: Spurling Test: spinal nerve compression; Eden's Test: costo-clavicular syndrome; Adson's Test: scalene and first rib involvement ; Wright Abduction Test: pectoralis minor involvement; Tests to identify Cubital Tunnel and Guyon's Canal (ulnar tunnel) conditions; Test for Bicipital Aponeurosis tendinosis: median nerve scarring; Pronator Teres Test: median nerve entrapment; and Tests for Carpal Tunnel Syndrome including the Tinnel's Test, Phalen's Test, and Tethered Median Nerve tests. Complicated shoulder capsular adhesions will also be addressed, and home care retraining will include spinal decompression, nerve glides and nerve tensioning protocols.

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Restoring Thoracic Spine Mobility with Ann & Lynn Teachworth**8 CEs**

A lack of thoracic mobility, particularly extension, may be the chronic structural/functional issue of our time. It is often a symptom of poor posture and poor training/workouts and causes restricted function throughout the body, contributing to lumbar and cervical pain and tension patterns. We utilize embodied anatomical study, functional movement, and hands on functional and myofascial release to help the therapist fully understand and work with the functional and structural dynamics of the body. Students learn how to re-educate and release the muscles and fascia that govern thoracic mobility and stability. These functional fascial releases are far more effective than traditional isolated stretching and corrective exercises, allowing the therapist to efficiently and effectively restore function and eliminate pain and tension. Discover why and how to correct thoracic immobility that is often the root cause of shoulder, hip, elbow, lower back, and neck pain syndromes as well as limited sports performance and injuries.

FL, GA & NCBTMB Approved**Traditional Thai Foot Massage with Jill Burynski****8 CEs**

You will leave this class with a whole new service to add to your menu as well as 15 & 30 minute add-ons. Thai Foot massage is a simple yet powerful way of applying reflexology. You do not need to be an expert in reflexology to perform this modality AND you won't wear out your thumbs because there is no thumb walking! This is great as a stand-alone treatment or an add-on to your massage. A wooden Thai reflexology stick and manual is included.

FL, GA & NCBTMB Approved**Scrubs, Wraps and Hydrotherapy with Wahnetta Dimmer****6 CEs**

Are you a licensed massage therapist looking to expand your skill set and offer your clients a more comprehensive spa experience? Scrubs, wraps, & hydrotherapy is the perfect workshop for you! In this hands-on and informative workshop, we will delve into the world of spa treatments, focusing on scrubs and aromatherapy protocols that can be used in any spa.

FL, GA & NCBTMB Approved**The Elements of Continuing Education: Class Design with Rebecca Pollock****4 CEs**

Are you feeling the call to share your knowledge? Explore the elements of creating a continuing education class from start to finish. We will take a step-by-step journey from the spark of your idea to submitting it for approval. You will walk away with a solid foundation for teaching your knowledge as well as the beginning steps you need to take to get things approved as a Continuing Education Provider.

FL & NCBTMB Approved**The Elements of Continuing Education: Approval Process with Rebecca Pollock****4 CEs**

Once you have the basic elements put together for a continuing education class, where do you go next? This class will explore in detail the approval process for continuing education offered to massage therapists. The main focus of this class will be for approvals in the state of Florida, but approvals for other states in the US will be discussed as well. Walk away with a solid plan of action to get your classes ready to teach!

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