

## Outline

### DAY 1

(8 AM – 4:30 PM)

#### TAI CHI: WHAT IT IS AND WHAT IT IS NOT

##### BENEFITS OF TAI CHI FOR YOUR CLIENTS

- Increase muscle strength and cardiovascular system
- Increase stamina
- Increase flexibility
- Improve balance, thereby reducing falls
- Improve posture/memory/relaxation
- Reduce stress and anxiety
- Decrease chronic pain

##### HOW TO INCORPORATE INTO YOUR PRACTICE

- Motivate your clients to start the road to recovery using:
  - Choice theory
  - Positive psychology

##### Lab

- Warm-up exercises
- GROUP THERAPY PROGRAM LAB (Yang, Sun, and Chen Style)
- Introduction of TCR Eight Forms sequence
- Cooling-down exercises

### DAY 2

(8 AM – 3:30 PM)

#### TAI CHI: TEACHING SAFELY

- Why safety is important

##### Lab

- Warm-up exercise
- Review TCR Eight Forms sequence
- Seated Tai Chi for the non-ambulatory client
- Cooling-down exercise

##### HOW TO TEACH EFFECTIVELY

- Overview
- Role play the Stepwise Progressing teaching method
- Precautions and modifications
- Taking it to the street – community classes

#### Live Seminar Schedule

**Registration/Morning Coffee & Tea:** 7:30 AM

**Program begins:** 8:00 AM

**Lunch:** 1 hour (on your own)

**Program ends:** 4:30 PM (day 1), 3:30 PM (day 2)

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## Objectives

1. Examine the evidence behind Tai Chi and how it benefits your clients.
2. Utilize safety precautions for Tai Chi when teaching others.
3. Apply the Stepwise Progressive Teaching Method during treatment.
4. Teach the movement, body, and internal principles of Tai Chi for effective progress.
5. Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits.
6. Practice the dan tien breathing method to promote relaxation.
7. Utilize weight transference techniques to improve balance.
8. Apply situational focus in Tai Chi practice, encouraging mental alertness.
9. Demonstrate the Chen, Yang, and Sun style of Tai Chi with application of lab.
10. Teach modifications for participants of different movement abilities.
11. Define the international fall reduction statistics directly related to Tai Chi programs.
12. Independently apply the basic styles of Chen, Yang, and Sun style of Tai Chi by the end of the course to strengthen clients' flexibility, core, and balance.
13. Demonstrate the various Tai Chi movements into a seated position to be used for non-ambulatory patients.
14. Develop practices of incorporating Tai Chi into real life situations for fall prevention.

#### Who Should Attend

Physical Therapist • Physical Therapist Assistants • Occupational Therapists • Occupational Therapy Assistants  
Athletic Trainers • Massage Therapists • Exercise Physiologists • Nursing Home Administrators • Social Workers  
Counselors • Activity Professionals



PESI, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel.  
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Become a board-certified Tai Chi for Health and Wellness instructor through the Tai Chi for Health Institute's TCR program and get 13 hours of CE in this 2-day, hands-on course.

## 2-Day Tai Chi for Health & Wellness Instructor Certification Course

Albany, NY  
February 21-22, 2019

Kingston, NY  
February 23-24, 2019

**REGISTER NOW:** [pesirehab.com/express/67397](http://pesirehab.com/express/67397)



Become a board-certified Tai Chi for Health and Wellness instructor through the Tai Chi for Health Institute's TCR program and get 13 hours of CE in this 2-day, hands-on course.

## 2-Day Tai Chi for Health & Wellness Instructor Certification Course



The course was the most useful and applicable of any CE course I've taken.

– Catherine



I walked away with some real solid direction on how to implement the content in my practice. The best course I've taken in the last 10 years.

– Peter



Very useful info that I will use in my clinic. Fantastic presentation.

– Michael

• **Become certified as a Tai Chi for Health & Wellness instructor** through the Tai Chi for Health Institute using the TCR program

• **Evidence-based treatments** to improve flexibility and balance, thereby preventing falls; decrease stress and anxiety; enhance memory and relaxation; strengthen muscles and the cardiovascular system; recover from injuries or surgeries faster

• **Easily adaptable exercises** for the specific needs of your clients

• **Join a growing, global community** of certified instructors with the Tai Chi for Health Institute

Albany, NY  
Thursday & Friday  
February 21-22, 2019

Kingston, NY  
Saturday & Sunday  
February 23-24, 2019



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Free 2-months access to exclusive Tai Chi content from TCHI

## 2-Day Tai Chi for Health & Wellness: Instructor Certification Course

**Some of your clients need more than traditional therapy.** Yet you still need to use evidence-based practices to be reimbursed for your care.

Tai Chi combines gentle and adaptable exercises you can easily use with your clients for a variety of benefits, such as:

- Improve flexibility and balance to prevent falls
- Reduce stress and anxiety
- Strengthen cardiovascular system
- Decrease chronic pain
- Recover from injuries and surgeries faster

In addition, the evidence behind Tai Chi offers you justification for using this ancient form in your client's rehabilitation.

In just 2 days, **you can be a certified Tai Chi practitioner and instructor** through Dr. Paul Lam's Tai Chi for Health Institute and join a growing community of Tai Chi instructors around the world. Your instructor has trained extensively with Dr. Lam and risen to Master Trainer status, providing you the research, benefits, and most importantly, movements of Tai Chi to incorporate into any client's treatment plans.

No experience with Tai Chi is required, as your instructor will teach you the 12 movements step-by-step.

Register today for your spot to join the growing movement of Tai Chi certified instructors.

## Speaker

**Jocelyn Simpson** is a Master Trainer and Board-Certified Instructor for the Dr. Paul Lam Tai Chi for Health Institute (TCHI), a nonprofit corporation based in Sydney, Australia. Ms. Simpson also serves as Secretary of the TCHI governing board. Currently, she offers instructor qualification workshops in 6 TCHI programs, including Tai Chi for Arthritis, Tai Chi for Arthritis for Fall Prevention, Tai Chi for Diabetes and Seated Tai Chi for Arthritis, and is Board-Certified in 9 programs including Tai Chi for Back Pain, Tai Chi for Rehabilitation, and Tai Chi for Osteoporosis. She is a certified Pilates instructor with over 1000 hours of formal training with a specialty certificate in pre/postnatal Pilates (trained personally with Carolyne Anthony). She has taught Tai Chi for Health programs in a variety of settings including physical therapy clinics, assisted living facilities, community centers, senior centers, specialized rehab/fitness centers, and Pilates studios. Ms. Simpson has served on the Programs Committee and Walk for a Cure Committee with the Arthritis Foundation and has presented in various capacities for that organization as well as the Fall Prevention Coalition and State of Georgia Department of Human Services, Division of Aging Services. She works closely with the latter in bringing evidence-based Tai Chi programs to all counties of the state of Georgia, working with regional Area Agencies on Aging and other organizations.

Speaker Disclosures:

Financial: Jocelyn Simpson is a master trainer for the Tai Chi for Health Institute. She receives a speaking honorarium from PESI, Inc.

Non-financial: Jocelyn Simpson is a member of the Tai Chi for Health Institute.



## RELATED PRODUCTS [ Save by including with your seminar registration ]



### Tai Chi for Arthritis & Fall Prevention Handbook

By Dr. Paul Lam

The Tai Chi for Arthritis program outlined in this informative handbook has helped millions of people - both with and without arthritis - to find relief from pain, improved balance and health, and a better quality of life within a short time. This handbook pairs perfectly alongside Dr Lam's Tai Chi for Arthritis DVD, and will empower learners to improve their health and wellness.



### Tai Chi for Arthritis: 12 Lessons DVD

By Dr. Paul Lam

Reduce the suffering of your patients who have arthritis. Tai Chi expert Dr. Paul Lam guides you through the 12 movements that will result in pain relief and improved quality of life. Supported by both the Arthritis Foundation and the Center for Disease Control, this DVD is an important component of arthritis treatment.

### Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**ATHLETIC TRAINERS:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 13 hours of Category A continuing education.

**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

**COUNSELORS:** This intermediate activity consists of 13 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 15.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**NURSING HOME ADMINISTRATORS:** This program has been submitted (but not yet approved) for 13 continuing education clock hours and 13 participant hours from

NAB/NCERS. Call our customer service department at 1-800-843-7763 for further information.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 13 contact hours or 1.3 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 13 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 15.6 Contact Hours.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 13 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 15.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 780 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**Questions?** Call customer service at **800-844-8260**

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Clark Christian at cchristian@pesi.com or 715-855-5261.



## How to Register

2-DAY TAI CHI FOR HEALTH & WELLNES: INSTRUCTOR CERTIFICATION COURSE  
**Questions?** Visit [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs), or call 800-844-8260

### ONLINE

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### MAIL

PESI Rehab  
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**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

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*\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.*

**2 Check location:** *(make copy of locations)*

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67397ABY

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Hilton Garden Inn Albany Medical Center  
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☐ **KINGSTON, NY**

67397KNG

**February 23-24, 2019**

Best Western Plus Kingston Hotel and  
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(845) 338-0400

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

**3 Check tuition:**

**TUITION with seminar manual**

**\$409.99** – choose one of the options below:

- ☐ per person for 2 or more preregistering together —**OR**—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$429.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

☐ **\$9.95\* Tai Chi for Arthritis & Fall Prevention Handbook**

☐ **\$29.99\* Tai Chi for Arthritis** DVD

*\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR*

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
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### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

— **\$9.95\* Tai Chi for Arthritis & Fall Prevention Handbook** (SAM085585)

— **\$29.99\* Tai Chi for Arthritis** DVD (ZNV085605)

*Shipping is \$6.95 first item + \$2.00 each add'l item.	Product total \$ _____
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