



Are you tired of using the same old manual therapy techniques or home exercise programs for your patients and still not seeing better results? Looking to infuse your practice with something new, yet evidence-based and reimbursable? Look no further than the ancient art form of Tai Chi.

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 reimbursable justification for using this ancient form in your client's rehabilitation.

With pre-workshop study and showing competency at the end of 3 days, you are eligible for certification as a Tai Chi for Arthritis and Fall Prevention instructor through the Tai Chi for Health Institute. Your course presenter has trained extensively with Dr. Paul Lam and risen to Master Trainer status, providing you the research, benefits and most importantly, movements of Tai Chi to incorporate into any patient's treatment plans. Adding this reimbursable therapy to your toolbox will immediately enable you to provide an additional modality to enhance patients' stability, flexibility, posture, balance and coordination.

No experience with Tai Chi is required, as your instructor will teach you the movements step-by-step to ensure you can safely and properly teach others.

In addition, these 3-days will bring an inner calmness to your life, restoring you mentally and physically so that you can be the best therapist your patients need.

Register for your spot to join the growing movement of Tai Chi certified instructors and be recognized in your community as an authority in the benefits of Tai Chi.

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

**Hassle-Free Cancellation Policy:** If you contact us before the event date, a certificate to attend another seminar, or receive a tuition refund less a \$90 cancel fee. Substitutions are permitted at any time.




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. **Limited seats available; advanced online registration required.**

## 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.

## Objectives

**TO BE CERTIFIED BY THE TAI CHI FOR HEALTH INSTITUTE BOARD, YOU MUST DEMONSTRATE SAFE AND INDEPENDENT PERFORMANCE OF THE ROUTINE BY THE END OF THE WORKSHOP**

1. Analyze the history of Tai Chi principles and practices.
2. Explain the relevancy of Tai Chi in the rehab clinical setting.
3. Articulate the link between chronic arthritis pain and fall risk.
4. Utilize safety precautions for Tai Chi in rehab.
5. Apply the Stepwise Progressive Teaching Method during treatment.
6. Teach the movement, body, and internal principles of Tai Chi for effective progress.
7. Incorporate mindfulness in Tai Chi practice to enhance health and well-being benefits.
8. Practice the dan tien breathing method to promote relaxation.
9. Utilize weight transference techniques to improve balance.
10. Apply situational focus in Tai Chi practice, encouraging mental alertness.
11. Demonstrate Sun style of Tai Chi with application of lab.
12. Teach modifications for participants of different movement abilities.
13. Practice Tai Chi adaptations specific for fall prevention.
14. Define the international fall reduction statistics directly related to Tai Chi programs.
15. Independently apply the basic styles of Sun style of Tai Chi by the end of the course to strengthen clients' flexibility, core, and balance.
16. Demonstrate the various Tai Chi movements into a seated position to be used for non-ambulatory patients.
17. Discuss how to implement a community-wide program teaching others Tai Chi.
18. Develop practices of incorporating Tai Chi into real-life situations for fall prevention.

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**3-DAY**  
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★★★★★  
*The course was the most applicable of any CE course I've taken.*  
 — Catherine, OT

★★★★★  
*The class was so practical that I used it immediately with my patients.*  
 — Melissa, DPT

- **Evidence-based and reimbursable treatment** you can incorporate the next day
- **Easily adaptable and non-invasive exercises** for the specific needs of your clients
- **Improve patient participation and motivation** throughout rehab
- **Become a Board-Certified instructor** through the Tai Chi for Health Institute
- **Increase your earning potential** by offering Tai Chi classes for your community
- **Be restored, mentally and physically**, during these 3-days to increase your skills and care as a therapist

**Cromwell, CT**  
 Thursday-Saturday  
 August 15-17, 2019

**REGISTER NOW: [pesirehab.com/express/71983](http://pesirehab.com/express/71983)**

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# Outline

## UNLOCK THE POWER OF TAI CHI

### WHO AND HOW TAI CHI BENEFITS

- What is Tai Chi?
- The latest research on Tai Chi
- Recommendation from the CDC and Arthritis Foundations across the globe
- Effective movements you can use immediately to:
  - Prevent falls
  - Build muscle strength, which supports and protects joints
  - Increase stamina
  - Enhance flexibility and balance
  - Optimize mobility and function
  - Reduce arthritis and back pain
  - Improve posture/memory/relaxation
  - Decrease stress and anxiety

## ESSENTIAL PRINCIPLES TO REMEMBER

- Improve upper body/lower body coordination
  - Make the movements slow, even and continuous
  - Gentle resistance
- Be mindful of your body/center of gravity awareness to improve balance
  - Be aware of weight transference
  - Importance of upright position, if possible
- Be mindful of your mind
  - Stay focused on each movement so that the internal and external are integrated

## TAI CHI: WHY IT IS IMPORTANT TO KEEP SAFETY IN MIND

- What environment is ideal for teaching Tai Chi?
- Realize the limitation of your patient, even if they don't recognize it

## INCORPORATE TAI CHI INTO YOUR PRACTICE

- Where to start – assessing your patients' ability to perform certain movements
- Motivate your clients toward recovery with 3 methods:
  - Choice theory
  - Positive psychology
  - Mindfulness
- Affect rehab outcomes positively
- Group exercise – LAB
  - Warm-up exercises
  - Cooling down exercises
- Coding and billing tips to get the most out of reimbursement

## TEACH YOUR PATIENTS AND THE COMMUNITY AT LARGE

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

## HANDS-ON DEMONSTRATION AND LAB

### INTRODUCE THE 12 FORMS SEQUENCE, STEP-BY-STEP

- Warm-up exercises
- Step-by-step instruction of each movement
- 6 basic movements
  - Commencement
  - Open and close
  - Single whip
  - Waving hands
  - Open and close
  - Closing
- 6 advanced movements
  - Brush knees
  - Playing the lute
  - Parry and punch
  - Block and close
  - Push the mountain
  - Open and close
- Cooling-down exercises

## GROUP THERAPY PROGRAM (SUN STYLE TAI CHI)

- Adaptations for knee, joint, and balance limitations

## SEATED TAI CHI

- How to build strength and flexibility for non-ambulatory patients

## POST-TEST FOR CERTIFICATION

### DEMONSTRATE SAFE AND INDEPENDENT PERFORMANCE OF THE 12 MOVEMENTS

# Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Occupational Therapists
- Occupational Therapy Assistants
- Nurses
- Nurse Practitioners
- Exercise Physiologists
- Nursing Home Administrators
- Restorative Team Members
- Personal Trainers
- Activity Professionals

# What to Bring

- Loose, comfortable clothing and flat, supportive shoes suitable for exercise (shoes are required).

# Live Workshop Schedule

(All 3 Days)

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

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

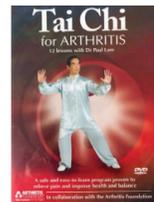
**4:00** Program ends

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.

**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 christian@pesi.com or 715-855-5261.

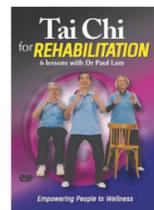
## RELATED PRODUCTS [ Save by including with your seminar registration ]



### 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.



### Tai Chi for Rehabilitation DVD

In this rejuvenating 5-hour DVD presentation, Dr. Paul Lam guides you step-by-step through each Tai Chi movement to use during recovery. You'll learn the most effective therapeutic tools to reduce falls and decrease pain, as well as to aid in recovery from disease, surgical procedures, stress and more.



## Live Workshop 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" on this brochure 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 cepsi@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 profession's 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 19.0 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.

**PERSONAL TRAINERS:** This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 19.0 contact hours. Partial contact hours will be awarded for partial attendance.



**NURSING HOME ADMINISTRATORS:** This program has been submitted (but not yet approved) for 19.0 continuing education clock hours and 19.0 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 19.0 contact hours or 1.9 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 19.0 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.

**OTHER PROFESSIONS:** This activity qualifies for 1140 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.

## How to Register

3-DAY TAI CHI FOR FALL PREVENTION: CERTIFICATION WORKSHOP  
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**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

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See mail code box on address panel on reverse side

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**2 Check attendance option:**

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**3 Check tuition:**

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single registration postmarked 3 weeks prior to seminar date

**\$599.99** standard

**ADD-ON PRODUCTS**

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**\$29.95\*** Tai Chi for Arthritis DVD

**\$24.95\*** Tai Chi for Rehabilitation 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.**  
**Purchase orders welcome (attach copy).**

Check enclosed payable to **PESI, Inc.**

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**Register now!**  
pesirehab.com/express/71983

**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. *Limited seats available; advanced online registration required*
- **\$90 Tuition:** If you are interested in being our registration coordinator for all three 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. *Advanced registration required.* Cannot be combined with other discounts.

**CAN'T ATTEND THE SEMINAR?**  
See below for individual product orders

**3-Day Tai Chi for Fall Prevention: Certification Workshop**

\_\_\_ **\$29.95\*** Tai Chi for Arthritis DVD (ZNV085605)

\_\_\_ **\$24.95\*** Tai Chi for Rehabilitation DVD (ZNV085600)

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	<b>TOTAL</b> _____

\*Shipping is \$6.95 first item + \$2.00 each add'l item.  
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PLEASE RETURN ENTIRE REGISTRATION FORM

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