

3-DAY

Certificate in Women's Health

Today's Best Practices for Improving Recovery and Outcomes

Women's bodies go through a lot in a lifetime. And the stresses and strains of pregnancy, childbirth, surgery, and trauma can lead to many problems, from pelvic floor disorders and lymphedema to back pain and bone loss.

Without specialized training in the unique needs of women, you could be leaving your patients misunderstood, misdiagnosed, undertreated and underserved – failing to end their pain, missing an opportunity to restore wellness to their lives, and leaving them to face the risk, discomfort and cost of unnecessary surgeries.

This 3-day intensive Certificate Course will provide you with today's most innovative treatments to help women reclaim active, satisfying, pain-free lives.

Attend and bring valuable additions to your clinical toolbox that will allow you to implement advanced treatment plans for the most common issues women face, including pregnancy/postpartum complications, pelvic floor dysfunction, breast cancer, lymphedema, fibromyalgia and osteoporosis. What's more, you'll leave this training better able to expand your practice, serving as a go-to clinician on issues related to women's health in rehabilitation.

Without proper training, your work with women can only rise to a certain level!

Sign up today, earn your Certificate in Women's Health, and leave feeling confident and fulfilled, knowing that you can change the lives of women!

Speaker

Debora Chasse, PT, DPT, WCS, CLT, is an expert in women's health with over 20 years of experience helping women recover from pregnancy/postpartum complications, pelvic floor dysfunction, breast cancer, lymphedema, fibromyalgia and osteoporosis.

Among the first to receive the APTA's Board Certification in Women's Health, Dr. Chasse travels nationally to present seminars on women's health topics, and she is known for her dynamic, hands-on teaching style. In addition, she has served on the Specialization Academy of Content Experts and was a writer for the APTA pelvic pain certification courses. Dr. Chasse earned her doctorate in physical therapy from Loma Linda University, where she also began teaching in 2000, and she holds additional certifications in Complete Lymphatic Therapy and Matrix Repatterning.

Speaker Disclosures:
Financial: Debora Chasse is the owner of Function Ability Physical Therapy. She receives a speaking honorarium from PESI, Inc.
Non-financial: Debora Chasse has no relevant non-financial relationship to disclose.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$90 cancel fee. Substitutions are permitted at any time.

Seminar on DVD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



Objectives

1. Develop strategies for creating safe environments and discussing sensitive medical concerns.
2. Outline strategies for providing culturally competent care and supporting trauma survivors.
3. Demonstrate evaluation methods for pregnancy/postpartum complications, pelvic floor dysfunction, lymphedema, fibromyalgia, osteoporosis, and impairments related to breast cancer treatment.
4. Demonstrate interventions for reducing pelvic pain and managing pelvic floor dysfunction.
5. Demonstrate interventions for resolving bladder hyperactivity and incontinence.
6. Demonstrate interventions for reducing low back pain related to pelvic floor dysfunction.
7. Demonstrate interventions for rebuilding core muscles and stability after childbirth.
8. Demonstrate interventions for pain, swelling, ROM, fatigue, and functional impairments in patients undergoing treatment for breast cancer.
9. Demonstrate interventions or reducing pain and improving strength, flexibility, and stamina in patients with fibromyalgia.
10. Demonstrate interventions for controlling swelling, decreasing fluid buildup, and preventing infections in patients with lymphedema.
11. Demonstrate interventions for decreasing bone loss, protecting the spine, reducing fall risk, and increasing mobility in patients with osteoporosis.
12. Demonstrate dynamic neurocognitive imagery techniques for helping patients identify and recruit the correct muscles during exercises.
13. Discuss strategies for more effectively combining multiple modalities during treatment, therapeutic exercise, soft tissue mobilization, lymphatic drainage, trigger point release, mindfulness, and dynamic cognitive imagery (Franklin Method).
14. Develop comprehensive treatment strategies for specific impairments.
15. Apply evaluation and treatment techniques demonstrated throughout the course to case scenarios.
16. Discuss the latest advances in women's health and their implications for treatment.
17. Review coding, billing, and documentation for women's health.
18. Discuss strategies for specialization, professional networking, and health programming in women's health.

Target Audience	Physical Therapists • Physical Therapist Assistants Occupational Therapists • Occupational Therapy Assistants Rehab Directors • Rehab Managers • Nurse Practitioners Nurses • Physician Assistants
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Live Seminar Schedule

- 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.

What to Bring

- Lab-appropriate clothing
- Exercise mat

Questions?

Call customer service at
800-844-8260

FREE
- CE -
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Introductory
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3-DAY

Certificate in Women's Health

*Today's Best Practices for
Improving Recovery and Outcomes*

Manhattan, NY
Wednesday-Friday
October 9-11, 2019

REGISTER NOW: pesirehab.com/express/73150



3-DAY

Certificate in Women's Health

*Today's Best Practices for
Improving Recovery and Outcomes*

Advance your career with a Certificate in Women's Health and help your patients reclaim active, satisfying, pain-free lives

- ✔ **Discover proven techniques** that get results fast
- ✔ **Practice effective treatments** for conditions related to pregnancy, pelvic floor dysfunction, breast cancer, lymphedema, fibromyalgia and osteoporosis
- ✔ **Become the go-to resource** for women's health in your facility and grow referrals

Manhattan, NY
Wednesday-Friday
October 9-11, 2019



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Course Content

WHAT EVERY CLINICIAN NEEDS TO KNOW ABOUT WOMEN'S HEALTH

- Why women's health skills are the missing link
- Top 10 mistakes clinicians make with female patients
- How training in women's health can benefit any caseload

KEYS TO TREATING SENSITIVE ISSUES WITH CONFIDENCE

- How to create safe environments and open dialogues
- Tips for discussing sensitive medical, emotional, and trauma history
- Reveal critical information that can change the course of treatment
- Sharpen your sensitive listening skills
- Support survivors with a trauma-informed approach
- Culturally competent care strategies every clinician should know

UPGRADE YOUR ASSESSMENT AND CLINICAL REASONING SKILLS

- Get to the root causes of impairments faster with better evaluation techniques for:
 - Pelvic pain
 - Pelvic floor and bladder function
 - Pre- and post-natal issues
 - Scar mobility
 - Lymphatic swelling and inflammation
 - Functional strength and mobility
 - Bone integrity
 - Balance and fall risk
 - Age-related degeneration

• Lab

EXPAND YOUR CLINICAL TOOLBOX FOR WOMEN'S HEALTH

- Effective techniques you can use immediately
 - Pregnancy/postpartum interventions to:
 - Manage low back pain
 - Prevent tearing during childbirth
 - Reduce pelvic pain and muscle tightness
 - Improve scar mobilization
 - Rebuild core muscles and stability
 - Pelvic floor interventions to:
 - Resolve pelvic and related back pain
 - Calm bladder hyperactivity
 - Resolve incontinence
 - Retrain pelvic floor muscles
 - Breast cancer interventions to:
 - Reduce pain and lymphatic swelling
 - Restore ROM, strength, endurance and energy
 - Manage functional impairments
 - Lymphedema interventions to:
 - Control swelling and edema
 - Improve lymphatic flow
 - Decrease fluid buildup
 - Prevent infections
 - Support swollen areas
 - Fibromyalgia interventions to:
 - Reduce pain and fatigue
 - Increase strength, flexibility and stamina
 - Decrease environmental stress on the body
 - Combat "fibro fog" -- improve focus, attention and concentration
 - Osteoporosis interventions to:
 - Build bone and decrease bone loss
 - Protect the spine from fracture
 - Reduce fall risk
 - Increase mobility

• Lab

HOW TO EFFECTIVELY COMBINE MULTIPLE MODALITIES FOR BETTER RESULTS

- Dynamic neurocognitive imagery/Franklin Method
- Yoga
- Mindfulness
- Breathing exercises
- Soft tissue mobilization
- Trigger point release
- Lymphatic drainage

DESIGN ROBUST, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

- Comprehensive treatment strategies for specific impairments, including:
 - Pelvic pain
 - Pelvic floor dysfunction
 - Vaginal tears
 - Sexual health
 - Bladder hyperfunction
 - Incontinence
 - Diastasis recti/transverse abdominus
 - Radiation scarring
 - Lymphedema
 - Fibromyalgia
 - Osteoporosis

• Lab

CODING, BILLING, AND DOCUMENTATION FOR WOMEN'S HEALTH

- Justify treatment with the right progress measures and documentation
- How to maximize your reimbursement
- Avoid denials and audits with these tips

CASE STUDIES: PUT KNOWLEDGE TO PRACTICE

- Case study 1: Stabilize abdominal muscles and decrease pregnancy-related pain
- Case study 2: Successfully treat incontinence
- Case study 3: Improve tissue mobility and joint motion with a breast cancer patient
- Case study 4: Manage lymphatic swelling with a breast cancer survivor
- Case study 5: Reduce pain and fatigue related to fibromyalgia
- Case study 6: Safeguard the spine in a patient with osteoporosis


HOT TOPICS AND INNOVATIONS IN WOMEN'S HEALTH

- Give your patients the benefits of cutting edge research

HOW TO BECOME YOUR REGION'S GO-TO WOMEN'S HEALTH SPECIALIST

- The insider's guide to specialization and professional networking
- Key components of a world-class women's health program

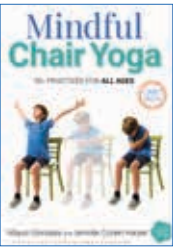
Note: All assessments, treatments, and labs in this program are external.



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 Orion Tarpley at otarpley@pesi.com or 715-855-5262.

RELATED PRODUCTS [Save by including with your seminar registration]



Mindful Chair Yoga: 50+ Practices for All Ages

By Mayuri Gonzalez and Jennifer Cohen Harper, MA, E-RCYT



Mindful Chair Yoga is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.

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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; advance online registration required.*



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" 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 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 profession's standards.

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

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.

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 1.90 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.

NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the New Jersey State Board of Physical Therapy for review.

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 22.8 Contact Hours.

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 CERTIFICATE IN WOMEN'S HEALTH
Questions? Call 800-844-8260 or e-mail us at info@pesirehab.com.

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1 Please complete entire form (to notify you of seminar changes):
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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)*

☐ **MANHATTAN, NY**
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3 Check tuition:

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\$599.99 – choose one of the options below:

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(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

Register now!
pesirehab.com/express/73150

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; advance online registration required.*
- **\$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: 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 or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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

3-Day Certificate in Women's Health

___ **\$499.99*** Seminar on DVD (RNV063780)

___ **\$19.99*** *Mindful Chair Yoga* card deck (PUB085920)

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