



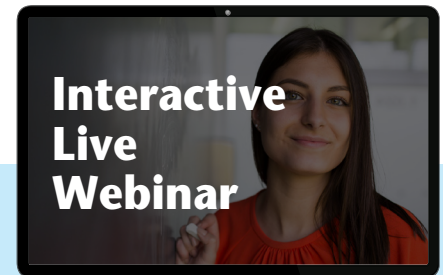
The Latest Integrative Research and Approaches in the Successful Treatment of

Chronic Pain Conditions

Presented by Brian Trzaskos, PT, LMT, CSCS, CMP, MI-C

Benefits to Attending

- **Consistently improve painful symptoms**, even in long standing issues
- Understand the coupled nature of **emotional, psychological, and behavioral factors in dealing with chronic pain**
- **Immediately apply novel treatment approaches** that organically increase patient referrals



**Interactive
Live
Webinar**

Thursday - August 22, 2019
5:00pm - 8:00pm EST

\$79.99/Person or **FREE** for
"All Access" Subscribers!

Engage and Ask Questions
with the Instructor in this Live
Interactive Course!

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants

Call (615) 376-8890 to Register Today!

Course Description

The National Institute for Health reports that 25.3 million Americans live with chronic pain, while health economists estimate that the cost of chronic pain in the United States is \$635 billion annually. Current research is revealing the broad ineffectiveness of pharmaceutical strategies and strongly suggests that successfully treating the multifactorial nature of chronic pain requires an integrative, holistic approach including attention on key emotional, psychological, and behavioral factors. Integrative approaches including Tai Chi, breath-work, graded movement and mindfulness are widely recognized body-mind modalities and research supported, non-pharmacological approaches in treating chronic pain conditions.

This course has been designed to outline the scientific and physiologic basis of key body-mind components, instruct simple integrative practices shown to be effective in remediating chronic pain, and review the evidence base for validating these approaches in the treatment of patients dealing with chronic pain conditions.

About Your Instructor

Brian Trzaskos, PT, LMT, CSCS, CMP, MI-C, is a bodymind rehabilitation specialist who believes education is powerful medicine that allows people to access their highest healing potentials. Mr. Trzaskos has extensive experience in diverse clinical settings ranging from working at the world-renowned Craig Hospital for Traumatic Brain Injury and Spinal Cord Rehabilitation, to operating his own holistic health center in Upstate New York. He is well known for making even the most difficult concepts easy to understand and immediately applicable to clinical practice. He is a passionate teacher, author, international health consultant, and thought leader in holistic rehabilitation.

He is the President of NEW Health Inc. and director of the Institute for Rehabilitative Qigong & Tai Chi, which specializes in the integration of western body-mind science and the ancient healing arts of Qigong & Tai Chi. As a practicing physical therapist and student of eastern movement and meditation practices for over two decades, Mr. Trzaskos holds advanced certifications in both Western and Eastern healing arts truly bringing together the best of both worlds in modern rehabilitative care. He earned his degree in Physical Therapy from State University of New York at Buffalo.

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Learning Objectives

1. Describe the neuromuscular compensatory patterns specific to patients dealing with chronic pain.
2. Explain the 3-step integrative graded movement process designed to normalize pain perception in adult clients dealing with chronic pain issues.
3. Justify the research and use of integrative approaches in the treatment of adult clients dealing with chronic pain.

Course Outline

I. The New Science of Pain

- » Sensory-motor pathways
- » Brain adaptations
- » Autonomic influence
- » Neuromuscular compensations

II. Research Supported Integrative Approaches

- » Mindfulness
- » Tai Chi
- » Sensation-based concept

III. Applications of Integrative Approaches

- » Graded movement
- » Breathwork
- » Vision & visualization

Continuing Education Credit



APPROVED PROVIDER of CONTINUING EDUCATION
by The American Occupational Therapy Association, Inc.

Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This course is offered for 0.3 AOTA CEUs (3.0 contact hours). This course contains content classified under both Occupational Therapy Process and Domain of OT. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. **FL:** Summit Professional Education is approved by the Florida Board of Occupational Therapy Practice as a continuing education provider - #50-22818, 3.0 hours (live interactive webinar). **GA:** This workshop meets the requirements for Georgia State Board of Occupational Therapy amended rule 671-3-.08(5) and (10) Renewal of License, Penalties, Continuing Education Requirements. This workshop is offered for 3.0 hours.

Physical Therapists - AR: This course has been approved by the Arkansas State Board of Physical Therapy for 0.3 CEUs. **CA:** Summit Professional Education is approved as a continuing education provider by Sports Medicine Alliance (formally NIRE, Inc.), a CA Continuing Competency Approval Agency, provider #S-100. This workshop is approved for 3.0 Contact Hours (0.3 CEUs). **CO:** This workshop meets accepted standards for category I continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the relicensing process and/or your employer, 3.0 hours. **FL:** This course has been submitted to CE Broker on behalf of the Florida Physical Therapy Association for review and approval, 3.5 CEH (live interactive webinar). The FPTA has determined that any lab content which lies outside of the scope of PTA practice may not be approved for CEH. Therefore final approval for PTAs may be less than 3.5 CEH. **GA:** As per regulation 490-4-.02(1)(b) of the Georgia Board of Physical Therapy on continuing competence requirements programs approved by the Physical Therapy Association of Georgia or any other state chapter will be accepted by the state licensing board. Summit Professional Education is approved by the Kentucky Physical Therapy Association as a continuing education provider, #CS45-2008-KPTA. This course is offered for 3.0 contact hours. **IL:** Summit Professional Education has been approved by the Illinois Department of Financial & Professional Regulation as a continuing education provider for physical therapists and physical therapist assistants, license # 216.000263. This course is offered for 3.0 hours. **KY:** Summit Professional Education is approved by the Kentucky Physical Therapy Association as a continuing education provider. 3.0 contact hours, (Class I) will be granted for course completion and the approved provider number is CS45-2008-KPTA (Exp 3/1/20). **MI:** As per R 337.7163 (3) of the Michigan Physical Therapy General Rules, activities are approved for continuing education credit if they are approved by other state physical therapy licensing boards. This course holds the current approval of the Arkansas Board of Physical Therapy. Save your certificate of completion for the relicensing process and/or your employer, 3.0 hours. **NE:** This course meets the requirements set out in Nebraska state regulation 172:137-013.02-2 Acceptable Continuing Education for physical therapists and physical therapist assistants. Save your certificate of completion and the seminar brochure for relicensing, 3.0 hours. **NY:** Summit Professional Education has been approved by the New York State Education Department Office of the Professions Board for Physical Therapy to offer continuing education for physical therapists and physical therapist assistants. This workshop is offered for 3.6 contact hours. **TX:** This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider 2105046TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas, 3.0 hours. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTA. **VA:** According to rule 18VAC112-20-131 Subsection B-1.b (the APTA or any of its components) of the Virginia Board of Physical Therapy an educational experience that is directly related to the clinical practice of physical therapy and approved or provided by (specific) organizations or any of its components qualifies as Type I credits. Summit Professional Education is approved by the Kentucky Physical Therapy Association as a continuing education provider, #CS45-2008-KPTA. This course is offered for 3.0 hours (3.0 Type I CEUs).

These events contain intermediate level content.

SATISFACTORY COMPLETION

Participants must sign-in following the "How to Join The Webinar" instructions provided upon registration, attend the entire seminar, complete evaluation and pass a post-test with a score of 75% or higher to receive a certificate of completion. Please note post-test is only available for 48 hours following webinar. Participants not fulfilling these requirements will not receive a certificate. Failure to sign into the webinar or pass the post-test will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

DISCLOSURES

FINANCIAL: Brian Trzaskos is compensated as the owner of Ascent Wellness and by Summit as an instructor.

NONFINANCIAL: Brian Trzaskos has no nonfinancial relationships to disclose.

SCOPE OF PRACTICE

Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

Have questions? Please call (615) 376-8890 for the latest approval status.

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