

LENORE BRYCK
PROFESSIONAL TRAINING IN ADVANCED PAIN RELIEF THERAPIES
COURSE TITLE: HOW TO GET PEOPLE OUT OF PAIN
WINTER-SPRING 2014

COURSE OBJECTIVES

COMPETENCIES/LEARNING OUTCOMES

Learning Objectives	Competencies/Learning Outcomes
<p>1. To enable the massage therapist to intelligently <u>assess</u> imbalance and structural dysfunction.</p>	<ol style="list-style-type: none">1. Perform a thorough structural assessment, including a postural standing assessment, structural analysis/body-reading, gait analysis and movement assessment.2. Engage the client in a methodical, respectful, insightful consultation/intake and listen attentively for “the story behind the story”.3. Competently use functional assessments including muscle testing, active and passive range of motion and basic orthopedic assessments.4. To use palpation for tissue assessment as well as therapy.5. Applying several mapping models, including myofascial meridians, identify what structures need to be worked on.6. Understand and be attentive for contributing factors; possible relationships between the body’s different systems and the implication for assessment and treatment.7. Record clear, complete and useful medical forms. Use the SOAP note model efficiently.8. Measure the effectiveness of their treatment.

2. To equip the student to creatively determine the most effective treatment strategies.

Apply the following principles and knowledge to develop a treatment plan with realistic goals.

1. Re-train the client's neuromuscular system to unwind detrimental patterns and recapture basic neural reflexes.
2. Release and mobilize joints and soft tissue for pain free range of motion.
3. Determine relative weaknesses to plan stabilization, strengthening and releasing methods for restoring functional balance.
4. Understand, explain and restore healthy myofascial connections across the body.
5. Understand the internal relationships between body structures and systems and how the relationship between a person's internal and external environment impacts their well-being
6. Apply the theories of evolutionary biology and mind-body work to current dysfunctional patterns that may affect the client's health.
7. Problem solve for multi-layered musculoskeletal dysfunction.
8. Clearly convey understandings and plans to the client.

3. To refine palpation and integrate new therapeutic technique skills, to help restore integrity and balance to the neuro-musculoskeletal system and offer clients excellent care in pain relief and management.

1. Apply advanced, effective deep tissue techniques with more precision and relevance.
2. Develop and refine palpation skills to assess condition of tissue and changes, responses...
3. Incorporate active and passive ROM and MET into massage therapy treatments as appropriate.
4. Apply trigger point therapy and other pressure point work along with other deep tissue techniques as needed.
5. Modify techniques to best suit the client's current needs, considering pain factors: levels, type (neurological, muscular, visceral), duration, contributing factors, ability: ADL's, improvement/ decline in functioning, state of mind, tissue...
6. Creatively combine several treatment goals into one procedure: (all techniques are therapeutic and diagnostic and work on several systems simultaneously)
7. Choose from a wide variety of innovative methods to successfully treat common and unique, acute and chronic neuro-musculoskeletal dysfunction and pain.
8. To effectively synthesize appropriate techniques into a seamless treatment; including deep tissue, orthopedic, medical, myofascial release, trigger point therapy, positional release, ROM, MET, Amma and other techniques developed by the instructor.
9. Become comfortable using a multi-disciplinary dynamic form of bodywork that integrates movement with manual and mind-body therapies.

4. Training in experiential anatomy, movement and mind-body therapies will increase the therapist's own body awareness for self-care and inform their work with clients to be able to integrate this multi-disciplinary approach.

- a. By understanding the value and interrelationship between various holistic healing and somatic disciplines, students will be better equipped to help foster a healing environment in which the nervous system can release trauma and detrimental patterns.

The student will practice and/or demonstrate knowledge of the following:

1. Train to gradually increase somatic and sensory awareness in work and in basic daily activities such as sitting, standing and walking.
2. Work with increased focus and attention to client's changing experience and responses
3. Stay mindful of personal biomechanics during sessions to increase effectiveness and self-care.
4. Help clients to remain focused during session through breathwork, imagery...
5. Practice mind/body exercises such as the body scan, yogic breathing, SYT exercises and relaxation techniques.
6. Increased somatic awareness and practice will eventually expand the effectiveness of deep tissue techniques employed.
7. Integrate manual, movement and mind-body therapies into a highly sophisticated and effective approach to pain relief.

5. To better understand the causes and address the effects of chronic illness and pain.

- **Help clients demystify and break free from habitual pain patterns and dysfunction**

The student will demonstrate their knowledge of the following:

1. Understand the pain gate theory and how bodywork can override pain signals.
2. Learn about the nervous system's role in pain and studies from the field of pain management about unlocking pain from past trauma
3. Discern between neurological, musculo-skeletal, myofascial, visceral and psychosomatic types of pain and modify treatment approaches accordingly.
4. Practice relaxation techniques to help themselves and their clients disconnect from pain.
5. Explore the effect of breathing on our anatomy and physiology.
6. Help clients move beyond their pain with appropriate breathing techniques and special imagery
7. Understand the physiological manifestations of chronic stress and pain, the connection between stress, trauma, pain and dysfunction and learn how therapist and clients can positively intervene in that cycle.

In general:

6. The student will be able to apply an innovative whole body/whole mind approach to pain relief and management, as developed by the instructor.

The student will be able to:

1. Begin to synthesize manual, movement and mind/body therapies into an effective approach for pain relief and management.
2. Engage the client's participation during the session so it serves both therapeutic and educational purposes.
3. Detect habitual movement and response patterns that contribute to the client's pain syndrome.
4. Differentiate and respond appropriately to acute, sub-acute and chronic pain.
5. Engage and cultivate balance with the parasympathetic nervous system to foster deeper lasting responses.
6. Help clients restore and maintain a healthy connection between the central and peripheral nervous system.
7. Educate and inspire clients to take a more active role in their health and to honor and maintain an internal environment that is most conducive to healing.
8. Work intelligently and compassionately using the whole body/whole mind approach.

7. To better support clients in their self-care

Students will eventually learn to:

1. Encourage clients to practice mind/body awareness during simple and then more complex activities
2. Coach clients in more effective methods of self-care, such as therapeutic exercises done with mindfulness.
3. Develop appropriate rehabilitative exercises based on objective findings and the client's individual response and progress.
4. Create sessions that are at once therapeutic and educational so that clients continue learning and healing in between treatment sessions
5. Understand how our modern sedentary and "forward flexed" society sets the stage for various pain syndromes and convey that understanding to clients when applicable
6. Cultivate a deep trust in the body's innate healing system and with great respect, instil that confidence in clients, to let it guide them beyond their pain.