



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Upgrade your skill set to a higher level of professionalism:

Get Next-Gen training to become a Myofascial Trigger Point Therapist



Learn to confidently relieve myofascial pain & dysfunction by treating trigger points

Gain Self-Care Best Practices for improving your own postural wellness & hand comfort



Pain Detective Skills

Unique *Connect the Dots*SM system makes it easy to assess & treat pain conditions

Really retain the skills you gain in the Seminar: 6-week *Follow-Up & Enrichment* online program included free!



Client Coaching Skills

Stand out from a crowded field of competitors as a *Myofascial Trigger Point Therapist* -- a true health-care professional

Earn NCBTMB approved *Continuing Education Credits* as you deepen your knowledge & expand your skill-set

Find out about **FAST-TRACK!**

GOING BEYOND Trigger Points

Connect the DotsSM System

with Cathy Cohen, LMT

"3 Courses-in-1" Unique Training Program

Each Seminar provides:

1. Thorough Trigger Point Training in the area of study
2. Essential Self-Care Protocols
3. Follow-Up Enrichment Program

Live Seminar Topics

2-Day Workshops -16 Live CEUs

Core Units focus deeply on 1 body area
Core Units & Intensive may be taken in any order

- Head & Neck Page 5
- Shoulders & Torso Page 6
- Low Back & Pelvis Page 7
- Legs & Arms Page 8

FAST-TRACK Trigger Point Intensive 2 Days - 16 Live CEUs Page 9

Learn Hands-on Trigger Point
Techniques to Relieve the Top 5 Pain
Conditions throughout the body

1-Day Special Events - 8 Live CEUs Page 11

Get A Grip: A Day of Fingers & Forearms

Relieving Carpal Tunnel Syndrome,
Trigger Finger & Texting Thumb pain

Straighten Up!

Correcting neck & shoulder dysfunctions
to relieve upper body pain

Treating the Weekend Athlete

Resolving common golf & tennis
repetitive motion injuries

Put Your Best Foot Forward

Effective treatments for ankle/foot pain

"3-Courses-In-1" benefits:

- Profound & practical knowledge
- Paced hands-on learning
- Personal guidance from Cathy Cohen
- Follow-Up & Enrichment Program:
4-6 weeks of extra online learning

Here's what students say about my Going Beyond Trigger Points Seminars

*"Best tools ever for relieving pain --
a real blessing!"*



"I have taken all of the Beyond Trigger Points courses with Cathy Cohen. They have been the best tool I have ever learned for my practice. When people come in with different pains in parts of their body, to be able to really target where to work has been very helpful! Cathy is an awesome teacher." Patti Reed, LMT, Naples, FL

*"Cathy is an awesome teacher --
her enthusiasm is contagious"*



"At first, I was afraid to deviate from my basic routine, but now I use these techniques in every session. I am a better and more confident therapist. Cathy's teaching style always encourages students to think, to question, and to speculate. Her enthusiasm is contagious." Brian Sorbello, LMT, RN

*"Your system is probably the most
helpful thing that I have learned as a
massage therapist"*



"I would like to say your class's system is probably the most helpful thing that I have learned as a massage therapist. The classes have given me the knowledge to go out and help my patients with pain complaints. All the posture work we do has been an enormous help. If anything, just to keep reinforcing in my mind what I need to do to maintain my own posture." Meg Sapp, LMT

Going Beyond Trigger Points Seminars,
BeyondTriggerPoints.com & CarpalTunnelCoaching.com are
approved NCBTMB continuing education programs(#450949
-09) & by Florida Board of Massage Therapy (#50-302).



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen



*What are the unique features & benefits of the Going Beyond Trigger Points **Connect The Dots System**SM ?*

The Going Beyond Trigger Points *Connect The Dots System*SM is a comprehensive pain therapy system that Massage Therapists can easily apply in their daily practice.

This advanced training program presents the work of Dr. Janet Travell, the originator of myofascial trigger point therapy, in the context of a highly accessible system for effectively resolving your clients' pain conditions.

Going Beyond Trigger Points *Connect The Dots System*SM integrates four essential bodies of therapeutic knowledge into one coordinated and easy to use system:

1. **Myofascial Trigger Point Therapy** to relieve pain caused by myofascial trigger points
2. **Advanced myofascial therapeutic massage techniques**, such as cross-fiber friction, longitudinal stripping, myofascial spreading, and cyro-stimulated pain-free stretching
3. **Neuromuscular re-education protocols** to re-train dysfunctional muscular and fascial systems, based on a thorough assessment of the client's condition, including often-overlooked activating and perpetuating factors
4. **Structural Integration / Postural Realignment / Kinesiological Therapies** to restore overall healthy posture and structural balance

You may have been exposed to the concept of myofascial therapy, and even a superficial introduction to trigger points, in the basic curriculum at your massage school. However, the breadth and depth of knowledge of Myofascial Trigger Point Therapy is rich, deep and vast. It requires time, dedication, and a desire to go beyond routine massage sessions to provide genuine lasting pain relief.

Cathy Cohen, LMT, the developer of the **Going Beyond Trigger Points *Connect The Dots System***SM received extensive training in Trigger Point therapy - over 1,000 hours simply to be qualified as an entry-level Myofascial Trigger Point Therapist.

Cathys' graduate studies included mentoring by Dr. Travell, certification as a *CORE Structural Integration Therapist* from George Kousaleos, and advanced training in *Myofascial Release*TM from John Barnes.

"Going Beyond Trigger Points is truly a graduate-level program. After I mastered the complex technical knowledge of trigger points, I had to find my own path to incorporating this into a do-able therapeutic massage session."

*"Out of that experience I developed my Going Beyond Trigger Points **Connect The Dots System**SM so that other massage therapists could 'fast-track' into becoming qualified Myofascial Trigger Point Therapists. By now, more than 2,500 therapists have taken my seminars and are successfully treating their clients using these techniques."*

"If you want to up-grade your skill-set and evolve into a true health care professional, I've created an accessible step-by-step program. I'll help you every step of the way - and I hope you'll join me in this great adventure!" Cathy Cohen, LMT, Board Certified Myofascial Trigger Point Therapist, NCBTMB Approved Continuing Education Provider

Feel free to email me: CathyCohen@BeyondTriggerPoints.com Or call me at: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System

with Cathy Cohen, LMT

BONUS 4-6 Week Program

Follow-Up Enrichment & Integration Series included at no extra charge

Tired of workshop overload?

Do you forget most of what you learn in a seminar?

Wish you could integrate the new techniques into your daily treatments?

The innovative *Going Beyond Trigger Points Seminar* structure makes it easy to retain ALL of the tips, knowledge and protocols you learn on the weekend!

In addition to the One-Day or Two-Day Live On-Site Seminar with Cathy Cohen, you'll get her online *Enrichment Program* with 4-6 Weeks of helpful Follow-Up.



You receive access to Cathy's paced, comprehensive **Multi-Media Follow-Up Support** for each course you take:

- Audio & Video Refresher Series
- Enrichment Materials
- Client Handouts
- Self-Care Guides

With this reinforcement you'll find it easier to integrate the new skills you gain during the weekend workshops or One-day Seminars.

"How to stay healthy as you heal others"



Woven into every phase of *Going Beyond Trigger Points* workshops are Self-Care best practices for correcting your own postural issues & maintaining practitioner wellness and comfort.

"If I could climb on top of the podium, there's one thing I would holler to my students 'til I'm hoarse: "For a long and healthy career, take care of yourself first!"" Cathy Cohen

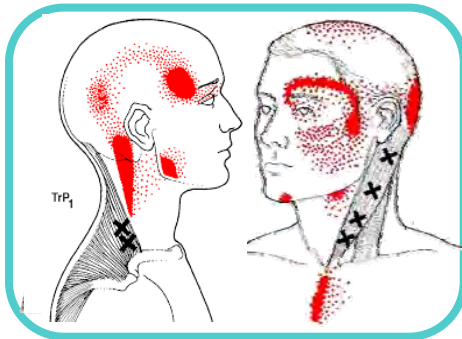
- Techniques to establish balanced body mechanics
- How to maintain good posture for minimum fatigue
- Self-Care for your precious hands

Cathy provides detailed personal guidance in all these Self-Care areas, along with helpful handouts and follow-up videos to re-enforce your new knowledge and integrate it into your practice.

"Within nine months of expanding my individual practice I was diagnosed with Carpal Tunnel Syndrome and tenosynovitis. I was determined to beat it, and I did. I incorporated the protocols I used myself into my online program, CarpalTunnelCoaching.com. It provides detailed video coaching on hand and wrist health. I share this valuable knowledge and much more with my students in my Beyond Trigger Points Seminars." Cathy Cohen

GOING BEYOND Trigger Points

Connect the DotsSM System



HEAD & NECK Core Unit

2-Day—16 Live CEUs

Balancing the Neck to Free the Jaw

2 Days of In-Depth, Hands-On Training

Led by Master Teacher, Cathy Cohen, LMT

Learn how to bring lasting relief to your clients with head & neck pain

- Identify 10 muscle groups harboring trigger points in the neck & head
- Relate common neck & headache pain patterns to specific injuries
- Learn the rationale & treatment protocol for the super-efficient, fast-acting method to painlessly restore range of motion
- Practice & receive a 5-Step Treatment for the posterior cervical muscles
- Determine if a cervical problem is originating from a postural origin, an over-stretched periarticular structure or an intervertebral displacement



Develop your skills in identifying & resolving muscular pain complaints

- Identify the top factors that perpetuate face, jaw & TMJ pain
- Improve client-therapist interaction during the intake phase
- Develop a customized treatment plan for correcting forward head posture
- Experience & comfortably administer an intraoral treatment
- Practice effective neuromuscular massage routines of the neck
- Learn to help a client with swallowing problems
- Distinguish the layers of muscles within the lamina groove
- Master techniques such as trigger point release, myofascial manipulation, deep tissue massage & stretch



Pain Detective Skills

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up Professional Development Program

BONUS 6 Week Program

Online Enrichment & Integration Series

Therapist Self-Care Training

Hands-On Instruction plus Follow-Up Video Series

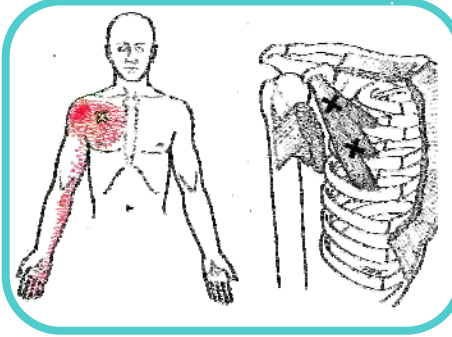


Connect The Dots SystemSM
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Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System



SHOULDER/UPPER TORSO Core Unit
2 Days—16 Live CEUs
Relieve the Burden of Shoulder Dysfunction

2 Days of In-Depth, Hands-On Training
Led by Master Teacher, Cathy Cohen, LMT

Master these techniques to relieve your clients' shoulder pain

- Identify and treat troublesome medially rotated shoulders
- Improve your analysis and feel of rotator cuff musculoskeletal imbalances
- Practice & receive a Five-Step Treatment for Thoracic Outlet Syndrome
- Master three methods for identifying key trigger points
- Relate specific injuries to predictable shoulder pain patterns
- Learn a faster, less demanding and more effective method to painlessly restore range of motion
- Design individualized home care programs specific to your clients' needs



Relieve myofascial pain due to postural compensation

- Address the perpetuating factors in forward head posture and rounded shoulders
- Use proven methodologies from Drs Travell and Simons to treat the underlying source of many shoulder problems
- Relieve the range of motion restrictions associated with a frozen shoulder
- Identify the biomechanical factors contributing to rotator cuff tears
- Learn to assess commonly overlooked perpetuating factors of the scalene muscles, including breathing patterns and sleep position
- Design treatment protocols for each of the 9 most commonly involved muscles causing upper torso & shoulder dysfunction



**Pain
Detective
Skills**

Included in every Core Unit Beyond Trigger Point Therapy Seminar



**Follow-Up
Professional
Development
Program**

**BONUS 6 Week
Program**
**Online Enrichment
& Integration Series**

**Therapist Self-Care
Training**

**Hands-On Instruction
plus Follow-Up Video Series**



**Therapist
Self Care**

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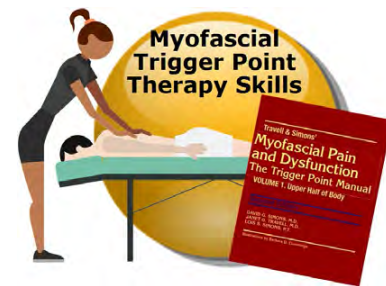


LOW BACK & HIP Core Unit
2-Day—16 Live CEUs
New Approach to Chronic Low Back Pain

2 Days of In-Depth, Hands-On Training
Led by Master Teacher, Cathy Cohen, LMT

Upgrade your “Therapist’s Toolkit” with new protocols to relieve low back & hip pain & dysfunction

- Design treatment protocols for the 8 most commonly affected muscles causing low back & hip pain
- Upgrade your structural evaluation skills
- Measure & address hip height disparities
- Easily restore a muscle’s normal resting position with an innovative, super-efficient protocol you can apply to any muscle
- Identify the activation & perpetuating factors for common low back pain
- Upgrade your skill set to a new level of professionalism in interdisciplinary medical settings, such as hospitals, Chiropractors’ & Doctors’ clinics, etc.



Apply the 5-Step System to treat low back & hip trigger points

- Easily resolve Psoas/Piriformis dysfunctions with an effective 5-Step treatment protocol
- Locate the documented central & attachment trigger points for 8 muscles
- Teach your clients specific home correctives for low back & hip dysfunction
- Distinguish 3 varieties of sciatica
- Connect the dots between the client’s pain & biomechanical perpetuating factors affecting the gluteus medius, minimus & quadratus lumborum
- Use less effort applying trigger point release, myofascial spreading & stretching techniques
- Gain new assessment tools: identify sacroiliac dysfunction, postural inequalities & Morton’s foot



Pain Detective Skills

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up Professional Development Program

BONUS 6 Week Program
Online Enrichment & Integration Series

Therapist Self-Care Training
Hands-On Instruction plus Follow-Up Video Series

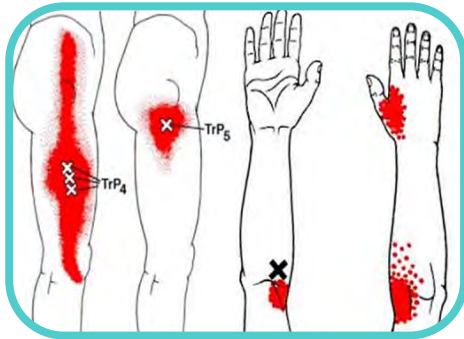


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GOING BEYOND Trigger Points

Connect the DotsSM System



LEGS & ARMS Core Unit

2 Days—16 Live CEUs

Moving Parts - Treating the Organs of Action

2 Days of In-Depth, Hands-On Training

Led by Master Teacher, Cathy Cohen, LMT

Discover new techniques to confidently relieve leg & arm pain

- Design efficient protocols for lower extremity pain patterns in 6 muscle groups
- Learn four neuromuscular massage routines for the legs & arms
- Use proven methodologies to treat tennis & golfer's elbow
- Identify the activation & perpetuating factors for knee & elbow pain
- Receive client handouts for simple home correctives for lasting relief
- Upgrade your structural evaluation skills for the arches & ankles
- Identify & successfully treat Morton's Foot & its ripple effect on ankle pronation & hip pain



Master the 5-Step System to treat trigger points more easily

- Discover the easy to apply release method to treat the biomechanical havoc caused by fascial imbalances & trigger points in the leg & foot



Pain Detective Skills

- Apply this proven Twelve-Step Stretching Protocol to reduce Carpal Tunnel Syndrome pain & improve grip strength
- Find the exact location of trigger points causing groin & knee pain
- Relieve the excruciating pain of calf cramps by treating specific trigger points
- Treat Trigger Fingers, De Quervain's Tenosynovitis, Carpal Tunnel Syndrome. . . and more!

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up Professional Development Program

BONUS 6 Week Program

Online Enrichment & Integration Series

Therapist Self-Care Training

Hands-On Instruction plus Follow-Up Video Series



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GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen



Fast-Track Trigger Point Intensive: 16 CEUs

Discover Trigger Point Strategies to Relieve the Top 5 Pain Conditions

Learn step-by-step instruction for relieving the most common myofascial pain conditions:

- ✓ Headaches
- ✓ Wrist pain
- ✓ Buttocks pain
- ✓ Elbow pain
- ✓ Front-of-shoulder pain



Receive **easy to follow** protocols for accurately treating these top pain conditions

Gain practical understanding of how Travell & Simons' proven Trigger Point Therapy techniques work to relieve myofascial pain

Get 2 days of direct hands-on experience giving & receiving trigger point treatment

Gain confidence treating common myofascial dysfunctions using proven neuromuscular methodologies

Discover effective pain relief strategies you can apply to any region of the body

- ✓ Learn to use a *Muscle Mystery Form* to identify factors that cause & perpetuate pain
- ✓ Upgrade your intake & evaluation skills to develop a better treatment plan
- ✓ Learn to create step-by-step progressive protocols that really work
- ✓ Practice a faster, less demanding & painless method to restore range of motion - this novel technique is applicable to any muscle!
- ✓ Learn to easily integrate these new techniques in your own practice using the *Connect the Dots SystemSM Five-Step Treatment Protocol*

Unique *Connect the Dots SystemSM* makes it easy to relieve pain conditions



Develop your "Pain Detective" skills to accurately treat the top 5 myofascial pain conditions

- ✓ Learn three methods for identifying trigger points
- ✓ Address the factors that perpetuate forward head posture & rounded shoulders
- ✓ Treat trigger points causing headache & front-of-shoulder pain
- ✓ Evaluate carpal tunnel syndrome & tennis elbow conditions
- ✓ Gain experience using the easy-to-apply trigger point release method for neck & shoulder pain
- ✓ Solve low back pain by treating Morton's Foot configuration
- ✓ Apply trigger point treatments for the Quadratus Lumborum & Gluteus Medius

Connect The Dots SystemSM
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Upgrade your therapist skill set to a higher level of professionalism



Follow-Up Professional Development Program

Start to gain the skills & confidence to work as a respected health care provider in interdisciplinary medical settings, such as hospitals, chiropractors' & doctors' clinics

You'll get 6 weeks of paced, online Multi-Media *Follow-Up Enrichment* - included in your workshop tuition!

Videos, client handouts & support materials help you remember & apply the skills & knowledge you gain during the weekend

Stand out from your competitors as a *Myofascial Trigger Point Therapist* -- a true health-care professional



Client Coaching Skills

Design custom treatment plans in place of routine massage sessions

Learn to use instructional handouts to guide your client to maintain the benefits of your hands-on therapy

Motivate your clients to follow through on a home program

Gain Self-Care Best Practices for improving postural wellness & hand comfort



Therapist Self Care

Assess your personal risks for career injury

Discover easy ways to prevent hand injury while giving treatments

Discover how to maintain good posture to minimize fatigue

Learn essential Self-Care protocols to ensure your wellness as you relieve your clients' pain

Free Six-Week *Follow-Up Enrichment Program* includes essential Self-Care videos

For therapists who want to upgrade their skill-sets to become qualified Myofascial Trigger Point Therapists, this *Fast-Track Trigger Point Intensive* provides a practical and thorough introduction to the rich world of hands-on Trigger Point therapy.

By taking this seminar, you gain skills you can use right away. Our other courses include:

Head & Neck Unit Shoulder & Upper Torso Unit Arms & Legs Unit Low Back & Hip Unit

Taking the entire *Going Beyond Trigger Points* program prepares a therapist to sit for the *National Board Examination of Certified Myofascial Trigger Point Therapists*.

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Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System



SPECIAL FOCUS SEMINARS: Single-Topic 1-Day Workshops & Live CEUs

These Special-Focus Seminars provide in-depth training in specific targeted areas. You will benefit from Cathy's expert guidance in creatively solving these challenging myofascial pain conditions.

GET A GRIP: Treating Elbow, Wrist, Thumb & Finger Dysfunction - 8 CEUs

Upgrade your Skill-Set for Treating Stubborn Hand & Arm Dysfunctions

- Discover easier ways to relieve arm/hand pain with trigger point release, myofascial manipulation & nerve gliding stretches for the median and ulnar nerves
- Identify 5 key muscle areas in arms and hands that cause nerve entrapment
- Learn an effective new neuromuscular massage routine for the arms and hands
- Design individualized home care programs specific to your client's needs
- Identify your own personal risk factors for hand/wrist injury
- Design a self-care home treatment plan for your hands

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Hand & Arm Problem Assessment & Treatment: Go Beyond & Go Deeper

- Successfully treat the soft tissue associated with elbow, wrist and thumb & finger dysfunction
- Increase your detective skills in differentiating the diagnoses of Carpal Tunnel Syndrome, DeQuervain's tenosynovitis, tendonitis, & tendonosis of the elbow & thumb
- Use the Connect the DotsSM system to tap into your "inner Sherlock Holmes" -- learn to deduce the perpetuating factors that lead to hand & wrist dysfunction
- Discover the hidden links between sleep position & hand/wrist pain

STRAIGHTEN UP! Relieving Head, Neck & Shoulder Pain - 8 CEUs

Bring lasting relief to your clients with neck & shoulder pain

- Identify the 8 muscle groups that can harbor trigger points in the neck & rotator cuff
- Discover easier ways to relieve neck/shoulder pain with trigger point release, myofascial manipulation & perpetuating factor corrections
- Practice & receive an effective treatment sequence for the posterior cervical muscles
- Differentiate various headache patterns by accessing the layers of the posterior cervical muscles
- Practice new effective neuromuscular massage routines for relieving neck pain
- Proven methods to improve the ease of client-therapist interaction & upgrade intake accuracy

"Connect the Dots" between posture, neck, head & shoulder pain

- Apply the Connect the DotsSM system to improve your accuracy in identifying causes & effective therapies for treating myofascial pain in the neck/shoulder muscle complex
- Develop your detective skills to determine the origin of common cervical problems: Bad postural habits, over-stretched periarticular structure, or intervertebral displacement?
- Assess & address the key behavioral & postural factors that perpetuate neck & shoulder pain
- Discover the hidden links between sleep position & neck & shoulder pain
- Identify the biomechanical factors contributing to rotator cuff tears
- Improve your structural evaluation skills

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GOING BEYOND Trigger Points

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SPECIAL FOCUS SEMINARS: Single-Topic 1-Day Workshops 8 Live CEUs

Effective Pain Relief for the Weekend Athlete's Tennis & Golf Injuries - 8 CEUs

Learn new protocols to resolve common Golf & Tennis injuries

- Identify common tennis and golf related cumulative stress traumas
- Palpate trigger points in the Supinator, Gastrocnemius, Quadratus Lumborum & Hand Extensors
- Master the Connect the DotsSM System for preventing & treating tennis & golf injuries
- Care for your body while giving massage
- Integrate the 5-Step Protocol into your massage therapy sessions
- Take a big step towards becoming a skilled Myofascial Trigger Point Therapist

Put Your Best Foot Forward - 8 CEUs

Discover effective myofascial trigger point treatments for ankle/foot pain

- Upgrade your structural evaluation skills for the arches & ankles
- Identify & successfully treat Morton's Foot & its ripple effect on ankle pronation & hip pain
- Discover the easy to apply release method to treat the biomechanical havoc caused by fascial imbalances & trigger points in the leg & foot
- Relieve the excruciating pain of calf cramps by treating specific trigger points

Included in each Special Focus 1-Day Going Beyond Trigger Points Seminar



BONUS 4 Week Program
Online Enrichment & Integration Series

Therapist Self-Care Training
Hands-On Instruction plus Follow-Up Video Series



Connect The Dots SystemSM
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About Cathy Cohen, Trigger Point Therapy Master Teacher



Approved National CEU Educator NCBTMB #450949-09
Florida Board of Massage Therapy: #50-302

Cathy Cohen, LMT is a National and Florida approved CEU Provider and Board Certified Myofascial Trigger Point Therapist. She provides live and online massage-therapy continuing education for massage therapists. Her students include many who are new to Trigger Point Therapy, as well as experienced Trigger Point Therapists who seek out her advanced knowledge and coaching.

Cathy has practiced myofascial therapies since the 1980s and has been teaching for over 18 years. She knows how frustrated both clients and therapists can become when dealing with muscular pain. Fortunately her background as a Trigger Point Myotherapist has equipped her with the confidence and skills to assess and treat myofascial pain syndromes.

Cathy's deep insight into physical balance, structural alignment, and self-care comes through her own long experience in yoga and ballroom dance, as well as through her formal education. Cathy trained with Dr. Janet Travell, the leading pioneer in myofascial pain syndromes and President Kennedy's White House Physician, and with Nancy Shaw and George Kousaleos (CORE Structural Integration).

In her practice and her teaching, Cathy specializes in resolving chronic musculoskeletal pain and structural alignment issues. Her leading-edge educational program, BeyondTriggerPoints.com, is a resource used by therapists and healthcare providers nationwide. Cathy has personally trained over 2,500 therapists in advanced Trigger Point Therapy protocols.

Cathy developed the in-depth *Going Beyond Trigger Points Seminars* to provide therapists with the best possible advanced training. The unique *Connect the Dots System*sm makes it easier for students to integrate and apply the breadth and depth of Travell and Simons' Myofascial Trigger Point Therapeutic program.

In addition to giving students a firm foundation in the essentials, she provides specialized advanced training for systematically identifying and addressing the postural and behavioral conditions that perpetuate clients' dysfunctions and myofascial pain.

"I would like to say your system is probably the most helpful thing I have learned as a massage therapist. The classes have given me the knowledge to go out and help my patients with pain complaints. All the posture work we do has been an enormous help. If anything, just to keep reinforcing in my mind what I need to do to maintain my own posture."

Meg Sapp, LMT

Her unique *Going Beyond Trigger Points Seminars* format provides three-courses-in-one for her students:

1. Students get hands-on training in Trigger Point Therapy with abundant personal guidance and individual attention from Cathy over a carefully-paced two days of learning.
2. Students receive thorough training and practice in essential *Therapist Self-Care* protocols.
3. After the in-person, hands-on *Going Beyond Trigger Points Seminar*, students receive the six weeks *Follow-Up & Enrichment Program* with paced, comprehensive *Multimedia Reinforcement* for each 2 day course you take to ensure retention and integration of the new knowledge and skills.

In 2015 Cathy co-created an innovative online video-coaching program, CarpalTunnelCoaching.com that has helped clients (including many massage and body work therapists!) to systematically resolve their hand and wrist issues.

With her 30 years experience teaching and motivating patients and students in clinical, classroom and online settings, Cathy is deeply dedicated to helping people improve the quality of their lives, and to assisting therapists in caring for their own bodies as they treat others.

Please feel free to email me: CathyCohen@BeyondTriggerPoints.com Or call: (941) 564-9489 13