



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Connect the Dots System



1-Day 8 CEU Live Interactive Webinar *Stabilizing the Feet for Pain-Free Mobility*

Sundays Feb. 26 or June 25, 2023 9 am to 5 pm Central Time

*Bring lasting relief to your clients
with myofascial leg & foot pain*



Special Discount:
~~\$165~~ \$149 for 8 Live
"Hands-On" CEUs

REGISTER

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

"My first webinar class ever and my first "in person" class with Cathy was so fantastic! She is so knowledgeable and was great to learn from!"

- Identify the muscle groups that can harbor trigger points in the legs & feet
- Discover easier ways to relieve pain with trigger point release, myofascial manipulation, neuromuscular massage & perpetuating factor corrections
- Practice & receive an effective treatment sequence for the Tibialis Anterior, Fibularis, Gastrocnemius, Soleus, Abductor Halucis & Abductor Digiti Minimi muscles
- Learn how to easily incorporate these techniques into your usual massage routine

"Connect the Dots" between posture, leg, foot & ankle pain

- Develop your detective skills to assess & re-educate your client on key behavioral & postural factors that activate & perpetuate foot pain
- Discover how foot problems can generate a "ripple effect" up into hips, back & upper body
- Upgrade your structural evaluation skills for the arches & ankles
- Apply the Connect the Dots system to identify & successfully treat Morton's Foot & the "pain chain reaction" caused by ankle pronation
- Relieve the excruciating pain of calf cramps by treating specific trigger points
- Improve your communication skills with clients and upgrade your intake accuracy

SCHEDULE

- **9 am to 4:30 pm Central: 8 Hands-On CEUs**
Live interactive webinar with a 1/2 hour lunch break

- **Hands-On Interactive Learning**

You'll need an internet-connected computer or smartphone, massage table & therapist practice partner for hands-on exchanges of protocols

- **"Front row" seat in a small group workshop!**

You see me . . . I see you: every student gets my personal guidance

- **4 weeks free multi-media follow-up enrichment includes videos of protocols**

"This was my 1st webinar and I truly enjoyed it -- I felt as if I was in a hands-on seminar!"

"The content and flow of material was perfect for a webinar. The demo videos were well done and I especially thought Cathy was amazing."



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FREEING THE NECK 1-Day 8 CEU Live Interactive Webinar Trigger Point Solutions for Relieving Head & Neck Pain

Sundays March 26 or July 30 9 am to 5 pm Central Time

*Bring lasting relief to your clients
with myofascial neck & head pain*



Special Discount:
~~\$165~~ \$149 for 8 Live
"Hands-On" CEUs

REGISTER

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

- Identify the muscles that can harbor trigger points in the neck
- Discover easier ways to relieve pain with trigger point release, myofascial manipulation, neuromuscular massage & perpetuating factor corrections
- Practice & receive an effective 5-step treatment sequence for the 5-step treatment sequence for the Trapezius, SCM, Splenius, Posterior Cervicals & Suboccipital muscles
- Improve your communication skills with clients and upgrade your intake accuracy

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

- Develop your detective skills to assess & re-educate your client on key behavioral & postural factors that perpetuate neck pain
- Discover the hidden links between sleep position & neck & shoulder pain
- Apply the Connect the Dots system to determine the biomechanical factors of common cervical problems: Lower Limb Length Inequality, Small Hemipelvis & Short Upper Arms
- Differentiate various headache patterns by accessing different layers of the posterior cervical muscles

SCHEDULE

"This was my 1st webinar & I truly enjoyed it and felt as if I was in a hands-on seminar."

"The added value of Cathy's free follow up videos are priceless, I love that I can go back and review any of the techniques at my leisure."

- 9 am to 4:30 pm Central: 8 Hands-On CEUs
(NCBTMB & FL Board approved)
Live interactive webinar with 1/2 hour lunch break
- Hands-On Interactive Learning
You'll need an internet-connected computer or smart-phone, massage table & a practice partner for exchanges of hands-on protocols after lunch
- "Front row" seat in a small group workshop!
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1-Day 8 CEU Live Interactive Webinar

Restoring Shoulder Function & Balance

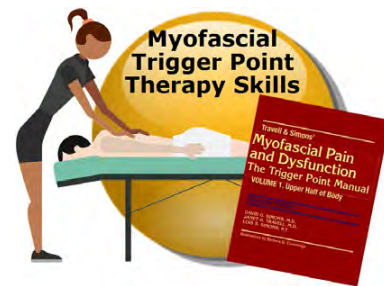
Sundays April 30 or Aug 27, 2023 9am-5pm Central Time

Discover new techniques to confidently treat myofascial pain in the shoulder

Special Discount:
~~\$165~~ **\$149 for 8 Live**
"Hands-On" CEUs

REGISTER

- Discover how to relieve stubborn shoulder pain with trigger point release, myofascial manipulation & postural corrections
- Identify the biomechanical factors contributing to rotator cuff tears
- Practice & receive an effective 5-step treatment sequence for the Shoulder Girdle



- Discover how to use less effort applying trigger point release, myofascial spreading & stretching

Apply the Connect the Dots System™ to treat trigger points in the shoulder

- Connect-the-Dots between your client's pain and forward head posture
- Learn specific home correctives for common shoulder dysfunctions



Pain Detective Skills

- Easily incorporate trigger point release protocols into your standard massage routines
- Upgrade your intake & evaluation skills to develop custom treatment plans
- Develop your Pain Detective skills to relate specific injuries to predictable shoulder pain patterns

Included in every 8 CEU Beyond Trigger Points Webinar

BONUS 4 Week Program

Receive FREE Video Reviews of techniques

Therapist Self-Care

Apply Self-Care techniques to your own shoulders



Therapist Self Care

SCHEDULE

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- Live interactive webinar with a 1/2 hour lunch break
- **Hands-On Interactive Learning**
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- **"Front row" seat in a small group workshop!**
You see me; I see you. Everyone gets my personal guidance.

"I found this class not only informative and thorough but understandable! The ability to utilize immediately was huge for me. This was in depth but at a level where it was maintainable and the time just flew by!"



Follow-Up Professional Development Program



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GET A GRIP! 1-Day 8 CEU Live Interactive Webinar Treating Elbow, Wrist & Finger Pain

Sundays May 28 or Sept. 24, 2023 9 am to 5 pm Central Time



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

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

- Discover easier ways to relieve arm/hand pain with trigger point release, myofascial manipulation & nerve gliding stretches for the median and ulnar nerves
- Learn an effective new neuromuscular massage routine for the arms & hands
- Identify your own personal risk factors for hand/wrist injury!
- Discover the hidden links between sleep position & hand/wrist pain

Special Discount:
\$165 \$149 for 8 Live
"Hands-On" CEUs

REGISTER

Hand & Forearm Problem Assessment & Treatment: Go Beyond & Go Deeper with the Connect the Dots System

- Treat the soft tissue associated with wrist, elbow, thumb & finger dysfunction
- Improve your detective skills in differentiating the diagnoses of Carpal Tunnel Syndrome, DeQuervain's tenosynovitis, tendonitis, & tendonosis of the wrist & thumb
- Use the Connect the Dots system to deduce the perpetuating factors that lead to hand & wrist dysfunction

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- 4 weeks free multi-media follow-up enrichment includes FREE videos of protocols

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Student Evaluations from six BeyondTriggerPoints.com Webinars in 2022

On a scale of 1 (poor) to 5 (excellent), how would you rate this class? Average: 4.65 out of 5

How did this webinar compare to other continuing ed classes you have taken?

"I prefer it actually. One of the most informative, by far."

"About the same, lecture and then hands-on practice with the teacher explaining and guiding us if we're not doing correctly."

"This seminar is one of the best seminars I have taken. I felt like the content and instruction were fantastic. I wasn't sure how effective the web live format would be, but I feel that in some ways it was better than a live class. I felt like I was better able to see and hear the entire class than in a live session. It also seemed to me that it was easier for the instructor to view each student and their work."

"The live format is definitely better than pre-recorded option."

"Great directions, informative research/case studies, good product suggestions, mostly I appreciated Cathy taking time to correct us."

"One of the most easy to understand and to the point."

"I really prefer the webinar style. As far as Trigger Point classes, best in class, no doubt."

"This was my first time taking an on line class. I felt it was possibly even better than in person. Very clear instructions."

"It was very detailed and redundant so you actually learn the hands on material instead of other courses that speed through the motions and it is harder to retain the information. One class is enough for the information to stick for me!"

"One of the best. I think the presentation, production, and attention to detail were excellent."

"The convenience of taking the class from home and receiving hands on credits puts it above most if not all continuing ed classes I've taken.....Thank You."

"I felt like the energy of the class was much better than some other online courses/webinars I have taken. Cathy has a little fun in between and presentation was clear and concise. The amount of material was digestible and presented in a manner that was easily duplicated."

"This course helped better tie foot health together with issues all the way through the kinetic chain. The resources provided, techniques learned, and protocols all fit nicely into my current routine, and should help me to provide a better offering for my clients."

"My partner and I both commented to each other that the information provided us with a new set of eyes when looking at working these areas."

"My second course with Cathy, and I just love the way that the material is presented and taught. Cannot recommend enough."

"All perfect! Was able to put the foot work to use today on a client...Soleus TrP 1! Love this work! Cathy's classes are incomparable to other classes I've taken. She is top notch!"

"I was surprised how well it went. This was my first webinar and I had no idea how it was going to work and just how everything would flow but I was pleasantly surprised how well it went."

"So convenient and cost-effective! I've had to travel over two hours for CEU's because of a huge lack of hands-on classes being held in my area, and have paid twice as much, plus the cost of gas and hotels!"



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Upgrade your skill set to a higher level of professionalism:
Get Next-Gen, hands-on training as a *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 DotsSM* system makes
it easy to assess & treat pain conditions

Really retain the skills you gain in
the Webinar: FREE Review Videos as part
of the 4-week *Follow-Up & Enrichment*
online program -- no extra charge!



Follow-Up
Professional
Development
Program



Client
Coaching
Skills

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

Earn NCBTMB & Florida & Georgia Boards-approved
HANDS-ON *Continuing Education Credits* as you deepen
your knowledge & expand your skill-set



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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 an advanced continuing education program for Massage Therapists.

It teaches a comprehensive pain therapy system that Massage Therapists can apply in their daily practice. It integrates the work of Dr. Janet Travell, the originator of myofascial trigger point therapy, into a highly accessible system that Massage Therapists can easily apply to resolve their 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 related activating and perpetuating factors
4. **Structural Integration / Postural Realignment / Kinesiological Therapies** to restore overall healthy posture and structural balance

Some form of myofascial therapy, and even a superficial introduction to trigger points, is often included in the basic curriculum at many massage schools. However, the breadth and depth of knowledge of Myofascial Trigger Point Therapy is rich 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 ReleaseTM 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 2,600 therapists have taken my seminars and are successfully treating their clients using these techniques."*

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

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GOING BEYOND Trigger Points

Connect the DotsSM System

Included **FREE** in
EVERY Course



BONUS FREE Videos
4 Weeks Follow-Up
Enrichment 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 Live Webinars with Cathy Cohen, you'll get her online *Enrichment Program* with 4 Weeks of helpful Follow-Up.



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

- **FREE Review Videos**
- **Enrichment Materials**
- **Client Handouts**
- **Self-Care Guides**

With this enrichment you'll be able to more easily integrate the knowledge and skills you gain during your webinar.

with Cathy Cohen, LMT



"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*