



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*

Sunday Oct. 29 9 am to 5 pm Central Time

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



\$165 8 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 with FREE review videos of protocols**

"I believe the content and flow of material was perfect for a 6 hour course.

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

Sunday February 24, 2024 9 am to 5 pm Central Time

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



\$165 8 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



- **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 smartphone, massage table and a therapist practice partner for exchanges of hands-on 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 with FREE review videos of protocols**

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



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1-Day 8 CEU Live Interactive Webinar

Restoring Shoulder Function & Balance

Sunday August 27 9 am to 5 pm Central Time

Discover new techniques to confidently treat myofascial pain in the shoulder

\$165 8 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**
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

"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

Sunday September 24 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

\$165 8 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

SCHEDULE

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(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 smartphone, massage table and a therapist practice partner for exchanges of hands-on protocols
- **"Front row" seat in a small group workshop!**
You see me . . . I see you: every student gets my personal guidance
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"I enjoy all the Beyond Trigger Point instruction/classes. Thank you for continuing to teach and adapting to current times."



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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

Therapist Self Care



Pain Detective Skills

Unique *Connect the DotsSM* 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!



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 approved *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

GOING BEYOND Trigger Points

Connect the DotsSM System

Included **FREE** in
EVERY Course

with Cathy Cohen, LMT

BONUS 4 Week Program

Review Videos & Follow-Up Enrichment -- 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 Follow-Up.



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

- **FREE** Review Videos of Techniques
- 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 the weekend
workshops, webinars or 1-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