

# Continuing Education for **Healthcare Professionals**



## **COURSE DESCRIPTION:**

Expanding upon the skills you learned in An Encounter with Touch (Part 1), you will refine your ability to treat patients with chronic pain challenges, many of whom have been diagnosed or demonstrate components of Post-Traumatic Stress Disorder (PTSD). You will learn more advanced Myofascial Release (MFR) techniques, including an introduction to Craniosacral Therapy (CST) and exploring movement facilitation unique to each patient. Course emphasis will be placed on treating the somato-emotional component of chronic pain and exploring its commonalities shared with PTSD.

## **LEARNING OUTCOMES:**

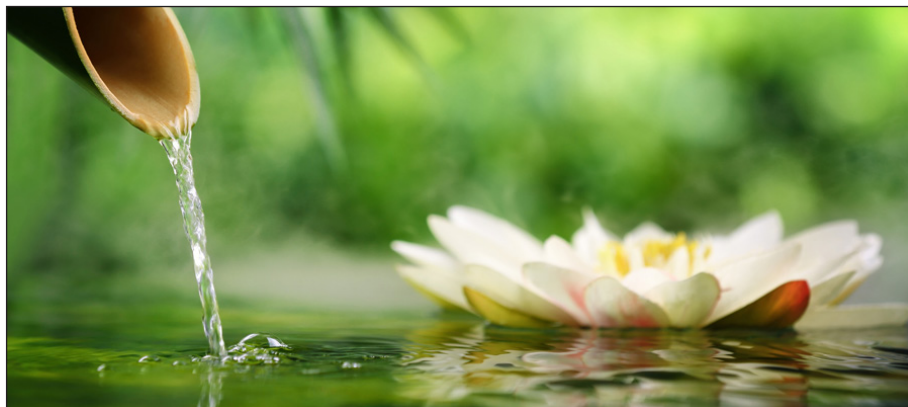
- Identify the epidemiology of PTSD.
- Define how post-traumatic stress disorder (PTSD) develops and re-triggers physical, emotional and psychological pain symptoms responsible for chronic pain.
- Identify the neuroanatomy and biochemical changes that occur with chronic pain.
- Demonstrate combining Myofascial Release (MFR), Craniosacral therapy (CST) and somato-emotional release (SER) techniques to treat chronic pain.
- Demonstrate a deeper understanding of the fascial system by developing your proprioceptive skills.
- Generate comprehensive evaluation skills for patients with chronic pain, addressing the stress components that directly impact patients' health status and future rehabilitation.
- Create functional goals and home exercise programs unique to the patient with chronic pain.

## **CONTENT FOCUS:**

**Domain of OT:** Performance Skills

**Occupational Therapy Process:** Evaluation

**LEVEL:** Intermediate



## **An Encounter with Touch (Part 2): Successful treatment of Chronic Pain, including patients with Post-Traumatic Stress Disorder**

### **INSTRUCTOR:**

Michele Rozansky, PT, owner of Orlanu Therapies – The Myofascial Release Center of Milwaukee, SC is a graduate of UW-Madison. She is certified in Neurodevelopmental Treatment for children, has advanced training in Myofascial Release, Craniosacral Therapy, and Rebirthing for children and adults. Therapeutic horseback riding, exercise based on the Pilates method and women's health challenges are some of her unique treatment interests. Michele has facilitated personal growth workshops for women. She has been an assistant instructor for Boehme Workshops and for John F. Barnes, PT. At Orlanu Therapies, Michele provides whole body treatments for individuals with chronic pain, neurological challenges and guidance in discovering their own inherent healing abilities. Her expertise has evolved into specializing in working with patients who live with cumulative trauma.



**DATE:** Friday, Nov. 3 to Saturday, Nov. 4, 2017

8 a.m. to 4:30 p.m. both days

**CEUs:** 1.4 (Contact Hours: 14 hours) **PROGRAM NUMBER:** 10119

**PRICE:** \$410 (before/on 10/3) / \$460 (after 10/3)

**AUDIENCE:** PTs, PTAs, OTs, OTAs

### **REQUIRED COURSE MATERIALS:**

- Please trim finger nails prior to course
- Please wear or bring lab clothing; shorts, tank tops preferred
- Dress in layers for comfort during lecture

**QUESTIONS? CONTACT US**

**CHS-CE.UWM.EDU | 414-227-3123 | CHS-OUTREACH@UWM.EDU**