

2023

Course Calendar Le calendrier des cours

www.anbmt.ca/course-calendar
www.anbmt.ca/fr/annuaire-des-cours

2023



Course Calendar

MAY		COURSE FEE		MAX. NUMBER	REGISTRATION DEADLINE
		MEMBERS	NON-MEMBERS		
06	#1 – CST for Infants	\$325	\$425	12	April 22
20–21	#2 – Evidence-Informed Clinical Cupping	\$305	\$405	30	May 06

JUNE					
Launch/01	#3 – Part 1: Optimizing Hip and Knee Function*	\$179	N/A	N/A	May 18
Launch/01	#4 – RAPID NFR - RAPID 4	\$497	N/A	N/A	May 01
9–11	#5 – SMFT® Level 1: Connecting with the Fascia / La thérapie myofasciale structurale TMS®***	\$675	\$875	24	May 16
10–11	#6 – Cupping for Lymphatics	\$425	\$525	30	May 27
10–11 & 24–25	#7 – Reflexology Foot Certification for Post Graduate Health Professionals***	\$725	\$825	22	May 27
16–18	#8 – CST Therapy Use in Sports/Orthopedic Injuries	\$500	\$600	20	June 02

*Course #3: LAUNCH June 1, 2023 + LIVE Q&A OCT 12, 2023 (2 HRS) 6:00pm – 8:00pm

**Course #5: The course instructor will accommodate French-speaking registrants (shift fluidly between both languages).
Course manuals will be available in English and French.

L'instructeur du cours accueillera les personnes inscrites d'expression française (déplacement fluide entre les deux langues).
Les manuels de cours seront disponibles en anglais et en français.

***Course #7: This is a 4-day course offered over a period of 2 weekends

SEPTEMBER					
9–10	#9 – Sacred Somatics Practitioner Training: Level 1	\$550	\$650	24	August 26
23–24	#10 – Kinesio Taping Foundations	\$550	\$650	20	September 09

OCTOBER					
20–22	#11 – TMJ Mastery	\$450	\$550	24	October 06
21–22	#12 – Understanding the Complexity of Concussion	\$400	\$500	25	October 07

Registration forms are located online under the main menu bar 'course calendar'
OR below within each course description under 'Register Here Now'

<https://www.anbmt.ca/course-calendar/>

Cranial Sacral for Infants

Instructed by Jules Hare, RMT

Registration Deadline: 22 April 2023 / **REGISTER HERE NOW!**

Date:	May 6, 2023 (1 day)
Time:	8:30am – 5:30pm (Saturday) + *Live Zoom Session *Prerequisite: Live Zoom session and Q&A one week before the course start date (required) *April 30, 2023, 7:00pm – 8:00pm (Thursday)
Location:	Chateau Saint John, 369 Rockland Road, Saint John, N.B. E2K 3W3
Fee:	\$325.00 (ANBMT members only) / \$425.00 (Non-Member) *This course is \$500 in-person when offered by the instructor. (Payment must accompany registration; reservations not accepted)
CEUs:	(Pending approval by the CMTNB) 7-hours in-class instruction + 1 hour live Zoom prerequisite. *Student members are eligible to take this course. Not eligible for the 50% offer.
Maximum:	Registration is limited to 12 Registrants

Preferred Room Rate: Chateau Saint John, \$129.00 + taxes (15% HST and 3.5% MAT) per night (2 queen beds), includes breakfast, WIFI, and free parking. A block of 10 rooms have been reserved. Book one month in advance to secure a room. Phone: 506-644-4444. **Booking Reference: ANBMT Group.**

***IMPORTANT DISCLAIMER** – Participants are required to attend the one-hour live Zoom session and Q&A one week prior to the course start date.

LIVE ZOOM PREREQUISITE (1-hour), Wednesday, 26 April, from 7pm-8pm.

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|--|---|
| → Short introductory time for Jules and the participants. | → Importance of non-verbal communication. |
| → Intro: What is cranial sacral therapy? | → Homework: awareness practice. |
| → Discussion of Jules' unique philosophy and approach to cranial sacral therapy and how she works with families. | → Time for questions and answers. |

COURSE DETAILS

This course is intended for health care professionals who want to learn how to perform cranial sacral techniques confidently and effectively on infants. Advance your palpation skills as well as learn to home in on your intuition and imagination to deeply listen to the body.

This two-part course includes energetic, theoretical, and practical components (including practical instruction and practice time with infants). Participants are asked to potentially source a baby for practice time; the course requires one (1) baby per three (3) participants.

WHAT YOU WILL LEARN

Learn the basics of how the cranial sacral system works through Jules' playful and multi-sensory teaching method. At the end of the day, you will feel confident performing an initial assessment and appropriate basic cranial sacral techniques on infants to help them connect to their own innate healing abilities.

Learn how to incorporate these new techniques into your professional practice. Discover how to empower parents to be part of the healing with self-care they can do at home. This course will enhance your ability to listen and follow your own healing intuition, as well as incorporate your new wisdom and techniques to best help babies and parents thrive.

LEARNING OBJECTIVES

- Identify restrictions that impede the healthy restoration of the central nervous system after birth.
- Emphasize the importance of a therapist's energy and approach to connecting with infants, caregivers, and siblings.
- Understand the importance and impact of non-verbal communication.
- Be able to facilitate the restoration of healthy homeostasis for an infant after birth.
- Feel confident in performing a simple assessment protocol for infants as well as being capable to facilitate dynamic client-lead changes within the cranial sacral system.

Cranial Sacral for Infants (cont.)

OVERVIEW

Craniosacral therapy is particularly useful for treating newborns and infants. Difficulty breastfeeding can be the result of tension and restriction in the baby's head, spine or other parts of the body affected by in utero positioning or pressure experienced during labour. These pressures are increased by rapid, long, and induced labour, forceps or vacuum-assisted deliveries, or caesarean delivery.

Compressive forces during birth can put pressure on the nervous system, especially the cranial nerves that control sucking and swallowing, jaw mobility, and the digestive system. A "fussy" baby often experiences discomfort, muscle tension or bone misalignment. Unfortunately, these symptoms often go untreated, as most parents and medical professionals don't know what's wrong or how to help.

SYMPTOMS/CONDITIONS THAT CAN BENEFIT FROM CST

Difficulty breastfeeding/latching challenges, restricted jaw opening, jaw clenching, weak sucking action, difficulty swallowing, on/off fussing, excessive spit-ups (reflux), one-sided feeding challenges (head rotates more easily in one direction), crossed or wandering eyes, asymmetrical head & other abnormalities in the shape of the head, colic symptoms, and many others.

HOW A CST SESSION TYPICALLY WORKS

With mom or dad (or both) present, baby is treated for an initial 1-hour appointment with gentle release techniques from the hands of highly trained therapists. Therapists locate and release restrictions and tensions throughout the body and in the head. Once fully released, the tension patterns do not return. Mothers also receive some education and guidance on breastfeeding and self-care.

OUTCOMES

- Results to a happier, relaxed, nursing baby.
- Increased gastrointestinal mobility.
- Better sleep for babies (and parents too).
- Helps ensure a good structural balance and health throughout childhood and beyond.
- Allows babies to develop to their highest potential.

WHAT TO BRING

- Portable massage table (1 per 2 participants)
- Wear comfortable or loose-fitting clothing
- Pen/paper
- Snacks, lunch, water (lunch not included)
- Open mind for learning!
- *If participants know of infants/newborns aged 6-7 months-old who would benefit from being a "demo" for this session, please contact Jules. *The course requires one (1) baby per three (3) participants.*
- E-mail jules@cranialwaves.com for more info or if you have questions.

ABOUT THE INSTRUCTOR

Jules Hare, RMT, has specialized in cranial sacral therapy for over 30 years. She is a registered massage therapist, cranial sacral therapist specializing in pediatrics, speaker, parent, and author of '*Raise Future Leaders - 3 Simple Steps to Transformational Parenting*'. She is an embodiment facilitator and founder of the *Attention Alchemy Approach*, a simple yet deeply transformational process that directs attention towards compassion, curiosity, and embodiment in the simplest and deepest way to facilitate truly transformative shifts. Jules followed her own playful and curious heart to develop courses, trainings and books centered around the wisdom of the body and the power of attention. Beautifully interweaving stories, presence, and deep listening skills, she supports and invites individuals, children, and families to forge deeper connections within themselves through the embodiment of their own incredible potential. Originally from Kitchener Ontario, Jules and her partner Phil cofounded *Cranial Waves Wellness Studio*, which is now located in St. Martins, NB.

Evidence-Informed Clinical Cupping

Instructed by Paul Kohlmeier, BPE, RMT, R.Ac.



Registration Deadline: 6 May 2023 / **REGISTER HERE NOW!**

Date:	May 20 – 21, 2023 (2 days)
Time:	10:30am – 7:30pm (Saturday – Sunday)
Location:	This is a 16-hour, 2-day live online course offered through <i>Zoom</i> (the meeting platform)
Fee:	\$305.00 (ANBMT/student members) / \$405.00 (Non-Member) *This course is \$405 + HST when offered by Cupping Canada Inc. (Payment must accompany registration; reservations not accepted)
CEUs:	(Pending approval by the CMTNB in 2020) *Student members who have completed anatomy and physiology are eligible to take this course. Not eligible for the 50% offer.
Maximum:	Registration is limited to 30 Registrants

***IMPORTANT DISCLAIMER** – Cupping therapy is a higher-risk-exposure / invasive modality. Participants must submit certificates of training to the ANBMT for endorsement to practice this modality.

COURSE DETAILS

This is a 16-hour, 2-day live online course offered through Zoom (the meeting platform). Learn from the Cupping Therapy Experts! Join us for this 2-day, hands-on training, and learn how to provide quick and effective pain management for the enhanced mobility of your clients with cupping therapy. Interested in learning how to educate your clients on the ways in which a program of cupping therapy fits perfectly into their wellness activities? Let's delve into the history, theory, research, and ethics in cupping therapy providing you with a volume of knowledge: how best to provide this treatment, how to explain it, how to recognize contraindications, and how to enhance overall client retention.

This cupping course is unique in that we do not focus on one 'type' of cupping therapy, but rather we *focus on the research available and the types of treatments that can be provided using the various products in the marketplace*. This approach provides participants with the knowledge and skill on how to use several different types of cups to achieve the overall therapeutic outcome that your clients are looking for. (Fire cupping or flames are not used; fire cupping is discussed only in a historical context.)

We provide you with information on how to treat common client complaints by using cupping therapy for the overall outcome of your clients' treatment plan. We will review the functional anatomy of the musculoskeletal system of the body and how to enhance circulation using cupping therapy and provide techniques that are specific in the treatment of injuries and enhancing mobility. There is evidence that cupping therapy can influence the nervous system and it has been shown to influence research subjects' perception of pain...so join us and discover the ways that you can make a big difference in your clients' wellness journey.

Save your body and your hands and most importantly, discover how the versatility of cupping therapy can transform your practice into life-changing bodywork.

Evidence-Informed Clinical Cupping (cont.)

COURSE CONTENT

- The history of cupping therapy and its impact.
- The principles of myofascial cupping and supporting evidence.
- The physiological and neurological effects of cupping.
- The indications, contraindications, and precautions for cupping therapy.
- The evidence-informed research for cupping therapy.
- Cupping applications based on assessment of the client.
- How to use and apply cupping therapy with safe and sound reasoning.
- Positioning and technique for optimal results.
- How to identify, address, and modify techniques appropriate for a range of treatments.
- How to perform treatments for the upper body.
- How to perform treatments for the lower body.
- The benefits and outcomes of cupping for educating your clients.
- Review and provide protocols to relieve muscle tension.
- Review and provide protocols to support myofascial release.
- Review and provide protocols to support lymphatic circulation.
- Review and provide protocols to properly sanitize and safely use silicone and vacuum cups.
- How to integrate cupping therapy into your current clinical practice.
- Hands-on, hands-on, hands-on time!

WHAT YOU WILL NEED FOR THE COURSE

- A laptop with a camera or a computer with a webcam or a tripod for your phone/tablet and a bit of space to work in. The camera will pick up what you are doing, so a way of using it close to you and hands free will be very helpful.
- A good quality internet connection.
- A headset or headphones with a mic (the ones that come with most phones will work well) This will stop feedback from happening when people have open microphones.
- A person to practice on – if you are isolating, no worries you can practice on yourself!
- Massage table and linens, massage oil, and whatever makes you happy in your treatment room. If you do not have a partner this is not necessary but could make it easier to practice on yourself.
- You will need a set of cups. If you do not have cups check out our online sample pack. <https://cuppingcanada.ca/collections/all>
- Hydrogen peroxide – if you can access it above 7.5% from a hydroponics store or a pool supply store. It is not mandatory for the course but required for disinfection once you begin working with clients, so it is good to have on hand.
- A Zoom meeting link and course e-manual will be sent to all course participants via email one week before the course is scheduled to begin.

ABOUT THE INSTRUCTOR

Paul Kohlmeier, BPE, RMT, R.Ac.: Registered Massage Therapist and Registered Acupuncturist, Paul Kohlmeier is an experienced and skilled therapist who is also trained as a Traditional Chinese Medicine Herbalist. Graduating with a Physical Education degree from the University of Manitoba, Paul went on to obtain his Diploma in Massage Therapy from Wellington College and Diplomas in both Acupuncture and Chinese Medicine from the Hua Xia Acupuncture and Herb College of Canada. Paul has a wealth of information looking for ways to get out of his head...which has led him to teaching and lecturing over the last 15 years. Paul runs a community acupuncture practice, in addition to his Massage Therapy practice from his clinic based in Winnipeg, Manitoba. In addition to his keen interest in Massage Therapy and Chinese Medicine, Paul is a self-proclaimed research geek having participated in the World Fascia Congress, IN-CAM and the Massage Therapy Foundation Research Conference and loves bringing everything he learns into the treatment room as well as the classroom.

Part 1: Optimizing Hip and Knee Function: Fresh Ideas for Management of Osteoarthritis and Hip/Knee Replacements



Instructed by Tera Mezynski, B(Sc) Kinesiology, M(Sc) Physical Therapy & Kerry Carlson, B(Sc) Physiology, B(Sc) Physical Therapy

Registration Deadline: 18 May 2023 / **REGISTER HERE NOW!**

Date:	*Begins the first week of June (June 1, 2023)
Location:	Self-Paced, 8-hour course *(limited access) + 2-hour live virtual Q&A session, Thursday, October 12, 2023, from 6:00pm – 8:00pm *See disclaimer below.
Fee:	\$179.00 (ANBMT members only) *This course is \$189 when offered by Active Initiatives. Handouts and the live virtual session are an additional fee. The total value saved for the course + documents + live session is \$80.00. (Payment must accompany registration; reservations not accepted)
CEUs:	(Pending CMTNB CEU Approval) *Student members with anatomy training are eligible to take this certification. *The 50% offer for new members does NOT apply to this course.

***IMPORTANT DISCLAIMER** – The course must be completed by October 12, 2023 (before the start of the 2-hour live virtual Q&A session from 6-8pm).

COURSE DETAILS

- This is a self-paced, 8-hour virtual course offered through the Thinkific™ platform.
- There is limited access to the self-paced course. (Must be completed by October 12, 2023.)
- Lifetime access to handouts, including level 1 and level 2 client exercise materials. Access to documents via email and Thinkific™ platform.
- Upon registration an email will be sent to you with your login information.

Feeling unsure about the best way to help clients with hip or knee replacements or osteoarthritis? Learn the latest total joint surgical procedures and the most effective prehab/posthab exercises. Correct common muscle imbalances, prevent dislocations, and improve gait in your clients with osteoarthritis or hip/knee replacements. 1 in 5 Canadians are diagnosed with osteoarthritis with 1/3 before the age of 45—younger people are having joint replacement surgery and coming to you sooner. Discover how the right neuromuscular exercises can help this condition and even prevent surgery! Learn about the new core stability "wrap around your glut" technique! (No prerequisites for this course)

SELF PACED COURSE TOPICS

- Learn the latest total joint surgical procedures for knee and hip replacement.
- What exactly is osteoarthritis and how it's not simply "wear and tear"?
- What are the risk factors we can mitigate?
- What "misconceptions" do your clients have?
- Most effective prehab/posthab exercises.
- Graded neuromuscular exercise training for all stages of osteoarthritis.
- How to correct common muscle imbalances, prevent dislocation.
- How to improve gait in your clients with osteoarthritis or hip/knee replacements.
- Learn more about the new core stability.
- Learn the "wrap around your glut" technique.
- Learn how you are key to helping your clients thrive with osteoarthritis!

Part 1: Optimizing Hip and Knee Function: Fresh Ideas for Management of Osteoarthritis and Hip/Knee Replacements (cont.)

HANDOUTS INCLUDE

- Level 1 and Level 2 *Client Exercise Handout*. Streamline your implementation of *Part 1: Optimizing Hip and Knee Function* content with these two (2) handouts to motivate your clients and keep their technique consistent with detailed cues. Two (2) formats for each program and tracking form.
- Key points handout of all the information discussed in the self-paced course.

2-HOUR LIVE VIRTUAL SESSION

- **Scheduled Q&A live virtual session, October 12, from 6-8pm (AST) using the Zoom platform.**
- The instructors discuss the content covered in the self-paced module.
- The instructors answer questions submitted by registrants.
- This session will be recorded for all registrants who are unable to attend.

ABOUT THE INSTRUCTORS

Tera Mezynski, B(Sc) Kinesiology, M(Sc) Physical Therapy

Tera is a physiotherapist who has worked in the healthcare industry for over 15 years in all settings including hospital, private practice, and exercise rehabilitation. Tera has extensive training in lower limb arthroplasty and has helped develop surgical pathways. Neuromuscular exercise, muscle patterning, and exercise prescription are some of her areas of expertise and passion. Tera's presentation style and knowledge are empowering, and her enthusiasm is contagious, whether the workshop is self-paced or live.

Kerry Carlson, B(Sc) Physiology, B(Sc) Physical Therapy

Kerry has over 25+ years of experience in all areas of physical therapy, including injury rehabilitation and health promotion. Kerry believes that a little movement throughout the day goes a long way and that small changes can significantly improve our health. Kerry has a gift for developing programs for 1:1 or group for osteoarthritis, balance, cognition, and dual tasking that are second to none. She is an unbelievable presenter who shares her knowledge of research in such a way that you can't help but be drawn in and enthused. Join Kerry and you'll leave with a sense of energy and readiness to implement what you've learned.

RAPID 4 (NeuroFascial Reset) Self-Paced & Online



Instructed by Sherry Routledge, RMT, & Rob Routledge, RMT

Registration Deadline: 1 May 2023 / **REGISTER HERE NOW!**

Date:	*Begins the first week of June (June 1, 2023)
Location:	Self-Paced (Learn at your pace online!)
Fee:	\$497.00 (ANBMT members only) *This course is \$697.00 when offered by RAPID-NFR. (Payment must accompany registration; reservations not accepted)
CEUs:	(Previously approved by the CMTNB in 2021) The 50% offer or new members does NOT apply to this course.

COURSE DETAILS

This is self-paced online course offered through *Zoom* (the meeting platform).

***PREREQUISITE: RAPID UPPER AND LOWER OR RAPID CORE**

*There is lifetime access to the class!

*Each student has a lifetime access to technique videos – to refer to and resource as often as you like.

*A fully illustrated, 115-page manual will be mailed to your door. ***Register early enough to allow time for your manual to be sent by mail.**

RAPID-NFR allows the practitioner a fast and effective method of treating the most complex musculoskeletal issues that therapists encounter. Our goal for this course is not only to give the practitioner a successful method of neurologically desensitizing the tissue, but also to increase their palpation skills and learn simple protocols to release and restore range of motion. Well over half the people who seek massage therapists do so because of pain. As therapists, it's our job to make sure we're helping our clients resolve their pain quickly and effectively.

Immediate application—after your first weekend seminar, you will be well-equipped to be able to deal efficiently with your client's pain and range of motion concerns. You will have a new understanding of the role of the central nervous system in the release of tissue tightness and how to achieve these changes quickly and with as little effort as possible. Your clients will notice immediate changes and your practice will grow exponentially.

RAPID 4 ONLINE TRAINING

You will immediately be mailed your manual and will have immediate access to our online class videos.

RAPID 4 topics:

- Advanced nerve mobilizations
- Advanced neck
- Drop foot
- Compartment Syndrome
- Advanced wrist and hand
- Thoracic Outlet
- C1 to C7 mobilizations
- Meniscus mobilization
- Treatment of AC Joints
- Trigeminal Neuralgia and Bell's Palsy
- Hip Capsule
- RAPID 4 Advanced Techniques

*Upon registration an email will be sent to you with your teachable login information. Happy RAPID-ING!

RAPID 4 (NeuroFascial Reset) Self-Paced & Online (cont.)

WHAT YOU WILL NEED FOR THE COURSE

- It is preferable if the student has a “body” to practice on, but you can certainly run through the course and then practice afterward.
- The class starts with a 4-hour lecture, so a “body” is not required.

ABOUT THE INSTRUCTOR

We are trained and licensed Canadian massage therapists with over 40 years of combined experience. In the past 20 years, we've built a thriving clinic in our small town, where our patient list is bigger than the population (no, we're not kidding). We struggled at first, but over time, we started to excel. Over time, our competitors started sending us their difficult clients, and they started asking us to share what we were doing. So, we did it, and now we want to share it with you.

Our classes have been from a strong passion, a shared vision, and an unrelenting commitment to making learning easily accessible from anywhere in the world. Founded in 2016, our unique approach to teaching is designed to offer our students the opportunity to get a hands-on education or the ability to learn anywhere in the world on their own time.

SMFT® Level 1: Connecting with the Fascia

Instructed by BetsyAnn Baron, Structural Integrator, Massage Therapist

Registration Deadline: 16 May 2023 / **REGISTER HERE NOW!**

Date: June 9 – 11, 2023 (3 days)
Time: Friday – Sunday (9:00am – 5:30pm); Lunch (12:45pm)
Location: Chateau Saint John, 369 Rockland Road, Saint John, N.B. E2K 3W3
Fee: \$675.00 (ANBMT members only) / \$875.00 (Non-Member)
*Fees include the course manual.
*This course is \$925 + QST 9.975% in-person when offered by the instructor.
(Payment must accompany registration; reservations not accepted)
CEUs: (Previously approved by the CMTNB in 2016)
Prerequisite: At least one year of practice experience
Maximum: Registration is limited to 24 Registrants

Preferred Room Rate: Chateau Saint John, \$129.00 + taxes (15% HST and 3.5% MAT) per night (2 queen beds), includes breakfast, WIFI, and free parking. A block of 10 rooms have been reserved. Book one month in advance to secure a room. Phone: 506-644-4444. **Booking Reference: ANBMT Group.**

***PLEASE NOTE** – The course instructor will accommodate French-speaking registrants (shift fluidly between both languages). Course manuals will be available in English and French. PowerPoint in English. Please indicate your preference on the registration form.
*The pdf manual will be sent via WeTransfer. Participants can print or use their device to access it during the course.

COURSE OVERVIEW

The body's myofascial continuity can be likened to a geographical road map of connective tissue which includes muscles, tendons, nerves, and bones. This connectivity joins our inner and outer physical atlas and landscape. At times our landscapes may feel less than fluid or even "stuck in traffic," horns blowing! SMFT® will take you deep into the body's myofascial system with techniques that facilitate the body's return to ease, higher energy, and efficiency in movement whether it be daily activities or favourite sport.

- SMFT® is a full-body treatment approach that mobilizes the myofascial network, improving human structural and functional potentials.
- SMFT® is created around two key principles – Postural Somatic Awareness and deep, hands-on myofascial techniques.

Postural Somatic Awareness (PSA) is an integral part of SMFT®. It is a subjective evaluation that involves a question-and-answer dialogue between the therapist and client. PSA helps bring your client into conscious awareness about how they stand or sit (weight bearing in gravity), how they breathe and how they move.

Deep, hands-on myofascial techniques are at the core of SMFT's full-body approach. Mobilizing the fasciae membrane embodies the fundamental manual skills taught in our workshops. Information gathered during PSA evaluations, brings structure, and focus to our myofascial treatment protocols as we explore ways to increase the fascia's plasticity and bodies' ease of movement.

By the end of this course, participants will be able to:

- Understand the anatomy and physiology of the myofascial system
- Apply and integrate PSA
- Apply the manual techniques
- Safely use this myofascial approach within treatment session

SMFT® Level 1: Connecting with the Fascia (cont.)

COURSE OBJECTIVES

- Myofascial techniques covering full body protocol.
- Parasympathetic technique maneuvers
- Fascial pathologies
- Postural somatic awareness exercises and body reading
- Philosophy of somatic awareness and its place in daily life
- Therapist's posture
- Integration of postural somatic awareness and manual techniques

WHY YOU SHOULD ATTEND

1. Learn to work in the myofascial system, deeply and efficiently! Baron Bodyworks' advanced seminars are dedicated to the learning and mastering of deep myofascial techniques while exploring the powerful subjective evaluation method: Postural Somatic Awareness (PSA).
2. Change the way you understand the body! Our SMFT® workshops engage participants in understanding how stiffness within the body's myofascial system can create postural problems, contribute to injury, pain, and discomfort in general.
3. Empower yourself and your clients! Rehydrating the myofascial tissue is just one of the many goals and benefits of this work. Clients suffering from stress headaches, postural problems, insomnia, or chronic pain can benefit from this work!

WHAT TO BRING

- Portable massage table (1 for 2 participants)
- Bathing suit or tank top / shorts
- Set of linens / shea butter (no oil, please!)
- Lunch/snacks/water

ABOUT THE INSTRUCTOR

BetsyAnn Baron has been a massage therapist since 1991. Her studies started at l'Institut Kiné-Concept with Swedish Kinetic Massage followed by Masso-kinesitherapy. In 2001 she branched out to specialize in *CORE Myofascial Therapy and Structural Integration*.

BetsyAnn's many experiences resulted in developing the continuing education curriculum **Structural Myofascial Therapy®** in 2006. She currently teaches courses throughout Canada, the United States and in Europe, offering her experience to colleagues who are interested in developing their practice with this vision.

Prior to becoming a therapist and instructor, BetsyAnn spent fifteen years as soloist with Les Grands Ballets Canadiens de Montreal. This gave her a unique, first-hand experience with the body, its movements and its injuries. BetsyAnn is appreciated for her openness and generosity and is highly regarded as both a therapist and a teacher.

BetsyAnn Baron is a Board-Certified Structural Integrator, member of IASI (International Association of Structural Integrators) and the FQM (Fédération Québécoise des Massothérapeutes).

La thérapie myofasciale structurale TMS®

Enseigné par BetsyAnn Baron, Practicienne en Intégration Structurale, Massothérapeute

Date limite d'inscription : 16 mai 2023 / **INSCRIVEZ-VOUS ICI MAINTENANT**

Date:	Du 9 juin au 11 juin 2023 (3 jours)
Time:	Du vendredi au dimanche (de 9h00 à 17h30); déjeuner (12h45)
Location:	Château Saint John, 369, chemin Rockland, Saint John, N.B. E2K 3W3
Fee:	675,00\$ (Pour les membres et les étudiants de l'ANBMT) / 875,00\$ (pour non-membres) *Les frais comprennent le manuel du cours. *Ce cours coûte 925 \$ + TVQ 9,975 % en personne lorsqu'il est offert par l'instructeur. (Le paiement doit accompagner l'inscription; réservations non acceptées)
UEAs:	(Précédemment approuvé par le CMTNB en 2016)
Préalable:	Au moins un an d'expérience de pratique
Maximum:	L'inscription est limitée à 24 participants

Tarif préférentiel des chambres: Château Saint John, 129,00 \$ + taxes (15% HST et 3.5% MAT) par nuit de jour (2 lits queen), comprend le petit déjeuner, le WIFI et le stationnement gratuit. Un bloc de 10 chambres a été réservé. Réservez un mois à l'avance pour obtenir une chambre.
Téléphone: 506-644-4444 Référence de réservation: Groupe ANBMT.

**L'instructeur du cours accueillera les personnes inscrites d'expression française (déplacement fluide entre les deux langues). Les manuels de cours seront disponibles en anglais et en français. PowerPoint en anglais. Veuillez indiquer votre préférence sur le formulaire d'inscription.
Le manuel pdf sera envoyé via WeTransfer. Les participants peuvent imprimer ou utiliser leur appareil pour y accéder pendant le cours.

DESCRIPTION DES COURS DE TMS®

Le réseau myofascial du corps peut être comparé à un réseau routier. Il est constitué de tissu conjonctif incluant muscles, tendons, nerfs et les os. Ce réseau joue un rôle important dans nos « paysages et cartes corporels » intérieurs et extérieurs. Il arrive parfois que nos routes se retrouvent congestionnées, comme durant l'heure de pointe, klaxons bruyants et constants! La TMS® vous emmènera au plus profond du système myofascial grâce à des techniques qui permettront au corps de retrouver son aisance, son énergie et des mouvements efficaces, que ce soit pour les activités quotidiennes ou le sport.

- La TMS® traite l'ensemble du corps en se concentrant sur son réseau myofascial, pour en améliorer l'alignement de sa structure et son potentiel fonctionnel.
- La TMS® est créée autour de deux principes clés : la conscience posturale somatique (CPS) et des techniques manuelles dans le système myofascial.

La conscience posturale somatique est un élément essentiel de la TMS®. Il s'agit d'une évaluation subjective qui implique un dialogue sous forme de questions-réponses entre le thérapeute et le client. La CPS aide le client à prendre conscience de la façon dont il se tient debout ou assis (poids et gravité), de la façon dont il respire et bouge.

Les techniques myofasciales – Les techniques manuelles profondes dans le système myofascial sont au cœur de l'approche de la TMS®. La mobilisation des membranes myofasciales intègre les connaissances manuelles fondamentales enseignées dans nos ateliers. Les informations recueillies pendant les explorations de la CPS, nous aident à créer la structure et « le plan du jour » de nos séances.

À la fin de ce niveau, les participants seront en mesure :

- de comprendre l'anatomie et la physiologie du système myofascial
- d'appliquer et d'intégrer la CPS avec leur clientèle
- d'effectuer les techniques manuelles
- d'utiliser les techniques myofasciales de façon sécuritaire

La thérapie myofasciale structurale TMS® (cont.)

OBJECTIFS DU COURS

- Techniques myofasciales pour l'ensemble du corps
- Techniques au système parasympathique
- Pathologies du système fascial
- Exercices de conscience posturale somatique et lecture du corps.
- Philosophie de la conscience posturale somatique et son rôle dans la vie quotidienne
- La posture de travail du thérapeute
- Intégration de la conscience posturale somatique et les techniques manuelles

POURQUOI M'INSCRIRE...

1. Apprenez à travailler dans le système myofascial avec efficacité et en profondeur! Les ateliers de Baron Bodyworks sont consacrés à l'apprentissage et la maîtrise des techniques myofasciales en combinaison avec exploration puissante de la conscience posturale somatique (CPS).
2. Approfondissez votre vision du corps! Les ateliers de la TMS® permettent aux participants de mieux comprendre comment les raideurs dans le système myofascial peuvent ajouter à l'inconfort du corps en général, créer des problèmes posturaux et contribuent aux blessures et la douleur.
3. Donnez-vous des outils qui profiteront vos clients! La réhydratation des tissus myofasciaux n'est qu'un des nombreux objectifs et avantages de ce travail. Les clients souffrant de maux de tête, de problèmes posturaux, d'insomnie ou de douleurs chroniques pourront profiter de cette technique.

CE QU'IL FAUT APPORTER

- Table de massage portable (1 pour 2 participants)
- Maillot de bain ou débardeur / short
- Ensemble de linge / beurre de karité (pas d'huile, s'il vous plaît!)
- Déjeuner/collations/eau

À PROPOS DE L'ENSEIGNANTE

BetsyAnn Baron est massothérapeute depuis 1991. Elle débute ses études en massage suédois cinétique et en masso-kinésithérapie à l'Institut Kiné-Concept. Elle se spécialise en Intégration Structurale à partir de 2001.

À la suite d'études et d'expériences approfondies, BetsyAnn met au point une technique qu'elle appelle « **Thérapie myofasciale structurale (TMS)®** ». Elle en fait l'objet d'un curriculum de cours de formation continue qu'elle est invitée à donner partout au Canada, aux États Unis et en Europe, partageant ses connaissances avec des collègues qui s'intéressent à cette philosophie.

Ses quinze années de carrière comme soliste avec Les Grands Ballets Canadiens de Montréal lui donnent une expérience privilégiée avec le corps, ses mouvements et ses blessures. BetsyAnn est reconnue pour son ouverture d'esprit et sa générosité autant comme thérapeute que comme enseignante.

BetsyAnn Baron membre agréée de I.A.S.I. (International Association of Structural Integrators) et membre agréée de la Fédération Québécoise des Massothérapeutes (FQM).

Cupping for Lymphatics

Instructed by Paul Kohlmeier, BPE, RMT, R.Ac.

Registration Deadline: 27 May 2023 / **REGISTER HERE NOW!**

Date: June 10 – 11, 2023 (2 days)
Time: 9:00am – 6:00pm (Saturday–Sunday)
*Prerequisite: Mandatory previous cupping course
Location: Chateau Moncton, 100 Main Street, Moncton, New Brunswick E1C 1B9
Fee: \$425.00 (ANBMT members only) / \$525.00 (Non-Member)
*Registration fee includes set of 4 silicone cups. Valued at \$31.98 + HST.
*This course is \$555 + HST (\$621.60) when offered by Cupping Canada Inc.
(Payment must accompany registration; reservations not accepted)
CEUs: (Pending CMTNB approval) *This is a 16-hour, 2-day hands-on course.
Maximum: Registration is limited to 30 Registrants

Preferred Room Rate: Chateau Moncton, \$224.25 + HST per night (25% discount). 2 queen beds, includes breakfast, WIFI, business center, free parking and 24/7 gym. A block of 10 rooms have been reserved. Phone 506-870-4444. **Booking Reference: ANBMT Group 25% discount.**

***IMPORTANT DISCLAIMER** – Cupping therapy is a higher-risk-exposure/invasive modality. Participants must submit certificates of training to the ANBMT for endorsement to practice this modality.

COURSE DETAILS

Learn from the Cupping Therapy Experts! This is a 16-hour, 2-day hands-on training course.

***Prerequisite:** A previous cupping course is a mandatory training before taking this advanced course. If you have not taken a cupping course, please start with our evidence-based 16-hour clinical cupping course.

Learn how to provide fast and effective pain management for your clients' increased mobility with lymphatic cupping.

This advanced course will detail the use of cupping for lymphatic system conditions. We will explore indications and contraindications for the use of negative pressure in relation to the lymphatic system. We will look at the historical use of cupping for lymphatic drainage, and how cupping can be used to supplement hands on lymphatic drainage treatments.

We provide you with information on how to treat common client complaints by using cupping for lymphatics for the overall outcome of your client's treatment plan. We will cover techniques to use that are specific for the Lymphatic system.

WHAT YOU WILL NEED FOR THE COURSE

- Portable massage table (1 per 2 participants)
- Linens
- Massage oil & whatever else that makes you happy in your treatment room.
- A digital copy of the manual (PDF) will be provided and emailed to each participant. Participants can print and bring or follow using an electronic device.
- You will need a set of cups.
- Hydrogen peroxide – if you can access it above 7.5% from a hydroponics store or a pool supply store. It is not mandatory for the course, but required for disinfection once you begin working with clients, so it is good to have on hand.

Cupping for Lymphatics (cont.)

ABOUT THE INSTRUCTOR

A registered massage therapist and registered Acupuncturist, Paul Kohlmeier is an experienced and skilled therapist who is also trained as a herbalist in traditional Chinese medicine. A physical education graduate from the University of Manitoba, Paul went on to earn his diploma in massage therapy from Wellington College and diplomas in acupuncture and Chinese medicine from Hua Xia Acupuncture and Herb College of Canada. Paul has a wealth of information looking for ways to get out of his head... This has led him to teaching and lecturing for the last 15 years.

Paul runs a community acupuncture practice, in addition to his massage therapy practice from his clinic based in Winnipeg, Manitoba. In addition to his keen interest in massage therapy and Chinese medicine, Paul is a self-proclaimed research geek who has attended the World Fascia Congress, IN-CAM and the Massage Therapy Foundation Research Conference and enjoys bringing everything he learns into the treatment room as well as the classroom.

Being certified in both massage therapy and Chinese medicine, Paul has a unique ability to speak to the two different bodies of knowledge. He takes a decidedly different approach, working towards an explanatory narrative that represents current thinking and science, as well as adding a feedback-based explanation model that includes a patient-led approach.

Reflexology Foot Certification for Post Graduate Health Professionals

Instructed by Carla Miller, RMT, Certified Reflexology Therapist

Registration Deadline: 27 May 2023 / **REGISTER HERE NOW!**

Date:	June 10 – June 11, 2023 & June 24 – 25, 2023 (4-day course) *Both weekends mandatory for certification
Time:	8:30am – 5:00pm (Lunch 11:45am – 12:45pm)
Location:	Fredericton Inn, 1315 Regent Street, Fredericton, NB E3C 1A1
Fee:	\$725.00 (ANBMT members only) / \$825.00 (Non-Member) *50% offer not applicable to this training. *This course is \$900.00 in-person when offered by the instructor. The fee for non-professionals (including instruction in physiology/anatomy) is \$1450. *Exam Fee: \$100.00 paid directly to the course instructor (Payment must accompany registration; reservations not accepted)
CEUs:	(Previously approved by the CMTNB in 2019) *Student members are eligible to take this certification with a full year of training in massage therapy, including anatomy/physiology. Not eligible for the 50% offer.
Maximum:	Registration is limited to 22 Registrants

Preferred Room Rate: Fredericton Inn, Fredericton, NB, \$139.00 + HST per night (2 queen beds). A block of 12 rooms have been reserved. Book 2 weeks in advance of the event to secure the reserved room. Call Toll Free 1-800-561-8777 or 506 455-1430. Free parking. **Booking Reference: ANBMT Group.**

COURSE DETAILS

This 4-day course is designed for the *actively practising* RMT. The course will provide you with the knowledge and skills to add reflexology as a modality to your already existing RMT practice. As active RMTs, you are already pre-loaded with extensive training in anatomy, physiology, and pathology. This course is designed to streamline the certification process and build on your pre-existing knowledge.

100 HOURS FOR CERTIFICATION

NOTE: Students must complete 60 hours of hands-on treatments at their own pace after the end of this course. They have up to a year to complete this practical work and take their final exam at their own pace. Once this is completed, they are certified to bill clients for their treatments.

This certification, once completed, allows the RMT to be eligible to bill insurance companies (when covered) in the separate category of reflexology. This will impact the RMT's ability to earn more/charge more for their clients' coverage. Not all courses offer a way for the RMT to earn more with certification.

PART ONE: 40 HOURS (35 hours in-class, 5 Hours homework and written assessment. Covers the theoretical principles of reflexology and the techniques and skills to practice reflexology. Classes will be held over a series of 8-hour days with a one-hour lunch. The class will consist of both theory and practical hands-on techniques.

Course Outline

Unit 1: Introduction to Reflexology	Unit 6: Assessing the Foot
Unit 2: History of Reflexology	Unit 7: Working the Foot
Unit 3: Zones	Unit 8: Charting the Session
Unit 4: Health History / Clinical Interview	Unit 9: Self-Care
Unit 5: Anatomy and Physiology and Pathology of the Body Systems; Foot Reflexology Map	Unit 10: Reflexology and Massage
	Unit 11: Reflexology Business Management
	Unit 12: Case Studies (work with practice clients outside of class)

Each class session includes a balance of hands-on, auditory, and visual learning opportunities.

Reflexology Foot Certification for Post Graduate Health Professionals (cont.)

PART TWO: 60 HOURS (60 case studies and charting). The Reflexology student gains experience by performing and documenting 60 case studies. The student will arrange for their own case studies, approximately 10–15 recipients are required. Students have no less than 3 months to complete the case study portion of the certification. The teacher is available by e-mail and telephone for consultation at any time during the practical case studies period.

CERTIFICATION / EXAM

The 2-hour written exam is scheduled privately with the instructor at the student's own pace. Exam Fee: \$100.00 paid directly to the course instructor. This is a one-hour practical spot exam upon completion of the 60 case studies. It is scheduled by the student with the instructor for a one-on-one exam. The written and practical exams may be scheduled to be completed at the same time.

Total Certification time: 100 Hours

COURSE STANDARDS

The Atlantic Canada Association of Reflexology Therapists (ACART) approves the curriculum taught by Carla Miller, RMT. Under ACART regulations, a successful student must complete a 300-hour certification course to become a member. Due to the post-graduate status of the students attending this course, the students are only required to complete 100 hours of certification.

WHAT TO BRING

- Portable massage table (1 per 2 participants)
- Paper/pen
- 2 hand towels/personal use for class time
- Pillow
- Comfortable clothing (keep in mind that you will be working on lower legs/feet)
- Be prepared for hands-on & class lecture
- Lunch/Snacks/Water
- *Please contact the course instructor at soletosoul@bellaliant.com should you have questions

ABOUT THE INSTRUCTOR

Carla Miller, RMT, is the owner and operator of *Sole to Soul Massage Therapy Clinic* in Minto, New Brunswick since 2007. She began working as a reflexology therapist after completing her certification at the Wholistic Therapy School in Palgrave, Ontario, in 1997. In addition to reflexology, she is also a registered massage therapist with the CMTNB and the ANBMT. She is currently completing her certification as a cranial sacral therapist. Carla has been teaching foot reflexology for the Atlantic Canada Association of Reflexology Therapists (ACART) since 2008. You can learn more about Carla by visiting www.s2smassage.com.

Craniosacral Therapy Use in Sports and Orthopedic Injuries (CST and SOI)

Instructed by Gary Keeling, BPE, BSc (PT)

Registration Deadline: 2 June 2023 / **REGISTER HERE NOW!**

Date:	June 16 – June 18, 2023 (3-day course) *Prerequisite: BE1 & BE2 or Equivalent (CST1 if taken by Upledger or McKeel Seminars)
Time:	2:00pm – 8:00pm (Friday); 9:00am – 5:00pm (Saturday & Sunday)
Location:	Fredericton Inn, 1315 Regent Street, Fredericton, NB E3C 1A1
Fee:	\$500.00 (ANBMT members only) / \$600.00 (Non-Member) *This course is \$498.00 USD / \$678.00 CAD in-person when offered by the instructor. (Payment must accompany registration; reservations not accepted)
CEUs:	(Previously approved by the CMTNB in 2020)
Maximum:	Registration is limited to 20 Registrants

Preferred Room Rate: Fredericton Inn, Fredericton, NB, \$139.00 + HST per night (2 queen beds). A block of 12 rooms have been reserved. Book 2 weeks in advance of the event to secure the reserved room. Call Toll Free 1-800-561-8777 or 506 455-1430. Free parking. **Booking Reference: ANBMT Group.**

COURSE DETAILS

This course requires a minimum of BE1 and BE2 (or CST 1 if taken by Upledger or McKeel Seminars). It is also useful for those with more advanced cranial training. It is a hands-on course with plenty of table time and a chance to see our mechanical CST components put into clinical use and how we can end up “stacking” these techniques.

The course begins with an introduction to Stephen Porges’ *Polyvagal Theory* and its relevance to all therapies, including CST. Polyvagal theory shows an integrated and synergistic system with both parties working together in the service of survival and thriving, rather than the classical interpretation of an antagonistic relationship between the sympathetic and parasympathetic systems. A heart rate variability app is introduced to allow the therapists to measure autonomic change pre- and post-craniosacral therapy.

Orthopedic assessment including extremity scans, are introduced, and reviewed to allow the therapist to integrate orthopedic assessment, craniosacral assessment, and fascial assessment into pre- and post-treatment to show more objective measures/signs of craniosacral treatment sessions. A client is assessed and treated in front of the class demonstrating the integration of these orthopedic, cranial, and fascial assessment tools before and after treatment. The client is brought in for day two and three of the course to see treatment changes during this period as well as the integration process. It also allows the therapist to see how we take the structural components taught in the BE1 and BE2 course (CST1 if taken by Upledger or McKeel Seminars) and begin to learn how to follow the lines of tension in the body for an actual injury or dysfunction.

Quantum physics is introduced to allow for a better understanding of the energetic changes (signs of release) that occur during craniosacral sessions and the potential for somato-emotional processes (SEP) occurring which is a natural lead into the SE1 and SE2 courses taught through CSTAlliance.

This is a good way to review and gather the mechanical components of CST or answer clinical questions that you have from using CST. I hope you will join me.

Craniosacral Therapy Use in Sports and Orthopedic Injuries (CST and SOI) (cont.)

WHAT TO BRING

- Massage table (1 per 2 participants)
- Bolsters and pillows
- Snacks, Lunch, Water
- Wear comfortable or loose-fitting clothing (tank tops, t-shirts)
- Please be prepared to both give and receive manual therapy.

ABOUT THE INSTRUCTOR

Gary Keeling, BPE, BSc (PT) has over 35 years of experience using cranial sacral therapy techniques with his patients. He has completed advanced courses in cranial sacral therapy and visceral manipulation techniques. He has been a physiotherapist for over 40 years. Gary has taught and assisted in numerous manual therapy courses, as well as cranial sacral therapy courses. He is currently an instructor at the Atlantic College of Therapeutic Massage in Fredericton.

Sacred Somatics Practitioner Training: Level 1

Instructed by Ailsa Keppie, BSc Hons in Physiology, RMT, MFR Practitioner

Registration Deadline: 26 August 2023 / **REGISTER HERE NOW!**

Date:	September 9 – 10, 2023 (2 days)
Time:	9:00am – 5:30pm (Saturday–Sunday) *16 hours in-class instruction + 4 hours pre- and post-course study total of 20 hours
Location:	Château Moncton, 100 Main Street, Moncton, New Brunswick E1C 1B9
Fee:	\$550.00 (ANBMT/student Member) / \$650.00 (Non-Member) *This course is \$693.59 in-person when offered by the instructor. (Payment must accompany registration; reservations not accepted)
CEUs:	(Pending CMTNB approval) *Several of Ailsa's courses have already been approved by the CMTNB. *Student members are eligible to take this course. Not eligible for the 50% offer.
Maximum:	Registration is limited to 24 Registrants

Preferred Room Rate: Chateau Moncton, \$224.25 + HST per night (25% discount), 2 queen beds. Complimentary breakfast, WIFI, business center, free parking and 24/7 gym. A block of 10 rooms have been reserved. Phone 506-870-4444. **Booking Reference: ANBMT Group 25% discount.**

COURSE DETAILS

Instruction time total of 20 hours

- 16 hours in-class instruction
- 4 hours pre- and post-course study:
 - 2 hours of reading the required material and personal reflection and preparation.
 - 2 hours of integration and submission of a personal assignment.

Overview:

Sacred Somatics is a modality that brings together three main aspects of therapeutic and somatic practice, namely:

- Observation: reading the body and awareness of what the client presents with.
- Feeling: intentional touch and therapeutic competence using myofascial release.
- Embodiment: Functional awareness exercises, grounding, and ethical relationship.

LEVEL 1 PRACTITIONER TRAINING

This 20-hour training (16-hour in-class time with 4 hours pre and post course study) brings the integrated practice of health care to the forefront for hands-on practitioners. There is a lot of research that shows that a sense of well-being and proper functioning of a human is based not only on physical aspects, but also on our past life experience, trauma, and emotional and attachment patterns. For practitioners wishing to broaden their level of knowledge to include somatic-based awareness and education as well as trauma-informed assessment and treatment plans, this training will bring it all together. Practitioners will learn simple techniques that can add to your skills and give you an ethical framework for knowing when to refer your client to another modality. The training of practitioners in sacred somatics embraces the path forward for integrated health care.

Sacred Somatics Practitioner Training: Level 1 (cont.)

OUTCOMES

- Increase skills in reading the body, including postural alignment, emotional holding patterns, trauma awareness and the freeze response; energetic pathways and breathing.
- Acquire skills in communicating our preliminary observations and creating agreements and consent with clients around treatment plans that meet the client's stated goals.
- Learn touch techniques that engage the myofascial system with awareness of barriers and blocks so that the treatment feels consensual and helpful to both the client and the therapist.
- Review and teach specific myofascial techniques: vault hold, depth, and directional barriers, crossed hand techniques and variations and traction/compression techniques.
- Practice grounding and centering techniques for the therapist to minimize energy depletion and burnout for the therapist when treating multiple clients per day/week.
- Learn self-care options for therapists to maintain the practice they want and expand their ability to continue working in the health care field.

IMPORTANT DETAILS

- Pre-requisite reading materials – readings and reflection to be submitted prior to attending the course. Approx. 2 hours of 'class time' are allocated to this preliminary work.
- Register early so that the instructor can email the required materials in advance, allowing enough time to read and reflect.

WHAT TO BRING

- Portable massage table (1 for 2 participants)
- Sheets
- Notebook
- Prerequisite material that will be made available through the instructor at least 1 month before the course dates.

*Please contact the course instructor at ailsakeppie@gmail.com should you have questions.

ABOUT THE INSTRUCTOR

Ailsa Keppie is a trained massage therapist, intimacy educator and somatic therapist. She has been working in the field of hands-on bodywork, somatic coaching and healing for over a decade. Ailsa brings aspects of her experience in circus arts, physical theatre, music, dance, myofascial release, bioenergetic processes, archetypes, and spirituality to her work with clients. Ailsa has really embodied her own healing journey and now brings her awareness and understanding to others. Ailsa works both online and in-person.

Ailsa works as an RMT in Nova Scotia. She has taken post graduate training in myofascial release with a women's health specialization, somatic psychotherapy training, intimacy education and ethics and boundaries. She has completed a two-year program in Somatic Sex Education with trauma-informed training.

Kinesio Taping Foundations

Instructed by Dr. Roger Berton, D.C. (Chiropractor and Certified Kinesio Taping Instructor)

Registration Deadline: 9 September 2023 / **REGISTER HERE NOW!**

Date:	September 23 – 24, 2023 (2 days)
Time:	8:00am – 5:00pm (Saturday) + 8:00am – 5:00pm (Sunday) *Prerequisite: 4 hours at home online pre-course (required)
Location:	Château Moncton, 100 Main Street, Moncton, New Brunswick E1C 1B9
Fee:	\$550.00 (ANBMT members only) / \$650.00 (Non-Member) *This course is \$650.00 in-person when offered by the instructor. *Registration fee includes: Kinesio eBook and required taping materials. (Payment must accompany registration; reservations not accepted)
CEUs:	(Previously approved by the CMTNB in 2013) *Student members are eligible to take this course. Not eligible for the 50% offer.
Maximum:	Registration is limited to 20 Registrants

Preferred Room Rate: Chateau Moncton, \$224.25 + HST per night (25% discount), 2 queen beds. Complimentary breakfast, WIFI, business center, free parking and 24/7 gym. A block of 10 rooms have been reserved. Phone 506-870-4444. **Booking Reference: ANBMT Group 25% discount.**

***IMPORTANT DISCLAIMER:** 4-hour online pre-course prerequisite. The Kinesio pre-course must be completed before taking the course.

Pre-Course and Course Manual: Approximately 2-3 weeks prior to the course, registered participants will have access to their *Kinesio Taping Foundations* eBook and their 4-hour pre-course content.

Optional: The printed 230-page *Kinesio Taping Foundations* manual is available for purchase for an additional \$70 HST incl. (with advance notice at least 2 weeks before course begins).

WIFI will be provided at the facility, so feel free to bring an electronic device (computer or laptop) to the workshop to follow the *Kinesio Taping Foundation's* manual material.

Registration fee includes: Kinesio eBook and required taping materials:

- 1 Roll - Light Touch+
- 1 Roll - Performance+
- 2 Rolls - Kinesio Classic
- 3 Rolls - Kinesio Tex Gold FP
- 2 Samples of Kinesio EDF Pre-Cuts
- 2 Samples of Kinesio Fan Cut

COURSE DETAILS

The *Kinesio Taping Foundations* course will introduce all Kinesio Taping concepts and techniques in an expedited course format. This course will take place over a period of 16 hours and two days with a 4-hour online pre-course. **The Kinesio pre-course must be completed before taking the course.** The first day will provide an overview of the development of the Kinesio Taping method, fundamental concepts, assessments, and screening tests, and begin to introduce Kinesio Correction taping techniques.

Kinesio Taping Foundations (cont.)

OBJECTIVES

By the end of the course, the participant will be able to:

- List the best use for each type of Kinesio Tex Tape.
- Describe and demonstrate cutting at least 4 different Kinesio Taping application tape shapes: I Strip, Y Strip, Web Cut, X Cut, etc.
- Describe a situation where it would be appropriate to use different tape cuts.
- Demonstrate the appropriate use of KMT, EDF, and Kinesio Assessments.
- Demonstrate a method of safely removing Kinesio Tex Tape from skin.
- Demonstrate the use of Kinesio Screening Assessments to identify target tissue for treatment.
- Demonstrate the proper application of Kinesio Epidermis, Dermis and Fascia Taping technique.
- Demonstrate the proper application of corrective techniques: Fascia, Mechanical, Space, Functional, Lymphatic, Tendon, Ligament and Muscle Correction.
- Describe the difference between an underactive and overactive muscle correction application.
- Identify appropriate tension range for each corrective technique.
- Describe the difference between a ligament correction and tendon correction.
- Demonstrate application of advanced Epidermis Correction Technique- Web Layering.
- Demonstrate application of advanced Dermis Correction technique- Jellyfish.
- Demonstrate application of advanced Fascia Correction Techniques- Rams Head and Manual Fascial Glide.
- Demonstrate application of advanced Circulatory Lymphatic Correction Technique- Basket Weave.
- Demonstrate the application of advanced Space Correction Technique- Scar Management Techniques.
- Demonstrate integration of Muscle Direction Tests, Screening Assessments, and Corrective Techniques to treat complex injuries such as Whiplash, Shoulder Impingement, and Chronic Knee Pain.
- In a small group setting identify 3 items on a problem list and goal list from specified case studies and develop appropriate interventions using tape as a modality and defend to the class.
- Be able to apply the Kinesio Medical Taping method to a variety of muscular, orthopedic, and neurological conditions.

WHAT TO BRING

- Wear proper attire *(Tank tops and shorts preferred)
- Portable massage table (1 for 2 participants)
- Scissors
- Snacks, lunch, water

ABOUT THE INSTRUCTOR

Roger Berton, D.C., C.K.T.I., is a graduate of the National University of Health Sciences, Chicago, Illinois. He owns and operates Berton Physiotherapy & Chiropractic in Windsor, Ontario and is a certified instructor of the Kinesio Taping course. He has also worked as a program coordinator and instructor for CDI's massage therapy program (Windsor, Ontario). Prior to his association with CDI, Dr. Roger Berton spent three years in the athletics department at St. Clair College as a chiropractor and sports nutrition instructor for the continuing education department.

He gained significant recognition by being invited to present at the Canadian Athletic Therapists Association Annual Conference, Action Sport Physiotherapy Symposium and College of Chiropractic Sports Sciences Symposium. At this point in his career, he has taught over 170 Kinesio Taping workshops around the world. These workshops are designed to improve a person's ability to apply this modality, one of the most non-invasive soft tissue treatments used today.

TMJ Mastery: Principles, Applications, and Disc Displacements

Instructed by John Corry, RMT

Registration Deadline: 6 October 2023 / **REGISTER HERE NOW!**

Date: October 20 – 22, 2023 (3-day course)
Time: 8:30am – 5:00pm (Lunch 11:45am – 12:45pm).
Breaks: 10:00am – 10:15am & 3:00pm – 3:15pm
Location: Fredericton Inn, 1315 Regent Street, Fredericton, NB E3C 1A1
Fee: \$450.00 (ANBMT members only) / \$550.00 (Non-Member)
*This course is \$550.00 in-person when offered by the instructor.
(Payment must accompany registration; reservations not accepted)
CEUs: (Previously approved by the CMTNB in 2018) *16 hours hands-on.
Maximum: Registration is limited to 24 Registrants

Preferred Room Rate: Fredericton Inn, Fredericton, NB, \$139.00 + HST per night (2 queen beds). A block of 12 rooms have been reserved. Book 2 weeks in advance of the event to secure the reserved room. Call Toll Free 1-800-561-8777 or 506 455-1430. Free parking. **Booking Reference: ANBMT Group.**

COURSE DETAILS

TMJ Mastery is a 3-day integrative workshop focused on intraoral techniques that explore TMJ dysfunction. Included is a comprehensive visual study of the continuum of articular disc derangement, and techniques that may restore function or alter further degeneration.

This course aims to develop the TMJ/intraoral topics covered in the original 2200-hour massage therapy curriculum. Therefore, this is a graduate course where certain assumptions will be made regarding your familiarity with the anatomy, physiology and mechanical function of the head, neck, and face. The workshop is not designed as a definitive and comprehensive evidence-based research project, but rather as a functional set of ideas and principles that could bring new possibilities into a massage therapists' repertoire. We incorporate myofascial techniques affecting the masticatory musculature and develop strategies to assess and restore symmetric condylar movement. The intraoral techniques will also include joint mobilizations that attempt to de-compress and restore articular disc space.

WHY CHOOSE THIS COURSE?

Building a niche: Treating TMJ dysfunction offers an opportunity to distinguish oneself within this competitive profession; intraoral treatment is still NOT addressed by most massage therapists.

TMJ dysfunction is widespread: A 2007 survey showed 72% (185) clench their teeth – resulting in overworked chewing muscles, pain, often headaches, and many with noisy joints. Many people with TMJD wait years before seeking treatment and say their dental appliances don't resolve everything.

TMJ Mastery: Principles, Applications, and Disc Displacements (cont.)

WHAT TO BRING

- Portable massage table (1 per 2 participants)
- Nitrile gloves (full box)
- 1 bath towel / 1 sheet / 1 pillow / Light blanket (optional)*
- Lotion (no oil, please)
- Binder / pen / 4 coloured highlighters / coloured pencils
- Snacks / lunch / water

ABOUT THE INSTRUCTOR

John Corry graduated in 1989 from Sutherland-Chan School in Toronto. In 1992, he attended a mentoring workshop called “Working in the Mouth” and discovered that many of the clients present a malfunction of the TMJ – but thought nothing could be done. He has been an instructor in London massage therapy school, has presented at provincial massage therapy conferences, international fitness symposia; a virtual global internet conference on massage, and published a series of 3-part articles on TMJ dysfunction in a national massage therapy magazine.

In the new millennium, John's mentor encouraged him to meet the demand of this niche modality and the TMJ Mastery workshop was created. He lives and works in London, Ontario, at Wholistic Body Works, and receives TMJD clients from word-of-mouth, chiropractors, dentists, speech-language pathologists, and music/vocal coaches. In his free time, cycle touring and black & white photography offer creative opportunities.

Understanding the Complexity of Concussion

Instructed by Conor Collins, BHSc. DipSIT, RMT, CAMA, FMT

Registration Deadline: 7 October 2023 / **REGISTER HERE NOW!**

Date:	October 21 – 22, 2023 (2 days)
Time:	9:00am – 6:00pm (Saturday) AND 9:00am – 5:00pm (Sunday). Lunch 12:00pm – 1:30pm.
Location:	Chateau Saint John, 369 Rockland Road, Saint John, N.B. E2K 3W3
Fee:	\$400.00 (ANBMT members only) / \$500.00 (Non-Member) *This course is \$500.00 in-person when offered by the instructor. (Payment must accompany registration; reservations not accepted)
CEUs:	(Previously approved by the CMTNB in 2019) *Student members are eligible to take this course. Not eligible for the 50% offer.
Maximum:	Registration is limited to 25 Registrants

Preferred Room Rate: Chateau Saint John, \$129.00 + taxes (15% HST and 3.5% MAT) per night (2 queen beds), includes breakfast, WIFI, and free parking. A block of 10 rooms have been reserved. Book one month in advance to secure a room. Phone: 506-644-4444. **Booking Reference: ANBMT Group.**

***IMPORTANT DISCLAIMER** – This course has been approved through the RMT insurance policy. However, there is an additional premium required to practice this modality. This is considered a higher risk modality. The annual premium is \$135 to add concussion treatment to your RMT policy and the fee prorates depending on the month of application. *Participants must also submit a certificate of completion to ANBMT.

COURSE DETAILS

Massage therapists are often intimidated when dealing with concussed patients. It is easy to become flustered when assessing the patient and how to deal with their concussion-like symptoms appropriately. Even the health care system sometimes provides patients with erroneous and outdated information, often telling them to sit and wait in a dark room until they feel better. This course allows you to have the most up-to-date understanding of concussion and how to properly assess, treat, and rehabilitate your patients.

COURSE OBJECTIVES

The goal of the first day is for the therapist to leave feeling confident in their understanding and ability to treat the symptoms associated with mild traumatic brain injury. By the end of the first day, you'll be able to recognize red flags, properly assess the patient, and identify when it's time to refer them to another health care provider.

The goal of the second day is to provide the therapist with rehabilitation strategies for concussion symptoms, including most up-to-date advice on managing patient's symptoms. The morning of the second day two ends with a classroom case study or a live patient (if available), while the afternoon discusses the types of headaches commonly experienced by post-concussion patients and how to treat them properly. The afternoon also focuses on the assessment, treatment, and rehabilitation of the cervical spine. At the end of the weekend, you are ready for success. You will have many resources and techniques to help you tailor your treatment to the patient in front of you.

The course was approved by every massage therapy College and association in Canada.

Understanding the Complexity of Concussion (cont.)

WHAT TO BRING

- Loose comfortable clothing / Tank top *(Tank tops preferred for Sunday)
- Portable massage table (1 per 2 participants)
- Reflex hammer
- Lunch/Snacks/Water

ABOUT THE INSTRUCTOR

Conor's experience in sports injury therapy has earned him a growing reputation in the professional sports industry. Conor has consulted for NHL, NCAA and IHFF athletes and was a therapist at the Toronto 2015 Pan American Games. When not in clinic, Conor teaches at Mohawk College as part of the massage therapy program or teaches his *Understanding the Complexity of Concussion* course internationally. Conor has written for a variety of magazines and media, as well as participated as an expert in several internationally renowned conferences.