



MARIANJOY PROFESSIONAL  
LEARNING INSTITUTE

# Integrating Therapies: An Experiential & Evidence-Based Approach to Utilizing Tai Chi, Mindfulness, and the Feldenkrais Method®

August 27, 2016



Marianjoy  
Rehabilitation Hospital

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Medicine®



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**Integrating  
Therapies:  
An Experiential &  
Evidence-Based  
Approach to  
Utilizing Tai Chi,  
Mindfulness, and  
the *Feldenkrais*  
*Method*<sup>®</sup>**

**Saturday  
August 27, 2016**

**Sponsored by:  
Marianjoy Rehabilitation Hospital  
26W171 Roosevelt Road  
Wheaton, IL 60187  
[www.Marianjoy.org/MPLI](http://www.Marianjoy.org/MPLI)**

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Medicine

**Integrating Therapies:  
An Experiential & Evidence-Based Approach to Utilizing  
Tai Chi, Mindfulness, and the *Feldenkrais* Method<sup>®</sup>**

**Intended Audience:** PT, PTA, OT, OTA

**Beginner Level**

**Contact Hours:** 7 hours

**Presenter:** Mary Susan Chen PT, GCFP, and Emily Becker, PT, MS

**Course Description**

In this course, participants will learn the foundational concepts and research surrounding Mindfulness, the *Feldenkrais Method*<sup>®</sup>, and Tai Chi, and how they can apply these non-traditional therapies into a traditional treatment session. Patients of any age or population can continue to grow new neural patterns in order to change their motion and improve function. The holistic practices we will study work with new neuromuscular movement patterns to stimulate the brain's natural plasticity. A large portion of this course will allow participants to practice these methods. It is through experiencing the benefits to one's own nervous system that one can develop the skill to guide others by integrating these techniques into treatment sessions. Through discussion, clinical application, and case studies, clinicians will also be guided on how to develop a plan of care and home program that integrates holistic practices, as well as how to document and bill for these treatments. Your active participation is required in order to complete the course and to ensure a dynamic learning experience.

**Course Objectives**

Upon completion of the course, participants will be able to:

1. Describe the background, philosophy, and research on Mindfulness, the *Feldenkrais Method*<sup>®</sup>, and Tai Chi.
2. Identify three practices of Mindfulness in order guide a patient towards parasympathetic response.
3. Integrate breathing techniques and practices into ADL training to stimulate improved functional performance of ADLs.
4. Integrate Tai Chi and *Feldenkrais Method*<sup>®</sup> principles into balance, gait, and functional ADL training.
5. Formulate patient education strategies that guide patients towards increased kinesthetic and skeletal awareness.
6. Differentiate when a patient is "moving from center" during position changes to facilitate energy efficiency.
7. Develop a patient treatment plan that integrates Mindfulness, *Feldenkrais*<sup>®</sup>, and Tai Chi methods for improved quality of motion.
8. Describe how to document and bill for the provision of integrated therapies.

*Feldenkrais*<sup>®</sup>, *Feldenkrais Method*<sup>®</sup>, Awareness Through Movement<sup>®</sup>, and Functional Integration<sup>®</sup> are registered service marks; Guild Certified *Feldenkrais* Practitioner<sup>CM</sup> and Guild Certified *Feldenkrais* Teacher<sup>®</sup> are certification marks of the *Feldenkrais* Guild<sup>®</sup> of North America.



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**Course Agenda**

7:30 a.m.	Registration & Continental Breakfast	12:30 p.m.	Tai Chi: Philosophy, Principles and Training Guidelines
8:00 a.m.	Introduction and Discussion of Evidence Related to Mindfulness, the Feldenkrais Method <sup>®</sup> , and Tai Chi	12:45 p.m.	Tai Chi Lab: Posture Training, Balance, Gait, Functional Mobility
9:00 a.m.	Mindfulness: Philosophy and Principles	1:45 p.m.	Break
9:15 a.m.	Mindfulness Lab: Breathing, Posture Awareness, Sympathetic Quieting	2:00 p.m.	Self-Reflection & Benefits of Self-Practice for Health Care Practitioners
9:30 a.m.	Break	2:30 p.m.	Integrating Holistic Practices into Treatment <ul style="list-style-type: none"><li>• The plan of care</li><li>• Home exercise programs</li><li>• Documentation and billing</li><li>• Discharge and community resources</li></ul>
9:45 a.m.	The <i>Feldenkrais Method</i> <sup>®</sup> : Philosophy and Principles	3:30 p.m.	Case Study and Application
10:00 a.m.	Feldenkrais Method <sup>®</sup> Lab: Awareness Through Movement <sup>®</sup>	4:00 p.m.	Adjourn
12:00 p.m.	Lunch (provided)		

**Presenters**

**Mary Susan Chen PT, GCFP** is a Physical Therapist, Guild Certified Feldenkrais Practitioner<sup>CM</sup>, and Tai Chi Instructor. She is a Physical Therapist with Marianjoy's Integrative Pain Management Program in Oakbrook Terrace, where she also provides biofeedback and Pelvic Physical Therapy for men and women. She has a private practice in Oak Park/River Forest where she integrates Physical Therapy and the Feldenkrais Method<sup>®</sup>. Mary Susan thrives on helping others explore the joy of moving in new, more efficient ways.

**Emily Becker, PT, MS**, is a Coordinator of Clinical Development for Marianjoy Rehabilitation Hospital. She has the shared responsibility for planning, implementation, and evaluation of educational projects and strategies for Marianjoy Rehabilitation Hospital. She holds a graduate degree in Physical Therapy from Washington University and has 10 years of experience in the physical therapy field in service roles including direct care provider, quality assurance manager, facility manager, academic clinical coordinator for a physical therapy assistant program, Federation of State Boards of Physical Therapy exam item writer, Federation of State Boards of Physical Therapy exam task force member, and consultant as an expert witness. Ms. Becker is a current member of the American Physical Therapy Association and Associate Member of the Federation of State Boards of Physical Therapy. She currently serves the physical therapy profession as a Federation of State Boards Reviewer for Continued Competence, a Member of the Health Policy and Administration Section of the APTA, a Member of the Student Mentorship Committee, Chair of the Health Policy and Administration Section of the APTA Programming Committee, and Chair/Faculty for the Health Policy and Administration LAMP Leadership, Administration, and Management Institute.



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### Contact Hours

#### Illinois Department of Financial and Professional Regulation (IDFPR): Physical Therapists

This course has been approved for 7 continuing education hours for physical therapy practitioners. The Illinois Department of Financial and Professional Regulation, Division of Professional Regulation has certified Marianjoy Rehabilitation Hospital has complied with the provisions of the Illinois statutes and/or rules and regulations and is hereby authorized to sponsor the above named course as a Continuing Education offering.



#### American Occupational Therapy Association (AOTA)

Marianjoy Rehabilitation Hospital is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This Beginner level program awards occupational therapists .7 AOTA CEUs or 7 contact hours. Assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA

#### Cancellation/Refund Policy

A tuition refund less \$50.00 administrative fee is available if your cancellation request is received in writing within 7 days prior to the program date. No refunds will be granted after that date. In the unlikely event that Marianjoy must cancel an educational event for any reason, you will receive a full refund of your paid tuition. Marianjoy does not assume responsibility for any other expenses incurred by the registrant.



## REGISTRATION INSTRUCTIONS



### ONLINE

www.Marianjoy.org/MPLI



### MAIL

Mail entire completed form and payment to:

Marianjoy Rehabilitation Hospital  
Attention: Jaime Gorska  
26W171 Roosevelt Road  
Wheaton, IL 60187



### FAX

Fax completed form and payment to 630-909-6923



### QUESTIONS

Contact Jaime Gorska at education@marianjoy.org or at 630-909-6923

### AUGUST 27, 2016

**Integrating Therapies: An Experiential & Evidence-Based Approach to Utilizing Tai Chi, Mindfulness, and the Feldenkrais Method®** Registration Deadline: 8-13-16

#### PARTICIPANT INFORMATION:

Name \_\_\_\_\_

Organization \_\_\_\_\_

Billing Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Check here to receive email updates on future classes.

#### DISCIPLINE:

OT  OTA  PT  PTA  Nurse  SLP  School Couns.  Other \_\_\_\_\_

Social Worker: license # \_\_\_\_\_

Require Special Accommodations (Please Specify):

\_\_\_\_\_  
\_\_\_\_\_

#### PAYMENT METHOD:

Single Registration Fee: \$199  Marianjoy MSS/Registry Employee Fee: \$99  Northwestern Healthcare Employee Fee: \$149

CHECK made payable to "Marianjoy Rehabilitation Hospital"  VISA  MASTERCARD  AMEX  DISCOVER

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV# \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

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**PHOTO CONSENT:** Please note that photos will be taken during these classes and may be used in marketing materials.