

# Healing Trauma: How Ordinary to Severe Stress Affects Physical Rehabilitation

Thursday, February 23 to Saturday, February 25, 2012

This three-day course is a discussion and exploration of the stress response following trauma which can not only interfere with rehabilitation, but can create additional functional impairments. As therapists learn how to work with this critical and often overlooked occurrence, their patients with chronic challenges will begin to transform. This course is designed for physical, occupational, and speech therapists working with children and adults, and will include lecture, discussion, case studies, and hands-on labs. Please bring comfortable lab clothes.

## Learning Outcomes:

- Examine the physical response to stress and how this response influences the physiology of the musculoskeletal and myofascial systems.
- Begin learning and experiencing the principles/techniques of Myofascial Release, Craniosacral Therapy and Neurodevelopmental Treatment in order to address specific symptoms found with people holding trauma.
- Discuss treatment options for patients with cumulative injuries.
- Develop comprehensive evaluation skills addressing the stress components that directly impact patients' health status and future rehabilitation.
- Establish functional goals and home exercise programs that include therapy objectives unique to the patient.

## Agenda

### Day One

- 9:00 am Introductions/Overview of course topics
- 9:30 am Lecture and discussion of the anatomy and physiology of the stress response, symptoms of stress and developing functional impairments.
- 12:00 pm Lunch (on your own)
- 1:00 pm Lecture/Lab/Discussion- Learn Myofascial Release (the Barnes method) principles and techniques to release chronic painful soft tissue in patients holding trauma
- 4:30 pm Adjourn

### Day Two

- 9:00 am Review and Questions from Day 1
- 9:30 am Continuing with MFR labs
- 11:00 am Lecture/Lab/Discussion- Learn Craniosacral Therapy (CST) principles and techniques to address central nervous system hypervigilance and poor breath support in patients holding trauma
- 12:00 pm Lunch (on your own)
- 1:00 pm Continue with CST labs
- 3:00 pm Lecture/Discussion/Labs- Learn basic principles of Neurodevelopmental Treatment (NDT) to begin facilitating postural stability and strengthening in patients holding trauma
- 4:30 pm Adjourn

### Day Three

- 9:00 am Review and Questions from Day 2
- 9:30 am Continue with NDT labs
- 12:00 pm Lunch (on your own)
- 1:00 pm Patient case studies, developing treatment plans and Home Exercise programs
- 4:00 pm Adjourn

Bibliography for the course: The Body Entire:

Naparstek, Belleruth, Invisible Heroes - Survivors of Trauma and How They Heal, New York: Bantam Dell, Division of Random House, Inc., 2004

Scaer, Robert D., MD, The Body Bears the Burden: Trauma, Dissociation, And Disease, New York: The Haworth Medical Press, 2001

Teitelbaum, Jacob, MD, From Fatigued to Fantastic!, New York, Penguin Putnam, Inc., 2001

Teitelbaum, Jacob, MD, Pain Free 1 – 2 – 3: A Proven Program for Eliminating CHRONIC PAIN NOW, Find the safest and most effective natural and prescription remedies, New York, McGraw-Hill, 2006

Levine, Peter A., PH.D., Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body, Boulder, CO, Sounds True, Inc., 2005

Barral, Jean-Pierre, Mercier, Pierre, Visceral Manipulation, Originally published as Manipulations viscerales, Maloine (Paris), 1983 - English language edition, Seattle, WA, Eastland Press, Incorporated, 1988

Barnes, John F., PT, Myofascial Release: the search for excellence. A Comprehensive Evaluatory and Treatment Approach, Paoli, Pennsylvania, John F. Barnes, P.T., and Rehabilitation Services, Inc. t/a Rehabilitation Service's Pain and Stress Control Center and t/a Myofascial Release Seminars, 1990

Davis, Carol M. DPT, EdD, MS, FAPTA, Complementary Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness, Third Edition, Remen, Rachel Naomi, MD, Kitchen Table Wisdom, Stories That Heal, New York, New York, Berkley Publishing Group, 1996.

Location: Continuing Education Plankinton Building  
7th Floor, 161 West Wisconsin Avenue  
Milwaukee, WI 53203

Target Audience: OTs, PTs, Speech Therapists

Fee: \$550.00

CEU: 1.95

Level: Advanced

Content Focus:

Domain of OT: Performance Skills

Occupational Therapy Process: Intervention



**Michele Rozansky PT**, the owner of Orlanu Therapies, SC-The Myofascial Release Center of Milwaukee, is a graduate of the University of Wisconsin-Madison. She is certified in Neurodevelopmental Treatment for children, has advanced training in Myofascial Release, Craniosacral Therapy, and Rebirthing for children and adults. Presently, she is studying for a Pilates teacher certification. 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, and has been an assistant instructor for Boehme Workshops, and for John Barnes, PT. At Orlanu therapies, Michele provides whole body treatments for individuals with chronic pain and neurological challenges and guidance in discovering their own inherent healing abilities. Her expertise has evolved, specializing in working with patients who have experienced cumulative trauma.