

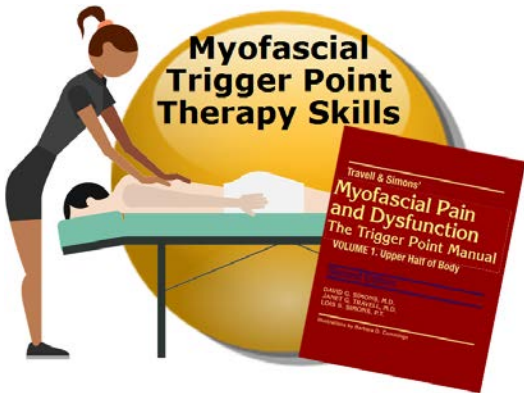


GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

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

More about Core Units . . .



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com



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

© 2018 Cathy Cohen BeyondTriggerPoints.com

GOING BEYOND Trigger Points

Connect the DotsSM System

with Cathy Cohen, LMT

Here's what students say about my Going Beyond Trigger Points Seminars

"Best tools ever for relieving pain -- a real blessing!"



"I have taken all of the Beyond Trigger Points courses with Cathy Cohen. They have been the best tool I have ever learned for my practice. When people come in with different pains in parts of their body, to be able to really target where to work is very helpful! Cathy is an awesome teacher."
Patti Reed, LMT, Naples, FL

"Cathy is an awesome teacher -- her enthusiasm is contagious"



"At first, I was afraid to deviate from my basic routine, but now I use these techniques in every session. I am a better and more confident therapist. Cathy's teaching style always encourages students to think, to question, and to speculate. Her enthusiasm is contagious."
Brian Sorbello, LMT, RN

"Your system is probably the most helpful thing that I have learned as a massage therapist"



"I would like to say your class's system is probably the most helpful thing that I have learned as a massage therapist. The classes have given me the knowledge to go out and help my patients with pain complaints. All the posture work we do has been an enormous help. If anything, just to keep reinforcing in my mind what I need to do to maintain my own posture."
Meg Sapp, LMT

Cathy Cohen's Beyond Trigger Point Seminars, BeyondTriggerPoints.com & CarpalTunnelCoaching.com are approved NCBTMB continuing education programs(#450949-09) & by Florida Board of Massage Therapy (#50-302).

LIVE CEU SEMINARS

Upgrade your Skill-Set & Advance your Career with Connect the DotsSM Myofascial Trigger Point Therapy Training

Each *Going Beyond Trigger Points Seminar* gives you:

1. Thorough Myofascial Trigger Point Training in the area of study 4
2. Essential Self-Care Protocols 4
3. Follow-Up Enrichment Program

Live CEU Seminar Topics
2-Day Workshops -16 Live CEUs

REGISTER

Core Units may be taken in any order

- Postural Dysfunctions Core Unit 5
- Head & Neck Core Unit 7
- Shoulders/Upper Torso Core Unit 8
- Low Back & Hip Core Unit 9
- Legs & Arms Core Unit 100

Taking the entire Connect the DotsSM *Going Beyond Trigger Points* program prepares you to sit for the National Board Examination of Certified Myofascial Trigger Point Therapists.

1-Day Special Events - 8 Live CEUs

Get A Grip: A Day of Fingers & Forearms

Relieving Carpal Tunnel Syndrome, Trigger Finger & Texting Thumb pain 11

Straighten Up!

Correcting neck & shoulder dysfunctions to relieve upper body pain 11

Treating the Weekend Athlete

Resolving common golf & tennis repetitive motion injuries 1

Put Your Best Foot Forward

Effective ankle/foot pain treatments 1

REGISTER

GOING BEYOND Trigger Points

Connect the DotsSM System

Included **FREE** in
EVERY Core Unit
REGISTER NOW



with Cathy Cohen, LMT

BONUS 4-6 Week Program

Follow-Up Enrichment & Integration Series included at 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- or Two-Day Live On-Site Seminar with Cathy Cohen, you'll get her online *Enrichment Program* with 4-6 Weeks of helpful Follow-Up.



Follow-Up Professional Development Program



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

- Audio & Video Refresher Series
- Enrichment Materials
- Client Handouts
- Self-Care Guides

With this reinforcement you'll find it easier to integrate the new skills you gain during the weekend workshops or One-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



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com



Postural Dysfunctions Core Unit

Creative solutions to 5 linked "Hunchaholic" pain conditions

16 NCBTMB & FL approved CE hours

[Connect The Dots System™](#)
Click for Seminar Schedule

This *Going Beyond Trigger Points Connect the Dots System™* approach gives you the tools to successfully treat 5 common inter-related myofascial pain problems:



- ✓ Headaches & Neck pain
- ✓ Front-of-shoulder pain
- ✓ Low Back pain
- ✓ Wrist pain
- ✓ Buttocks pain

Forward head posture ... collapsed front body ... rounded shoulders ... weak low back ... piriformis/psoas imbalance ... overuse & misuse of wrist & thumbs - all these conditions are caused & perpetuated by persistent postural dysfunction accompanied by painful trigger points.

- ✓ Receive step-by-step protocols for accurately treating these top posture-linked pain conditions.
- ✓ Gain practical understanding of how to apply Travell & Simons' proven Trigger Point Therapy techniques in conjunction with Structural Integration protocols to relieve myofascial pain due to postural dysfunction.
- ✓ Get 2 days of direct hands-on experience giving & receiving integrated treatments.

Gain confidence treating these common posture-related myofascial dysfunctions using proven neuromuscular methodologies



Create step-by-step progressive treatments using Trigger Point Therapy, Structural Integration therapies & postural re-education protocols that work together

- ✓ Discover effective pain relief strategies you can apply to any region of the body.
- ✓ Gain insight into the negative effects that bad posture inflicts on the fascial system - and how this creates a rich breeding ground for painful myofascial trigger points.
- ✓ Understand the interaction between postural & phasic muscles.
- ✓ Learn to easily integrate these new protocols in your own practice using the *Connect the Dots System™* approach.

GOING BEYOND Trigger Points

Connect the DotsSM System

Unique *Connect the Dots System*SM makes it easy to relieve posture-related pain conditions with a coordinated creative systems strategy

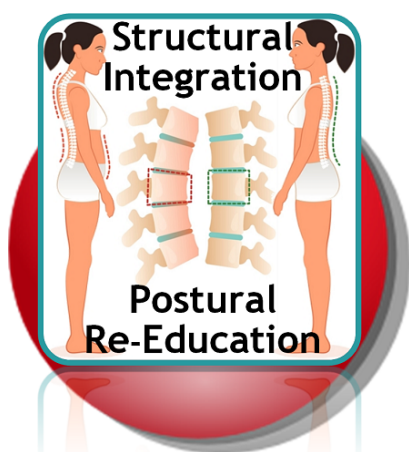


Pain Detective Skills

Develop your "Pain Detective" skills to accurately treat the top 5 myofascial pain conditions with an integrated approach

- ✓ Learn to conduct a easy & accurate postural assessment.
- ✓ Discover the key role that restoring normal head position plays in managing chronic headaches and neck pain.
- ✓ Evaluate & treat texting-thumb pain conditions.
- ✓ Recognize the postural dysfunctions manifested in Upper Cross & Lower Cross Syndrome

Develop confidence in applying practical *Structural Integration* protocols for restoring healthy balanced posture



- ✓ Learn how sneaky *Perpetuating Factors* activate & continue pain patterns through bad posture and incorrect sitting & sleeping positions.
- ✓ Coordinate Trigger Point Therapy with Structural Integration protocols to create greater balance & stability between the piriformis & psoas muscles.
- ✓ Gain experience using the easy-to-apply trigger point release method for buttocks & low back pain.
- ✓ Discover protocols for restoring the postural tonus between the cervical musculature, shoulder blade stabilizers & the flexor and extensor forearm muscles.

Stand out from your competitors as a problem-solving therapist -- a true health-care professional



Client Coaching Skills

- ✓ Start to gain the skills & confidence to work as a respected health care provider in interdisciplinary medical settings, such as hospitals, chiropractors' & doctors' clinics.
- ✓ Learn to coach & motivate your client to perform corrective exercises at home using handouts included in this core unit.
- ✓ Upgrade your intake & evaluation skills to develop a custom sequential treatment plan for each client in place of routine massage sessions.

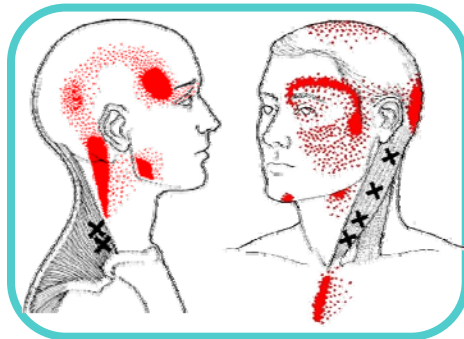
Connect The Dots SystemSM
Click for Seminar Schedule



Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System



HEAD & NECK Core Unit

2-Day—16 Live CEUs

Balancing the Neck to Free the Jaw

2 Days of In-Depth, Hands-On Training

Led by Master Teacher, Cathy Cohen, LMT

Connect The Dots SystemSM

[Click for Seminar Schedule](#)

Learn how to bring lasting relief to your clients with head & neck pain

- Identify 10 muscle groups harboring trigger points in the neck & head
- Relate common neck & headache pain patterns to specific injuries
- Learn the rationale & treatment protocol for the super-efficient, fast-acting method to painlessly restore range of motion
- Practice & receive an effective treatment for posterior cervical muscles
- Determine if a cervical problem is originating from a postural origin, an over-stretched periarticular structure or an intervertebral displacement



Develop your skills in identifying & resolving muscular pain complaints

- Identify the top factors that perpetuate face, jaw & TMJ pain
- Improve client-therapist interaction during the intake phase
- Develop a customized treatment plan for correcting forward head posture
- Experience & comfortably administer an intraoral treatment
- Practice effective neuromuscular massage routines of the neck
- Learn to help a client with swallowing problems
- Distinguish the layers of muscles within the lamina groove
- Master techniques such as trigger point release, myofascial manipulation, deep tissue massage & stretch



Pain Detective Skills

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up Professional Development Program

BONUS 6 Week Program
Online Enrichment & Integration Series

Therapist Self-Care Training

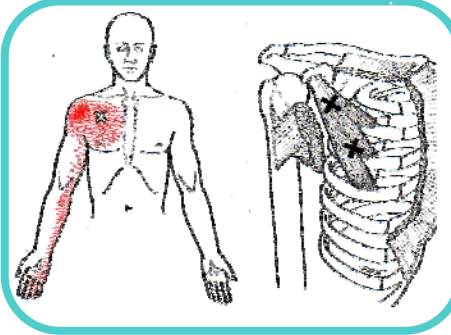
Hands-On Instruction plus Follow-Up Video Series



Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System



SHOULDER/UPPER TORSO Core Unit

2 Days—16 Live CEUs \$295

Relieve the Burden of Shoulder Dysfunction

2 Days of In-Depth, Hands-On Training

Led by Master Teacher, Cathy Cohen, LMT

Connect The Dots SystemSM
Click for Seminar Schedule

Master these techniques to relieve your clients' shoulder pain

- Identify and treat troublesome medially rotated shoulders
- Improve your analysis and feel of rotator cuff musculoskeletal imbalances
- Practice & receive an effective treatment for Thoracic Outlet Syndrome
- Master three methods for identifying key trigger points
- Relate specific injuries to predictable shoulder pain patterns
- Learn a faster, less demanding and more effective method to painlessly restore range of motion
- Design individualized home care programs specific to your clients' needs



Relieve myofascial pain due to postural compensation

- Address the perpetuating factors in forward head posture and rounded shoulders
- Use proven methodologies from Drs Travell and Simons to treat the underlying source of many shoulder problems
- Relieve the range of motion restrictions associated with a frozen shoulder
- Identify the biomechanical factors contributing to rotator cuff tears
- Learn to assess commonly overlooked perpetuating factors of the scalene muscles, including breathing patterns and sleep position
- Design treatment protocols for each of the 9 most commonly involved muscles causing upper torso & shoulder dysfunction



Pain
Detective
Skills

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up
Professional
Development
Program

**BONUS 6 Week
Program**
Online Enrichment
& Integration Series

**Therapist Self-Care
Training**

Hands-On Instruction
plus Follow-Up Video Series

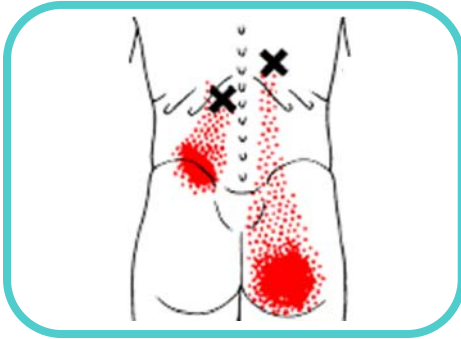


**Therapist
Self Care**

Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System



LOW BACK & HIP Core Unit
2-Day—16 Live CEUs \$295
Freeing the Pelvis to
Balance the Spine

Jan. 18-19 2020,
 Florida School of Massage,
 Gainesville, Florida



2 Days of In-Depth, Hands-On Training
Led by Master Teacher, Cathy Cohen, LMT

Upgrade your "Therapist's Toolkit" with new protocols to relieve low back & hip pain & dysfunction

- Design treatment protocols for the 8 most commonly affected muscles causing low back & hip pain
- Upgrade your structural evaluation skills
- Measure & address hip height disparities
- Easily restore a muscle's normal resting position with an innovative, super-efficient protocol you can apply to any muscle
- Identify the activation & perpetuating factors for common low back pain
- Upgrade your skill set to a new level of professionalism in interdisciplinary medical settings, such as hospitals, Chiropractors' & Doctors' clinics, etc.



Apply the Connect the DotsSM System to treat low back & hip trigger points

- Easily resolve Psoas/Piriformis dysfunctions with an effective treatment protocol
 - Locate the documented central & attachment trigger points for 8 muscles
 - Teach your clients specific home correctives for low back & hip dysfunction
 - Distinguish 3 varieties of sciatica
 - Connect the dots between the client's pain & biomechanical perpetuating factors affecting the gluteus medius, minimus & quadratus lumborum
- Use less effort applying trigger point release, myofascial spreading & stretching techniques
- Gain new assessment tools: identify sacroiliac dysfunction, postural inequalities & Morton's foot



Pain Detective Skills

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up Professional Development Program

BONUS 6 Week Program
Online Enrichment & Integration Series

Therapist Self-Care Training
 Hands-On Instruction plus Follow-Up Video Series

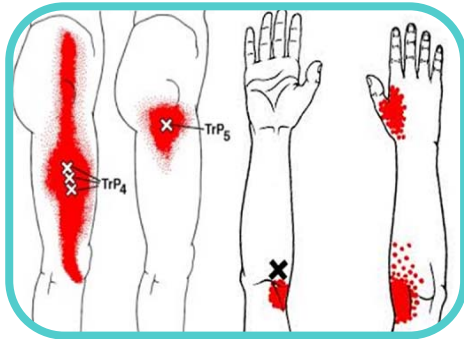


Connect The Dots SystemSM
[Click for Seminar Schedule](#)

Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System



LEGS & ARMS Core Unit
2 Days—16 Live CEUs

Moving Parts - Treating the Organs of Action

2 Days of In-Depth, Hands-On Training
Led by Master Teacher, Cathy Cohen, LMT

Connect The Dots System™
Click for Seminar Schedule

Discover new techniques to confidently relieve leg & arm pain

- Design efficient protocols for lower extremity pain patterns in 6 muscle groups
- Learn four neuromuscular massage routines for the legs & arms
- Use proven methodologies to treat tennis & golfer's elbow
- Identify the activation & perpetuating factors for knee & elbow pain
- Receive client handouts for simple home correctives for lasting relief
- Upgrade your structural evaluation skills for the arches & ankles
- Identify & successfully treat Morton's Foot & its ripple effect on ankle pronation & hip pain



Master the Connect the DotsSM System to treat trigger points more easily

- Discover the easy to apply release method to treat the biomechanical havoc caused by fascial imbalances & trigger points in the leg & foot



Pain Detective Skills

- Apply this proven Twelve-Step Stretching Protocol to reduce Carpal Tunnel Syndrome pain & improve grip strength
- Find the exact location of trigger points causing groin & knee pain
- Relieve the excruciating pain of calf cramps by treating specific trigger points
- Treat Trigger Fingers, De Quervain's Tenosynovitis, Carpal Tunnel Syndrome. . . and more!

Included in every Core Unit Beyond Trigger Point Therapy Seminar



Follow-Up Professional Development Program

BONUS 6 Week Program
Online Enrichment & Integration Series

Therapist Self-Care Training

Hands-On Instruction plus Follow-Up Video Series



Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489

GOING BEYOND Trigger Points

Connect the DotsSM System

SPECIAL ONE DAY INTENSIVES
8 Live CEUs

Connect The Dots SystemSM
Click for Seminar Schedule



GET A GRIP: Treating Elbow, Wrist, Thumb & Finger Dysfunction - 8 CEUs

Upgrade your Skill-Set for Treating Stubborn Hand & Arm Dysfunctions

- Discover easier ways to relieve arm/hand pain with trigger point release, myofascial manipulation & nerve gliding stretches for the median and ulnar nerves
- Identify 5 key muscle areas in arms and hands that cause nerve entrapment
- Learn an effective new neuromuscular massage routine for the arms and hands
- Design individualized home care programs specific to your client's needs
- Identify your own personal risk factors for hand/wrist injury
- Design a self-care home treatment plan for your hands

Hand & Arm Problem Assessment & Treatment: Go Beyond & Go Deeper

- Successfully treat the soft tissue associated with elbow, wrist and thumb & finger dysfunction
- Increase your detective skills in differentiating the diagnoses of Carpal Tunnel Syndrome, DeQuervain's tenosynovitis, tendonitis, & tendonosis of the elbow & thumb
- Use my Connect the DotsSM system to tap into your "inner Sherlock Holmes" -- learn to deduce the perpetuating factors that lead to hand & wrist dysfunction
- Discover the hidden links between sleep position & hand/wrist pain
- Find the clues to pain relief hidden in muscles in the forearm and hands

STRAIGHTEN UP! Relieving Head, Neck & Shoulder Pain - 8 CEUs

Bring lasting relief to your clients with neck & shoulder pain

- Identify the 8 muscle groups that can harbor trigger points in the neck & rotator cuff
- Discover easier ways to relieve neck/shoulder pain with trigger point release, myofascial manipulation & perpetuating factor corrections
- Practice & receive an effective treatment sequence for the posterior cervical muscles
- Differentiate various headache patterns by accessing the layers of the posterior cervical muscles
- Practice new effective neuromuscular massage routines for relieving neck pain
- Proven methods to improve the ease of client-therapist interaction & upgrade intake accuracy

"Connect the Dots" between posture, neck, head & shoulder pain

- Apply my Connect the DotsSM system to improve your accuracy in identifying causes & effective therapies for treating myofascial pain in the neck/shoulder muscle complex
- Develop your detective skills to determine the origin of common cervical problems: Bad postural habits, over-stretched periarticular structure, or intervertebral displacement?
- Assess & address the key behavioral & postural factors that perpetuate neck & shoulder pain
- Discover the hidden links between sleep position & neck & shoulder pain
- Identify the biomechanical factors contributing to rotator cuff tears
- Improve your structural evaluation skills

If you have any questions about my Seminars, I'll be happy to answer them.

Please feel free to email me: CathyCohen@BeyondTriggerPoints.com Or call: (941) 564-9489

GOING BEYOND *Trigger Points*

Connect the DotsSM System

SPECIAL FOCUS SEMINARS: Single-Topic Workshops
One or Two-Day Workshops 8-16 CEUs

Connect The Dots SystemSM
Click for Seminar Schedule

These Special-Focus Seminars are an excellent introduction to *Trigger Point Therapy* for new students. Since they provide in-depth *Trigger Point* training in a specific targeted area, students with *Trigger Point* training will also benefit from Cathy's expert guidance in creatively solving these common but challenging myofascial pain conditions.

Effective Pain Relief for the Weekend Athlete's Tennis & Golf Injuries

In this course you will learn new protocols to resolve common Golf & Tennis injuries

May 19, 2019, Fort Myers, FL [Click for Details & to Register](#)

- Identify common tennis and golf related cumulative stress traumas
- Palpate trigger points in the Supinator, Gastrocnemius, Quadratus Lumborum & Hand Extensors
- Master the Connect the DotsSM System for preventing & treating tennis & golf injuries
- Care for your body while giving massage
- Integrate the *Beyond Trigger Points* Protocols into your massage therapy sessions
- Take a big step towards becoming a skilled "Myofascial Pain Therapist"

Put Your Best Foot Forward

Learn effective myofascial trigger point treatments for ankle/foot pain

- Upgrade your structural evaluation skills for the arches & ankles
- Identify & successfully treat Morton's Foot & its ripple effect on ankle pronation, medial rotation of the shoulders & forward head posture
- Discover the easy to apply release method to treat the biomechanical havoc caused by fascial imbalances & trigger points in the leg & foot
- Relieve the excruciating pain of calf cramps by treating specific trigger points

Please visit www.beyondtriggerpoints.com/workshop/ for the current schedule.

Included in every Core Unit Beyond Trigger Point Therapy Seminar

BONUS 4-6 Week Program:

Follow-Up online Enrichment & Integration Series included

Therapist Self-Care Training Included:

Hands-On Instruction & Coaching plus Follow-Up Video Series

If you have any questions about my Seminars, I'll be happy to answer them.

Please feel free to email me: CathyCohen@BeyondTriggerPoints.com Or call: (941) 564-9489



About Cathy Cohen, LMT Trigger Point Therapy Master Teacher



Approved National CEU Educator NCBTMB #450949-09
Florida Board of Massage Therapy: #50-302

Cathy Cohen, LMT is a National and Florida approved CEU Provider and Board Certified Myofascial Trigger Point Therapist. She provides live and online massage-therapy continuing education for massage therapists. Her students include many who are new to Trigger Point Therapy, as well as experienced Trigger Point Therapists who seek out her advanced knowledge and coaching.

Cathy has practiced myofascial therapies since the 1980s and has been teaching for over 20 years. She knows how frustrated both clients and therapists can become when dealing with muscular pain. Fortunately her background as a Trigger Point Myotherapist and Structural Integration therapist has equipped her with the confidence and skills to assess and treat myofascial pain syndromes.

Cathy's deep insight into physical balance, structural alignment, and self-care comes through her own long experience in yoga and ballroom dance, as well as through her formal education as a biologist. Cathy trained with Dr. Janet Travell, the leading pioneer in myofascial pain syndromes and former White House Physician, and with Nancy Shaw and George Kousaleos (CORE Structural Integration).

In her practice and her teaching, Cathy specializes in resolving chronic musculoskeletal pain and structural alignment issues. Her leading-edge educational program, BeyondTriggerPoints.com, is a resource used by therapists and healthcare providers nationwide. Cathy has personally trained over 2,600 therapists in advanced Trigger Point Therapy protocols.

Cathy developed the in-depth *Going Beyond Trigger Points Seminars* to provide therapists with the best possible advanced training. The unique *Connect the Dots System*sm makes it easier for students to integrate and apply the breadth and depth of Travell and Simons' Myofascial Trigger Point Therapeutic program, supported by the postural restoration protocols of Structural Integration.

In addition to giving students a firm foundation in the essentials, she provides specialized advanced training for systematically identifying and addressing the postural and behavioral conditions that perpetuate clients' postural dysfunctions and myofascial pain.

"I thoroughly enjoyed your workshop! The material was exactly what I was hoping for and beyond. The format was precise and informative, leaving me with real tools and a protocol to follow, with a genuine understanding of why it works! Wonderful! It has very literally changed the way I work and why. I truly believe it is one of the most powerful and empowering approaches to healing and pain management... For client AND practitioner!" Elle Harmon, LMT

Cathy's unique *Going Beyond Trigger Points Seminars* format provides three-courses-in-one for her students:

1. Students get hands-on training in Trigger Point Therapy with abundant personal guidance and individual attention from Cathy over a carefully-paced two days of learning.
2. Students receive thorough training and practice in essential *Therapist Self-Care* protocols.
3. After the in-person, hands-on *Going Beyond Trigger Points Seminar*, students receive the six weeks *Follow-Up & Enrichment Program* with paced, comprehensive *Multimedia Reinforcement* for each 2 day course you take to ensure retention and integration of the new knowledge and skills.

In 2015 Cathy co-created an innovative online video-coaching program, CarpalTunnelCoaching.com that has helped clients (including many massage and body work therapists!) to systematically resolve their hand and wrist issues.

With her 30 years experience teaching and motivating patients and students in clinical, classroom and online settings, Cathy is deeply dedicated to helping people improve the quality of their lives, and to assisting therapists in caring for their own bodies as they treat others.

Questions? Email: CathyCohen@BeyondTriggerPoints.com Call: (941) 564-9489