

Mindful Movement (Rehabilitative QiGong and Tai Chi) for PT/OT Practice



Calling all Physical Therapists (PT), PT Students, Physical Therapist Assistants (PTA), PTA Students, Occupational Therapists (OT), OT Students, and Certified Occupational Therapist Assistants (COTA) and COTA students. No prior QiGong and Tai Chi experience needed. This course meets the continuing education standards of Colorado category I, 8 CCU's. Predominantly hands on with interspersed lecture.

Surrender to the joyful peace of enhanced balance that instituting Mindful Movement can have on your patients and practice!



Shallyn's Physical Therapy and Wellness Services

Course Description:

Mindful Movement (Rehabilitative QiGong and Tai Chi) for PT/OT Practice will provide clinicians with the skills and science behind mindful movement and its impact on balance enhancement in patients and personal practice.

Course Objectives:

- Clinicians will understand what mindful movement is and how current research supports its use within the PT/OT world.
- Clinicians will be able to demonstrate the tools (gestures) and the way (principles) to enhance balance through Rehabilitative QiGong and Tai Chi
- Clinicians will have the opportunity to learn how to direct energy toward better healing using self-massage, reflexology, and tracing.
- Successful completion of this course through group practicum and multiple choice exam.

Presenter Bio:

Dr. Shallyn MacDonald PT DPT FAAOMPT is a certified Rehabilitative QiGong and Tai Chi Practitioner with Specialist Training in Balance Enhancement through the Institute for Rehabilitative QiGong and Tai Chi. She has been practicing PT for 18 years in the Colorado Springs area with a passion for hands on [w]holistic practice treating the root cause of neuromusculoskeletal impairment.

When: June 1, 2019

Where: Regis University, Claver Hall, Rm 409
3333 Regis Blvd, Denver CO 80221

Time: 8am - 5pm

Registration and other information:
www.shallyns.com

Licensed/Certified Clinicians: \$300
Students: \$100