



## Registered Massage Therapists: NEW 1-Day Course!

7.0 PE/A2 Cycle 10 CECs

### Person-Centered Approach to Manual Therapy

#### Course Description

In this one-day course the therapist will learn manual skills to effectively treat myofascial restrictions and learn the clinical importance of personal boundaries, empathy, self-regulation and intention with an emphasis on principles and techniques that strengthen the therapeutic relationship, de-activate the patient's stress response and empower positive changes for improved outcomes.

#### Details

Date: Saturday July 18th, 2015 | 9:00 am – 5:30 pm

Location: Westcoast College of Massage Therapy, New Westminster, BC

Cost: \$195.00USD/person (CAD taken at par until June 1st)

#### Learning Objectives

1. Assess myofascial restrictions and choose appropriate treatment techniques.
2. Understand the indications and contraindications for myofascial release.
3. Improve listening and proprioceptive/palpating skills.
4. Understand the role dysregulation of the autonomic nervous system plays in treatment.
5. Understand the five parameters of touch and how they relate to manual therapy.
6. Understand and effectively use boundary, listening and grounding techniques.
7. Understand the three characteristics of the therapist for an effective therapeutic relationship.

#### About the Instructor

Anthony McMorran, RMT, NCTMB, graduated from the West Coast College of Massage Therapy in 1989. He established a practice in Powell River, British Columbia and for the last 7 years has offered continuing education for Massage Therapists and Physical Therapists. He has taught for both Globe University and Arizona College Massage Therapy programs and now lives in Eau Claire, Wisconsin, where he offers professional continuing education courses and owns Eau Claire Myofascial Release with his wife, Katie McMorran, PT.

Anthony uses multiple manual techniques with a foundation in myofascial release to address the specific needs of his clients. His clinical emphasis is on the interpersonal dynamics of the therapeutic relationship, self-awareness, the role of dysregulation of the autonomic nervous system and the importance of connecting with each client to maximize their potential and improve quality of life. Specialized Designations include Expert John F. Barnes' Myofascial Release Therapist & Self-Regulation Therapy: Foundations (Canadian Foundation for Trauma Research & Education).