

FACULTY

SETH R. OBERST, DPT, SCS, CSCS

is a residency-trained Doctor of Physical Therapy with a holistic, integrative approach to rehabilitation and wellness. Dr. Oberst works to help clients regulate their movement and behavior by altering how they sense and perceive their environment. In learning new ways of moving, clients are able to reduce or eliminate pain and dysfunction while improving performance thru resiliency, adaptability, and efficiency.

Currently practicing in Atlanta, GA, Seth is sought by a diverse population of clients from those with chronic pain and fatigue to competitive amateur, professional, and Olympic athletes. He has worked as an Injury Prevention and Performance Consultant for several Olympic teams and CrossFit affiliates.

Seth received his Doctor of Physical Therapy degree from Ohio University and has undergone extensive training through an APTA-credentialed residency culminating in board certification in Sports Physical Therapy. He has presented on motor control topics at national conferences for clinician scientists, provides continuing education for healthcare professionals, and regularly consults with fellow physiotherapists and coaches.

PARTICIPANTS COMMENTS

“Very eye opening and engaging. I’m excited to use this in my practice - PT”

“Incredible course. Highly recommend to everyone in the therapy community to address the somatosensory connection - OT”

“This was a fascinating course and really stretched the way I think about pain and stress. - PT”

2019 DATES AND LOCATIONS

- June 15/15** Las Vegas, NV
PIMA Medical Institute
- Sept. 7/8** Baltimore, MD (Greenbelt)
NovaCare Rehabilitation
- Oct. 5/6** New York, NY - Garden City
Metro Physical Therapy

A list of area hotels will be sent with confirmation. Please utilize hotel brand websites for guaranteed best rates.

AUDIENCE

This is an *intermediate level* workshop for **PTs, PTAs, OTs, OTAs and ATs** **NOTE:** *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

CANCELLATION POLICY

POLICY: Registration fee less a \$75 administrative charge is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT responsible for registrants non-refundable airfare, accommodations or fees.

EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT AND ATs**. **BOC** Board of Certification, Inc. Approved Provider # P-2563 **AOTA** Approved Provider of Continuing Education # 3073 *The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA*

STRESS, MOVEMENT AND PAIN

A SYSTEMATIC APPROACH

FACULTY

Seth R. Oberst
DPT, SCS, CSCS



THE THERAPY NETWORK SEMINARS

www.TNSeminars.com



APPROVED PROVIDER of
CONTINUING EDUCATION
by The American Occupational
Therapy Association, Inc.

OBJECTIVES

Identify the neuroanatomy, neurobiology, and neuroplasticity related to acute and chronic stress effects on movement and behavior.

Identify the functional connections between body and mind in relation to stress, pain, and movement.

Demonstrate interpretation of sensory processing and movement dysfunction of the nervous system

Outline a new therapeutic narrative for understanding and explaining movement system impairments and neuroplasticity

Demonstrate appropriate manual and movement based treatments, regardless of ailment, based on modern neuroscientific evidence

Outline an interventional plan using sensory differentiation, intentional movement (including breath re-training), and introductory environmental changes to elicit positive changes in patients.

SEMINAR DESCRIPTION

Whether you practice in outpatient, in-patient, acute care, orthopedics or neurology nearly all your patients are experiencing stress and it is fundamentally affecting how they move and perceive the world and themselves.

This seminar is designed to advance clinical competence in working with the neurological and musculoskeletal issues centered around the neuroscience of stress and movement through the application of current clinical evidence. We will identify the relationship between perception, the autonomic nervous system, the HPA (hypothalamic-pituitary-adrenal) axis, and movement to create a foundation for proper intervention. This foundation will then be used to develop assessment and treatment approaches to pathology associated with stress and movement.

Designed for the clinician not interested in the status quo; you will learn how to improve your patient outcomes regardless of specialty or condition because the science of stress, perception, and movement is foundational to all human experience.

COURSE SCHEDULE

DAY 1

- 8:00 Continental Breakfast and Registration
- 8:30 Stress and Self-Regulation
- 9:00 Autonomic Foundations of Stress
- 10:00 BREAK
- 10:15 LAB: Breathing and Threat Assessment
- 10:45 Brain, Stress, and Behavior
- 12:00 LUNCH (on your own)
- 1:00 Supporting Safety and Relaxation: Touch and Interoception
- 1:45 LAB: Manual Diaphragmatic Techniques - Clinical Application
- 3:00 BREAK
- 3:15 LAB: Manual Cranial Techniques - Clinical Application
- 4:00 LAB: Manual Grounding Techniques - Clinical Application
- 4:45 Creating an Environment of Safety
- 5:30 Q&A and Adjourn

DAY 2

- 8:00 Pain and Prediction
- 9:30 BREAK
- 9:45 Movement and Stress
- 10:45 LAB: Assessing Threat and Stress in the Movement System
- 12:00 LUNCH (on your own)
- 1:00 Supporting Safety and Relaxation: Movement
- 2:00 LAB: Intro to Teaching Embodied Movement
- 3:00 Break
- 3:15 LAB: Teaching Embodied Movement - Clinical Application
- 4:00 How to Use Techniques and Protocols in Your Clinical Setting
- 5:00 Q&A, Course Evaluation and Adjourn

REGISTRATION

STRESS

Please note the course location you are attending

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Bring a Buddy Registration: \$395 p/p

(No Deadline) Must be done simultaneously

Early Registration: \$445

Postmarked 30 days prior to date of course

Late Registration: \$495

Postmarked within 30 days of course date

4 WAYS TO ENROLL

Mail registration and payment to:

BY MAIL

Therapy Network, Inc.
217 Paragon Pkwy, #201
Clyde, NC 28721

BY PHONE

Call 1.800.785.1855

BY FAX

SECURE DIGITAL
928.222.0578
(Credit Cards Only)

ON LINE

www.TNSeminars.com

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