

About your instructor...
Cathy Holway, PT, DPT
Doctor of Physical Therapy



Cathy Pliscof Holway is an internationally recognized physical therapist, educator and author in the health-care field of integrative manual therapies.

She received her BS and certificate in Physical Therapy from Russell Sage College/Albany Medical College School of Physical Therapy, Troy, NY, in 1979. She received her Doctor of Physical Therapy degree from Boston University in 2008.

Her interest in integrative manual therapies led her to develop her own form of cranial work, and in 1999 she began teaching the Essential Mouthwork class and founded Sacred Spaces Seminars, which expanded to a broad range of innovative classes for therapists and caregivers.

Upon completion of her doctoral studies, she founded The Neurovascular Institute, Inc., to provide well-researched, scientifically-based medical education that is immediately applicable to clinical practice and fosters the professional growth and integrity of licensed medical professionals.

Dr. Cathy continues to integrate clinical work with research, development and instruction in Neurovascular Integration. She invites you to feel the flow of health through this special work!

For More Information:
Contact Dr. Cathy Holway
Call: 561.252.0943
Click: www.nvinstitute.com
drcathyholway@gmail.com

Neurovascular Institute, Inc.
PO Box 31778
Palm Beach Gardens, FL
33420



**The Neurovascular
Institute, Inc.**
and
Cathy Holway, PT, DPT
present

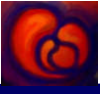
**The
Neuroscience
of
Manual Therapy**



Melbourne, FL
Nov. 19, 2010

Denver, CO
February 5, 2011

7.5 CEHs



Welcome to the Neuroscience of Manual Therapy Class

The Neuroscience of Manual Therapy Course Description

This class brings important information about stress and behavioral regulation that is immediately clinically applicable for the beginner through advanced therapist.

We explore the neuroscience of our internal stress systems and identify the stress response pathways of the Autonomic Nervous System (ANS) and the Hypothalamus-Pituitary-Adrenal (HPA) Axis.

Students learn simple techniques for affecting these neurocognitive systems to reduce stress, improve personal health, and empower their clinical presence.

Patient education is also addressed, as the primary goal of our intervention is to empower our patients in their own self-care.

Identification of dysregulated stress systems is discussed and practical intervention strategies are explored through lecture, slideshows, narrated demonstrations and guided lab activities.

Suggested Audience: PTs, OTs, MTs, RNs.

Contact Hours:

Upon completion of this class, all participants will be given a certificate of attendance for 7.5 continuing education hours (CEHs).

Cathy Holway is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider, #451266-10.

The Florida Physical Therapy Association has approved this class for 7.5 CEHs. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.)

Course Outline

8:30 am: Registration
9:00 am: Class overview, intentions and goals
9:10 am: Review of manual therapy approaches; palpation skills critical to our work
9:40 am: Stress Regulation Exercise #1
9:50 am: Embryological Development, ANS origins, adult brainstem function
10:40 am: break
10:55 am: Profound Neutral (PN) Palpation skills; neuroscience approach to peripheral sensory input for neurological reorganization
11:20 am: PN Lab #1
11:45 am: Lab review, clinical implications
12:10 noon: Lunch break (on your own)
1:10 pm: Intro to stress regulation mechanisms within the ANS and HPA axis
2:00 pm: HPA axis, neuroendocrine structure and function
2:25 pm: break
2:40 pm: HPA axis: infant, childhood and adult challenges
3:05 pm: Review of sitting-adult lab protocol, and demonstration on student.
3:30 pm: Guided lab activity, two rounds, as demonstrated
4:20 pm: Review of infant and child protocols, clinical implications and applications, end of class discussion.
5:00 pm: Class adjourns

Learning Outcomes

Upon completion of this class students will be able to:

- describe three signs of dysregulation in the nervous system
- list the three basic steps of the ANS/HPA stress recognition-and-response process
- demonstrate and teach effective focused self-regulation exercises.
- demonstrate the sitting-adult lab protocol, properly incorporating instructions for the most effective neural plasticity response.

Registration is due 2 weeks before class date.

Tuition for this class is \$179.
Early Registration: \$159 until dates listed below.

Cancellations: tuition less \$50 processing fee refunded up to 2 weeks before class. No refunds after that date.

**Class hours: Registration 8:30am
Class 9:00am -5:00pm**

Nov. 19, 2010 Melbourne, FL

Early Registration Discount til 11/5/10

Feb. 5, 2011 Denver, FL

Early Registration Discount til 1/22/11

To register, send check or
Visa/MC/Disc# to

Cathy Holway, PT, DPT

POBox 31778, PalmBchGdns, FL 33420

Ph: 561.252.0943 Fax 561.627.6734

or register online at

www.nvinstitute.com

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Class Date/Location: _____

Visa/MC/Disc# _____

Exp _____ CVI _____ Amount _____

Signature: _____

Email: _____

Thank you! See you soon!