

## Preparing to Teach a Workshop

### Topic

You might choose a population-type that you're working with and feel like an expert about.

Popular topics include low back, pain, hip, joint replacement, neck, shoulder, hip/knee, gait ... almost anything orthopedic, and anything 'advanced'.

Do not choose the name of a technique unless it's "for" one of the above issues. Straight techniques (Ai Chi, Burdenko, Bad Ragaz, Feldenkrais, Watsu, etc) don't 'sell'. Ai Chi for Hip and Back, Feldenkrais for Cervical Spine, etc have better draw.

Think about using a word like treatment, dysfunction, issues, tools, techniques, protocol, etc in the title.

Your presentation is a gift from you.

### Choose a Title

Make it catchy but make sure it appeals to your target market. In aquatic therapy we want to appeal to therapists who are working with patients. They want clinical, billable information.

### Description

Make the description in-depth and interesting. It could include:

- What topics you'll cover in lecture (and single one or two topics out with a statement about them)
- Techniques or treatments you'll use in the pool lab – explain what you'll do
- Benefits of the pool lab – how they'll benefit from trying the pool exercises
- What problems this course will solve for attendees as they work with their patients
- Who should take the course
- Information they should already know before taking the course
- What kinds of patients you've used this with
- What level of involvement are the patients
- Show how your presentation can make a difference in the attendee's life.

### Objectives

Make a list of what you want to achieve with your course. Terms like 'learn' or 'know' don't cut it with continuing education approval organizations. Use any of the following terms and you'll be fine:

Adapt	Certify	Confirm	Design
Analyze	Chart	Consolidate	Develop
Apply	Choose	Construct	Devise
Appraise	Cite	Contrast	Differentiate
Arrange	Clarify	Correlate	Discover
Assemble	Classify	Create	Discuss
Assess	Combine	Critique	Distinguish
Break down	Compare	Deduce	Employ
Build	Compile	Define	Evaluate
Catalogue	Compose	Demonstrate	Examine
Categorize	Conclude	Describe	Extrapolate

Formulate  
Generalize  
Identify  
Illustrate  
Integrate  
Interpret  
Investigate  
Judge  
Justify  
Label

List  
Manage  
Modify  
Organize  
Predict  
Prepare  
Prioritize  
Produce  
Propose  
Prove

Question  
Recall  
Recognize  
Recommend  
Report  
Resolve  
Revise  
Select  
Prepare  
Solve

Summarize  
Synthesize  
Transfer  
Translate  
Use  
Utilize  
Validate  
Verify

### **Content for Lecture**

Make your presentation practical and action-oriented.

Why each exercise is used – what are the benefits

Why exercises are in the order they're in

Have references on handout but don't discuss. Everything should be evidence-based.

Give one or two case studies or stories to reinforce important points.

Give alternate uses of exercises and 'this is why'.

Explain patient and practitioner positioning and why.

This is more than information – it is you telling what you have learned. People remember ideas, not words, and they remember messages, not facts.

80 – 90% of communication is non-verbal – tell your stories, don't read them.

Tell why you get excited about this topic.

Involve the attendees.

### **Content for Pool**

*Be aware that the pool portion of your course may come first because of pool scheduling – plan to work with it.*

Spend enough time on each exercise to explain how it should feel, any modifications that could be tried, and progressions for higher level clients. Show – don't just tell – have attendees try it.

Compare each exercise to patient difficulty and application

Do NOT lecture at the pool except while the attendees are trying exercises

Cue and show hand placement, equipment placement, body positioning and explain why it works