

2604 – Alternative Methods to Improve Clinical Outcomes

Intermediate / Land Workshop

Sanibel, FL / Thursday, June 25, 2020 – 1:00-4:00 pm – 3 credit hours

(Classroom: 1:00-4:00 pm)

Faculty: Donna Lewen, BA, ATRIC

COURSE DESCRIPTION: This course includes techniques that can be utilized to optimize clinical outcomes, and assist the therapist's awareness of where pain and tension may be stored in the body. Energy Medicine will be explored, integrating techniques to assist in absolving pain, tension and stress. Emotional, spiritual, energetic and physical levels will be looked at, ultimately enhancing the whole body, not only the physical aspects of healing. Learn techniques to increase kinesthetic awareness to quickly find and release pain for clients. Neuronal Plexus sites and their interrelation to the Chakra system will be learned.

Discover how to quickly sequence AquaStretch™ into your upper and lower extremity Therapy Treatment Plan, enhancing outcomes. Upper extremity and lower extremity manual techniques will be explored, with an emphasis on following intuitive movement and gentle techniques to release pain. Self-care for the therapist through Energy Medicine techniques will also be reviewed.

This workshop is ideal for those wanting to explore an alternative approach, and for those where traditional therapy treatments may not be successful, and for clients who have limited mobility. Discover an Ai Chi visualization technique to relax the mind, body and spirit, and assist with pain control with an increase in GABA (Gamma-amino butyric acid). Gamma-amino butyric acid (GABA) is an amino acid in the body that acts as a neurotransmitter in the central nervous system. GABA limits nerve transmission, which inhibits (prevents) nervous activity.

With a growing active-aging population, there is increasing acceptance of meditation and mindfulness practices, and the need for people of all ages to recover from stress, and this has led to more demand for therapeutic programming that embrace a holistic, integrated approach.

COURSE OBJECTIVES:

- 1) What is Energy Medicine?
- 2) Explore how to integrate energy medicine into your aquatic therapy practice.
- 3) Determine methods and techniques to feel, sense, and move pain out of the body.
- 4) Examine AquaStretch™ Sequencing to quickly release pain and tension.
- 5) Identify meditative and mindfulness practices integrated into Ai Chi to release pain in the mind, body and spirit.
- 6) Determine trigger points, emotional responses, and their interrelation to acupuncture and Traditional Chinese Medicine healing.

FACULTY: Donna Lewen, BA, ATRIC, has dedicated her life to aquatics for more than 25 years, and currently works with aging adults and persons with disabilities. She was an Arthritis Foundation Trainer for over 20 years, a consultant at Ability360, and an AquaStretch™ Facilitator/Trainer. She was the recipient of the 2016 ATRI Aquatic Therapy Professional Award, the 2012 ATRI Tsunami Spirit Award, and the 2013 Arthritis Foundation Regional Public Service Award-University of Pittsburgh Community Service Award. She continues her studies in Energy Medicine, and is a Reiki Master/Trainer. Beyond her active practice, she offers intuitive guidance and wellness coaching.