

BIOFEEDBACK EVALUATION AND TREATMENT FOR ELIMINATION DISORDERS AND PELVIC FLOOR DISORDERS

Presented by:
Biofeedback Training and Incontinence Solutions
www.pelvicfloorbiofeedback.com



An in-depth course fulfilling the didactic and
practicum requirements for the BCIA Certification
in Pelvic Muscle Dysfunction.
(Limit 14 Participants)

April 19–21, 2012
San Marcos, Texas

September 6–8, 2012
South Burlington, Vermont

Faculty



Tiffany Ellsworth Lee
MA, OTR, BCB-PMD

Tiffany holds a Bachelor of Science degree in Occupational Therapy from the University of Texas Medical Branch, and a Masters of Arts in Health Services Management from Webster University. She has worked as an occupational therapist and a manager in a variety of rehabilitation settings for the past 18 years. In 1996 she began specializing in the treatment of neurological disorders utilizing surface EMG biofeedback. She received her training at the University of Miami under the direction of Dr. Bernard Brucker, a world renowned rehabilitation psychologist. In 1997 she became the Director of the Florida Hospital's Biofeedback Clinic in Orlando, Florida. Her biofeedback clinic specialized in treating neurological conditions (CVA, TBI, CP, and SCI), and facial paralysis. In 2004, she received her certification in pelvic muscle dysfunction from the Biofeedback Certification International Alliance (BCIA). Since 1999 she has been working at Central Texas Medical Center's Physical Therapy and Rehabilitation Institute in San Marcos, Texas. Her clinical practice is exclusively dedicated to treatment of urinary and fecal incontinence, and pelvic floor disorders. She offers clinical consultation, training workshops, and she mentors health care professionals working toward their BCIA certification.



Jane Kaufman
PT, M.Ed, BCB-PMD

Jane has been a practicing PT for more than thirty years. She is a graduate of the Ithaca College Physical Therapy program and earned her Masters Degree at the University of Vermont. In 2005, Jane became certified in the use of surface EMG biofeedback for pelvic floor muscle dysfunction (BCB-PMD) from the Biofeedback Certification International Alliance. Jane is President of Phoenix Physical Therapy, PLC in South Burlington, VT, which she began in 2004. Jane's clinic specializes in the treatment of pelvic floor dysfunction, incontinence and pelvic pain for men, women and children. Additionally, Jane offers workshops for other healthcare providers in the use of biofeedback for pelvic muscle dysfunction, mentors healthcare professionals toward certification in this field through BCIA, and offers consultation to begin practices in this area of expertise through her involvement in Biofeedback Training and Incontinence Solutions. Jane's career has included practice at Columbia Presbyterian Medical Center in New York City, Brattleboro Memorial Hospital in Vermont, and at the former Medical Center Hospital of Vermont where she supervised the Department of Physical Therapy. Jane may be reached through her website at www.phoenixpt.com.

Registration

Name/Credentials: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email address: _____

Please complete and return with check to:
Biofeedback Training and Incontinence Solutions
102 Wonder World Dr. Suite 304-215
San Marcos, Texas 78666
Or register online:
www.pelvicfloorbiofeedback.com

Questions about course content: Please contact Tiffany Lee at 512-557-6310 or tiffanylee@centurytel.net
Questions about Vermont accommodations: Please contact Jane Kaufman at 802-863-6662 or phnxpt@sover.net

Workshop Description

This is a beginner to intermediate course designed to provide a basic working knowledge of biofeedback assisted behavioral therapy for bladder, bowel, and pelvic pain disorders. This workshop meets all of the didactic and practicum requirements for the BCIA Certification in Pelvic Muscle Dysfunction. Upon completion of the course, participants will have the knowledge to begin treating patients with these disorders. The workshop format will include videos, lecture, case histories, hands-on lab experiences, and practice with biofeedback equipment. This workshop will NOT involve any internal examination, and participants will stay fully clothed throughout the workshop.

Workshop Objectives

- Participants will understand and be able to explain to patients the anatomy and physiology of pelvic floor musculature, and urinary and gastrointestinal systems.
- Proficiency will be gained in the assessment of pelvic floor muscle dysfunction, including the use of rectal and vaginal surface EMG.
- Participants will become skilled in the design of treatment plans for bowel, bladder, and pelvic pain disorders using many modalities such as biofeedback, exercise, neuromuscular relaxation, diet, and bladder and bowel retraining.



Workshop sponsored by:
Essential Control Systems - www.essentialcontrol.com

Workshop Outline

Thursday – 12:00pm-7:00pm

- Biofeedback (Overview, History, Modalities, Theory, Procedures)
- Review 5 hours of required reading*
- Surface EMG technology and operation
- Neuromuscular relaxation training
- Anatomy and physiology of pelvic floor structures
- Treatment planning and ethics

Friday – 9:00am-6:00pm (with a working lunch)

- Urologic anatomy and physiology
- Uses for biofeedback for bladder disorders
- Gastrointestinal anatomy and physiology
- Diagnostic procedures and treatments for bladder/bowel dysfunction
- Review of all behavioral modalities for bladder/bowel dysfunction

Saturday – 8:00am-5:00pm (with a working lunch)

- Chronic pain mechanisms
- Chronic pain syndromes (vulvodynia, levator ani syndrome, etc)
- Co-morbidities (IBS, PBS, prostatitis, fibromyalgia, etc.)
- Other behavioral modalities (relaxation, diet, exercise)
- Medical Interventions for pelvic pain
- Basic sexual history taking and sexual counseling
- Extensive Hands-On Biofeedback Lab providing experience assessing and treating patients with urge/stress/mixed incontinence, chronic pelvic pain, fecal incontinence, and hypertonicity of the pelvic floor.

OPTIONAL EXAM: Sunday 8:30am

BCIA is offering the PMD Certification Exam on Sunday morning. Please contact Judy Crawford (Director of BCIA) at (303) 420-2902 to be pre-approved.

CONTINUING EDUCATION:

Certificates of Attendance will be given to all participants.

*REQUIRED TEXTBOOK AND READING:

Biofeedback, A Practitioner's Guide, 3rd edition, by Mark Schwartz
Chapters 1-4, 26-29 (used or new at www.amazon.com – ISBN-10:1593852339)

SUGGESTED TEXTBOOK:

Therapeutic Management of Incontinence and Pelvic Pain (2nd edition) by Haslam and Laycock

Tuition

Early bird tuition: \$775 up to 60 days prior to course

Full registration: \$825

Cancellation Policy: Cancellations 2 weeks prior to course will receive refund less \$50 administrative fee. Late cancellations will be credited to attend a future course. Tuition includes 2 working meals, workshop manual, and supplies and sensors for lab work. If the course is cancelled, tuition will be refunded in full.

Vermont Accommodations

HOTEL AND CONFERENCE SITE:

Green Mountain Suites
401 Dorset Street
South Burlington, VT 05403
802-860-1212
www.greenmountainsuites.com

Texas Accommodations

HOTEL AND CONFERENCE SITE:

Embassy Suites San Marcos
Hotel, Spa and Conference Center
1001 E. McCarty Lane San Marcos, TX 78666
Phone: 512-392-6450
www.sanmarcos.embassysuites.com

You will receive an email regarding airport and travel accommodations once registered.