

## REGISTRATION

## 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 22 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). She is the owner of a continuing education company, Biofeedback Training and Incontinence Solutions ([www.pelvicfloorbiofeedback.com](http://www.pelvicfloorbiofeedback.com)), and has a private practice in San Marcos, Texas 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](http://www.phoenixpt.com).

## BIOFEEDBACK TRAINING & INCONTINENCE SOLUTIONS



### BIOFEEDBACK EVALUATION AND TREATMENT FOR ELIMINATION AND PELVIC FLOOR DISORDERS

An in-depth course fulfilling the didactic and practicum requirements for the BCIA Certification in Pelvic Muscle Dysfunction

San Marcos, TX  
April 5 – 7, 2018

South Burlington, VT  
September 6 – 8, 2018

### HANDS-ON BIOFEEDBACK FOR COMPLEX PELVIC FLOOR CASES

Hands-on prerequisites: Biofeedback experience or completion of 3-day Biofeedback Workshop

San Marcos, TX  
April 8 – 9, 2018

South Burlington, VT  
September 9 – 10, 2018

**FIND US ONLINE AT:**  
[www.pelvicfloorbiofeedback.com](http://www.pelvicfloorbiofeedback.com)

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](http://www.pelvicfloorbiofeedback.com)

Questions about course content and accommodations: Please contact Tiffany Lee at 512-557-6310 or [tiffany@tiffanyleeot.com](mailto:tiffany@tiffanyleeot.com)

## BIOFEEDBACK 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.

## BIOFEEDBACK WORKSHOP OUTLINE

### DAY 1

- 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

### DAY 2

- 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

### DAY 3

- 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
- Participants will use a self-inserted vaginal or rectal sensor during lab

## BIOFEEDBACK WORKSHOP 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 workshop manual, and supplies and sensors for lab work. If the course is cancelled, tuition will be refunded in full.

## HANDS-ON WORKSHOP DESCRIPTION

This 14-hour course is designed to give biofeedback practitioners clinical experience through hands-on lab (11 hours) and case study discussions (3 hours). This course is targeted for clinicians who have experience treating patients with sEMG biofeedback, and who understand pelvic floor anatomy and physiology. In this course we will discuss behavioral therapy and biofeedback treatment applications used to treat complex patients with urinary and fecal incontinence, constipation, and/or pelvic pain. Participants will be administering biofeedback assessments, conducting treatment sessions, and role playing patient instruction/education for each diagnosis presented. Participants will experience being a biofeedback practitioner and patient (using a self-inserted vaginal or rectal sensor) and participate in labs covering constipation, fecal incontinence, pelvic pain, and urinary incontinence. Lab instructors are certified through the Biofeedback Certification International Alliance in Pelvic Muscle Dysfunction. Resources for training and certification in this area of practice will be provided. Participants will receive 3 hours of mentoring credit toward certification.

## HANDS-ON WORKSHOP OUTLINE

### DAY 1

- Extensive Hands-On Biofeedback Lab providing experience assessing and treating patients with urge/stress/mixed incontinence, chronic pelvic pain, fecal incontinence, constipation, and hypertonicity of the pelvic floor.

### DAY 2

- Biofeedback lab in a.m.
- Case discussions and lecture in p.m.

## HANDS-ON WORKSHOP TUITION

**Tuition: \$450**

**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 workshop manual, and supplies and sensors for lab work. If the course is cancelled, tuition will be refunded in full.

## CONTINUING EDUCATION

### BIOFEEDBACK & HANDS-ON WORKSHOP:

Certificates of Attendance will be given to all participants.

### \*BIOFEEDBACK WORKSHOP REQUIRED TEXTBOOK AND READING:

Biofeedback, A Practitioner's Guide, 4th edition, by Mark Schwartz  
Chapters 1-4, 28, 32, 35

## 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.
- Biofeedback Workshop: 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.
- Hands-On Workshop: Participants will become skilled in administering biofeedback assessments, conducting treatment sessions, and utilizing behavioral therapy techniques to successfully treat patients.

## VERMONT ACCOMMODATIONS

### HOTEL AND CONFERENCE SITE:

Green Mountain Suites  
401 Dorset Street  
South Burlington, VT 05403  
Phone: 802-860-1212  
[www.greenmountainsuites.com](http://www.greenmountainsuites.com)

## TEXAS ACCOMMODATIONS

### HOTEL AND CONFERENCE SITE:

Hampton Inn & Suites  
106 N Interstate 35  
San Marcos, TX 78666  
Phone: 512-754-7707

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



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[www.cmtmedical.com](http://www.cmtmedical.com)