

REGISTRATION

FACULTY



Tiffany Ellsworth Lee
MA, OTR, BCB-PMD, PRPC

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 since 1994. 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 on faculty for Herman and Wallace Pelvic Rehabilitation Institute. She is also the owner of a continuing education company, Biofeedback Training and Incontinence Solutions (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. She is on faculty for Herman and Wallace Pelvic Rehabilitation Institute. Jane may be reached through her website at www.phoenixpt.com.

Name/Credentials: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email address: _____

Please complete and return with check to:
Biofeedback Training and Incontinence Solutions

2406 Hunter Road, Suite 100
San Marcos, Texas 78666

Or register online:

www.pelvicfloorbiofeedback.com

Questions about course content and accommodations: Please contact Tiffany Lee at 512-557-6310 or tiffany@tiffanyleeot.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 11 - April 13, 2024

South Burlington, VT
August 22 - 24, 2024

OPTIONAL ONE DAY HANDS-ON BIOFEEDBACK LAB

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

San Marcos, TX
April 14, 2024

South Burlington, VT
August 25, 2024

FIND US ONLINE AT:
www.pelvicfloorbiofeedback.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

Tuition: \$775

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 LAB DESCRIPTION

This 8 hour course is designed to give biofeedback practitioners clinical experience through hands-on lab and case study discussions. 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 LAB TUITION

Tuition: \$225

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:

Homewood Suites
5 Dorset Street
South Burlington, VT 05403
Phone: 802-652-4400
www.burlingtonvt.homewoodsuites.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.



Course co-sponsored with:
Current Medical Technologies, Inc. – 800-382-5879
www.cmtmedical.com