

## 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](http://www.phoenixpt.com).



*Giving Patients Freedom*

*Biofeedback Training &  
Incontinence Solutions*  
presents:

## HANDS-ON BIOFEEDBACK FOR COMPLEX PELVIC FLOOR CASES – AN ADVANCED COURSE

June 1–2, 2012  
San Marcos, Texas

September 9–10, 2012  
South Burlington, Vermont

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

Questions about course content: Please contact Tiffany Lee at 512-557-6310 or [tiffanylee@centurytel.net](mailto:tiffanylee@centurytel.net)  
Questions about accommodations: Please contact Jane Kaufman at 802-863-6662 or [phnxpt@sver.net](mailto:phnxpt@sver.net)

## 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 move through many treatment rooms 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. The course will be limited to 10 participants.



Workshop sponsored by:  
Essential Control Systems - [www.essentialcontrol.com](http://www.essentialcontrol.com)

## 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 administering biofeedback assessments, conducting treatment sessions, and utilizing behavioral therapy techniques to successfully treat patients.

## Workshop Outline

Day 1 – 10:00am – 5:00pm  
(with a working lunch)

- 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 – 8:00am – 3:00pm  
(with a working lunch)

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

### CONTINUING EDUCATION:

Certificates of Attendance will be given to all participants.

## Tuition

Tuition: \$450

Course limited to 10 participants.

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](http://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](http://www.sanmarcos.embassysuites.com)

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