

*"Marie's techniques and dynamics of breathing unify the body and mind, create awareness, and enhance the specificity of Dr. Sahrman's approach to treat indicated areas."*

John McWilliams,  
Owner/Director,  
Bellingham Physical Therapy  
Bellingham, WA

*"Marie has shown me a way to reach beyond my patients' measurable signs and symptoms to treat, holistically, the mind. This is important to my patients with balance disorders. When their fear is addressed, it is easier for them to perform their treatment program. This speeds their recovery."*

Brian Werner, PT, Director,  
Balance Center of Las Vegas  
Las Vegas NV

*"Marie's course helped me to recognize that a person's state of mind is a critical factor in their recovery. The relaxation techniques are very easy to implement and are a great help to my neurologic and orthopedic patients in attaining their goals."*

Janna Morgan, PT.  
Las Vegas NV

*"An eye-opening approach to evaluating and treating the whole person to get to the many contributing factors that cause pain."*

Rachel Krentzman, PT,  
San Diego CA

*"This work is a definite adjunct to practicing physical therapy and taking stress out of my body while practicing."*

Harriet Williams, PT  
San Diego CA

## Hosting Information

Your course with Janisse Therapy will be customized based on the type of patients you treat, current treatment models, and past experience with alternative forms of treatment. Examples of four typical courses are listed below.

**Course 1:** A 7-hour introduction to Integrative Physical Therapy. The emphasis is on a mind/body approach to treatment:

<http://www.janissetherapy.com/courses/objectives1.htm>

**Course 2:** A 7-hour introduction to Integrative Physical Therapy. The emphasis is on correcting movement impairments:

<http://www.janissetherapy.com/courses/objectives2.htm>

**Course 3:** A 2-day Integrative Physical Therapy course for the lower quarter that blends traditional physical therapy practice with mind-body healing practices to reduce stress and increase sensory awareness. This course gives equal emphasis to evaluating and treating movement impairments. Movement, breath and mindfulness meditation are combined to eliminate the cause of pain. (15 contact hours).

<http://www.janissetherapy.com/courses/objectives3.htm>

**Course 4:** A 2-day Integrative Physical Therapy course that is similar to Course 3 with the exception that the movement evaluation and treatment address upper quarter movement impairments.

<http://www.janissetherapy.com/courses/objectives4.htm>

The courses listed above may be customized. Hourly schedules are available upon request. You may also apply integrative principles to the treatment of balance disorders, cardiac care, neurology, geriatrics, etc.

### Formats:

- Courses: Half day to 3 days.
- Keynote address
- Evening and luncheon presentations to medical and other health care professionals, research groups and community organizations.

### Course costs:

- Base fee of \$1000 per day
- Travel and lodging expenses
- To be discussed:
  - Refreshments, room rental and insurance
  - Staff support for registration
  - Assistants (for large classes)
  - Assistance with reproducing course manual

We will set a maximum number of participants to insure the quality of the education.