

Tai Chi Fundamentals® Program
Professional Training Workshop: Levels 1 and 2
June 13 & 14, 2015

USF PTA Program

2701 Spring Street

Fort Wayne, IN 46808



COURSE DESCRIPTION:

This 2-day course provides the participant with the knowledge and skills to begin applying Tai Chi in daily practice. Tai Chi movement is introduced in a motor development progression and includes biomechanics analysis. The presenter integrates mind/body exercise components into instruction, including centering, breath awareness and sensory awareness. The course includes discussion on applications for therapeutic assessment and intervention as well as for group wellness settings.

Participants earn 13 contact hours for the two days. Upon completion of the course, certificates of attendance will be provided to all participants. The 13 contact hours qualify as Category I for continuing competence requirements for Indiana PTs and PTAs.

AUDIENCE:

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants and Nurses
Certification is not included in this course. To learn more about the certification process, please go to www.taichihealth.com.

INSTRUCTOR:

Diane Martin, PT, DPT is a practicing Physical Therapist since 1977. She has been certified with the Tai Chi Fundamentals® (TCF) Program since 2002 and is currently a Tai Chi Fundamentals® Master teacher. She has studied under Tricia Yu, founder of the TCF Program and has presented numerous community and professional workshops over the past 10 years. Diane is currently working with Tricia Yu on a new program adapting TCF for walker use, seated format and standing with chair that should be available by summer 2015. Diane is currently an adjunct professor in the PTA Program at USF, a practicing physical therapist with Mallers & Swoverland Physical Therapy and is a consultant for the use of the Tai Chi Fundamentals® Program for group and private use.

COURSE OBJECTIVES:

Upon completion of this course, participants will be able to:

1. Demonstrate the 12 TCF Movement Patterns/Basic Moves.
2. Practice the first section of the TCF form.
3. Perform the ROM Dance.
4. Describe rationale, guidelines, biomechanics, and functional benefits of TCF.
5. Discuss TCF's mind/body integration principles and processes that foster well-being.
6. Learn mind/body exercises for centering, breath awareness and sensory awareness.
7. Apply TCF moves and concepts to client programs.

COURSE FEE:

Course fee includes breakfast both days and handouts.

\$290 per individual

\$240 for USF PTA Clinical Instructors*

\$50 student

**USF PTA Clinical Instructor is defined as the PT or PTA responsible for the clinical experiences of a USF PTA student. This is verified by the Clinical Instructor's signature on the USF Clinical Education I or II Assessment Form or on the CPI form for Clinical Education III or IV.*

For Registration go to Eventbrite:

www.taichifundamentals.eventbrite.com