

CCME

Higher Diploma NMT

This programme offers advanced certification in many areas of Neuromuscular speciality including Cranial Manipulation, Intra-oral Tissue Release, Respiratory Dysfunction and Spinal Mobilisation.



HIGHER DIPLOMA IN NEUROMUSCULAR THERAPY

Awarded by
College of Complementary Medical Education

Cost
€ 6,950.00
Instalment Options Available - See enrolment form.

Contact
01 - 882 7777 (Dublin)
021 - 430 1222 (Cork)
091 - 530 888 (Galway)
074 - 912 1733 (Donegal)
08000 - 851 094 (UK Freephone)

Availability
Weekend Dublin
course starts **January 2007**

This postgraduate programme aims to provide qualified practitioners with step by step protocols for the successful treatment of somatic dysfunction and the ability to implement day to day utilisation of this complex area. Using the very latest findings and calling on the expertise of leading authorities in the area of Neuromuscular Soft Tissue Manipulation, this course will include the theories, validation and techniques of manual complementary medical treatment for both chronic and acute neuromuscular pain and is delivered by world class authorities, including Leon Chaitow, DO, Judith DeLany, LMT, and John Sharkey, NMT. This offers you an opportunity to gain the most up to date, evidence based and fully referenced information and education available.

A unique opportunity to study with world leaders and gain the advanced skills required to take your treatments to the next level.

Audio-Visual equipment will deliver real time, detailed, close ups of advanced digital soft tissue manipulation and techniques, ensuring that all participants are afforded an unobstructed view of the tutors intricate hand placements.

The video which is taken during tutorials will be available to students for review and study purposes throughout the programme's duration.

The Higher Diploma in Neuromuscular Therapy will deliver to graduates a critical understanding of the concepts, a scientific and enquiring approach and the research skills for the critical investigation of somatic dysfunction.

Duration of Study

This is a taught modular Higher Diploma programme consisting of



fourteen taught modules and is a part-time programme extending over 22 months. Final examination and a Sports First Aid module extend the duration to 26 months.

Taught Modules

Each taught module is delivered over a long weekend (Friday - 7.00pm to 10.00pm, Saturday and Sunday 9.00am to 5.00pm). 3-4,000 word assignments, class presentation or case studies will accompany selected tutorials and will form the basis of overall theoretical examination. All participants must also complete a final practical examination which will be externally verified.

Entry Requirements

The H. Dip. NMT is exclusively available to

qualified bodywork therapists including, Doctors, Dentists, Rolfers, Osteopaths, Occupational Therapists, Certificate Level Neuromuscular Therapists, Orthopaedic Sports Massage Therapists, Physiotherapists, Chiropractors, etc. All applications will be considered on an individual basis.

CCME students who are approaching the end of their course are also eligible to apply.



Higher Diploma in Neuromuscular Therapy (H. Dip. NMT)

Synoptic Syllabus

The Higher Diploma in Neuromuscular Therapies will cover areas including:

Cranial Manipulation

Intra-oral Tissue Release

TMJ Treatment

Spinal Mobilisation (Using mobilisation with movement (MWM))

Lymphatic Enhancement

Respiratory Dysfunction

Trigger Point Deactivation

Rehabilitation Sequencing

Advanced Anatomy

Graduate Benefits

Students of the Higher Diploma will be recognised as advanced practitioners with a wide knowledge of advanced clinical applications of a variety of soft tissue assessment and manipulation methods.

These are incorporated into a focus on myofascial pain, advanced trigger point syndromes and general musculoskeletal problems.

Successful completion of this Higher Diploma opens a wide range of additional opportunities. For example graduates will be the first point of call for referral from certificate level therapists and general medical practitioners, whose patients will report back on the success of their therapeutic interventions. Until recently many of those suffering a wide variety of painful conditions had nowhere to turn for realistic and practical non surgical intervention.

As an Advanced Neuromuscular Therapist, you will have the unique skills of cranial manipulation, intra-oral tissue release and advanced hands on skills for

the effective resolution of these painful conditions.

Neuromuscular Therapists (NMTs) are experts in the area of Myofascial Trigger Point treatment. NMTs combine neuromuscular reactive training

Treatment offered by H. Dip. NMT graduates covered by major health insurers

for appropriate rehabilitation of injured tissues and the treatment of trigger points.

Due to our Neuromuscular Therapist's excellent reputation in Ireland, Orthopaedic Specialists, Sports Medicine Practitioners, Chartered Physiotherapists and other allied healthcare professionals seek the intervention of Neuromuscular Therapists to facilitate the best possible therapeutic outcomes for their patients.

Although Neuromuscular Therapy is firmly established, respected and accepted worldwide, this Higher Diploma is unique in its representation of both the European and U.S. models of NMT, offering as it does a combination of the differing, yet complementary approaches, of the world's most respected authorities of Neuromuscular Therapy.

Treatments offered by H. Dip. NMT graduates are covered by BUPA for their members. Negotiation is currently taking place with VHI and Vivas for similar cover for their members.

You will find a brief biography for each tutor on the Higher Diploma in Neuromuscular Therapy programme on the following page and the most up to date information regarding the programme on www.ntc.ie

COURSE SCHEDULE

When and where ?

The Higher Diploma in Neuromuscular Therapy is available in Dublin commencing January 2007

Friday - 7.00pm to 10.00pm
Saturday - 9.00am to 5.00 pm
Sunday - 10.00am to 5.00pm

| Date | Topic | Tutor |
|-----------------------|-------------------|------------------------|
| January 19 - 21 2007 | Torso and Pelvis | Don Kelley |
| February 9 - 11 2007 | Torso and Pelvis | Leon Chaitow |
| April 13 - 15 2007 | Posture | Jamie Alagna |
| June 8 - 10 2007 | Cervical Cranium | Judith DeLany |
| Sept. 28 - 30 2007 | Cervical | Leon Chaitow |
| November 2 - 4 2007 | European NMT 1 | John Sharkey |
| January 4 - 6 2008 | Upper Extremity | Judith DeLany |
| March 7 - 9 2008 | Lower Extremity | Bonnie Thompson |
| May 9 - 11 2008 | Upper Extremity | Leon Chaitow |
| July 4 - 6 2008 | European NMT 2 | John Sharkey |
| August 29 - 31 2008 | Lymphatic | Paula Bergs |
| October 17 - 19 2008 | Lower Extremity | Leon Chaitow |
| November 14 - 16 2008 | Review | John Sharkey |
| December 12 - 14 2008 | Nutrition | Dr. William Elliott |
| January 9 - 11 2009 | Final Examination | D. Kelley & J. Sharkey |
| March 2009 | Sports First Aid | Morley & Anderson |

SUMMARY

ENTRY REQUIREMENTS

Existing medical or bodywork qualification.

KEY ELEMENTS

Cranial Manipulation
Spinal Mobilisation
TMJ
Intra-oral tissue release
Lymphatic enhancement
Respiratory dysfunction
Trigger point deactivation

WHO'S IT FOR

All qualified bodywork therapists and medical practitioners who want to offer their clients the most advanced therapeutic bodywork interventions currently available.

RELATED INFORMATION

What's in the future ?

Once you have qualified as a Higher Diploma level Neuromuscular Therapist you can extend the range of specialist treatments offered in your practice and benefit from increased referrals .

Higher Diploma in Neuromuscular Therapy (H. Dip. NMT)

Tutors

Leon Chaitow, DO



Leon Chaitow is an internationally known and respected lecturer, writer and osteopathic practitioner.

Author of three books in the series, *Advanced Soft Tissue Techniques (Muscle Energy Techniques, Modern Neuromuscular Techniques and Positional Release Techniques)*, Leon has also authored *Palpation Skills*, a book about assessment and diagnosis through touch.

Additional books by this author include *Cranial Manipulation Theory and Practice*, which presents the latest thinking on the use of this valuable technique, together with the latest research evidence to support its use, and *Fibromyalgia Syndrome: A Practitioner's Guide to Treatment*, which gives a multidisciplinary perspective on the management and treatment of fibromyalgia syndrome.

Leon Chaitow is editor of the *Journal of Bodywork and Movement Therapies*. Additionally Leon has been one of the lead presenters at Bodywork and Movement Therapy conferences around the world.

John Sharkey, NMT



John Sharkey is founder and director of European style Neuromuscular Therapy. He is a member of the medical team of the Olympic Council of Ireland and has held this position at the Sydney and Athens Olympic games and has been re-appointed for the 2008

Olympics to be held in Beijing.

John, was also a technical expert sub-committee member of the National Sports Medicine Institute (UK) and is a member of the International Advisory Board of the *Journal of Bodywork and Movement Therapies (JBMT)*.

John brings more than 20 years of international presentation experience and a unique and exciting teaching style to anatomy, physiology and Neuromuscular Therapy.

John Sharkey is also a founding member of the Sports Massage Association (UK) and a director of the European Health Fitness Association (EHFA)

Judith DeLany, LMT



Judith DeLany, LMT, began teaching NeuroMuscular Therapy in 1984, and has emerged as a leading pioneer in the field of NMT. As a result of many years as a clinician and educator, Judith has refined and developed methods of teaching the American version of NMT. She is the founder and director of the International Academy of NeuroMuscular Therapies, which sets standards for the training of healthcare practitioners in the use of NMT.

As an internationally recognised speaker on such topics as chronic pain and myofascial dysfunction, Judith has served as a presenter and/or keynote speaker at numerous conventions and conferences in various fields of medicine and was presented Massage Therapist of the Year 1999 by the Florida Chiropractic Association.

A published author of manuals and articles on pain management, Judith's most recent publication is a collaborative effort with Dr. Leon Chaitow titled *Clinical Application of Neuromuscular Techniques, Vol 1 - The Upper Body and Vol 2 - The Lower Body (Churchill Livingstone Publishers)*. She currently serves as an associate editor

for the *Journal of Bodywork and Movement Therapies* in addition to being a contributing writer.

Don Kelley, LMT



Don Kelley, LMT, brings to his classes a clear and concise teaching style which has been developed over nearly a decade of instructing and assisting NMT seminar trainings.

Don has served as a board member of the International Academy of NeuroMuscular Therapies since 1990 and in that position has assisted in setting curriculum and certification standards for NMT courses.

Don draws on his clinical experience, advanced background in anatomy, and in depth understanding of muscular health, and combines these with a dose of humour to bring forth a lively and information packed presentation.

Bonnie Thompson



Bonnie Thompson is a dynamic presenter with a keen ability to transfer information to the student along with a stimulating enthusiasm for learning.

A graduate of the Colorado Institute of Massage Therapy, Bonnie has been a licensed massage therapist since 1987 and conducts her NMT practice in Colorado Springs.

Her breadth of knowledge and practical experience in the fields of anatomy and neuromuscular therapy, combined with her zest for teaching and sharing information, is evidenced in her passionate presentations which may be witnessed in any setting.

Jamie Alagna, LMT



Jamie Alagna, LMT brings to her classroom an extensive background in anatomy and kinesiology. She obtained her Bachelor's of Science degree in Movement Therapy from Southern Illinois University and is also American Massage Therapy Association sports massage certified.

Jamie has instructed a variety of subjects in the field of massage for over a decade while also maintaining an active NMT practice.

When teaching NMT seminars, Jamie employs a creative teaching style which incorporates her dance and movement knowledge, gained from 20 years professional dance experience. This allows for an open, interactive environment for learning.

Paula Bergs



Paula Bergs has been teaching in the fields of manual therapies for over 10 years, with a strong emphasis in the areas of anatomy and physiology.

She received her Bachelor of Science degree in Life Science Education from the University of Minnesota and has served as a faculty member for several massage schools during the course of her career.

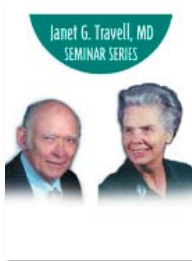
Paula brings to the classroom a great breadth of knowledge and practical experience in the areas of anatomy and neuromuscular therapy which she presents in an easy going, yet methodical manner, while applying realistic solutions to real life problems.

FREE OPTIONAL COURSES FOR H. DIP. NMT STUDENTS

All students enrolled on the Higher Diploma in Neuromuscular Therapy course may also participate on the National Qualification in Trigger Point Needling course at no additional charge. If a participant has already completed the Trigger Point Needling course they can participate on the National Qualification in Frequency Specific Microcurrent instead. These courses each have a value of €1,800.00

Trigger Point Needling

A science based treatment model which offers the skills and qualification required to offer intramuscular trigger point stimulation using dry needles.

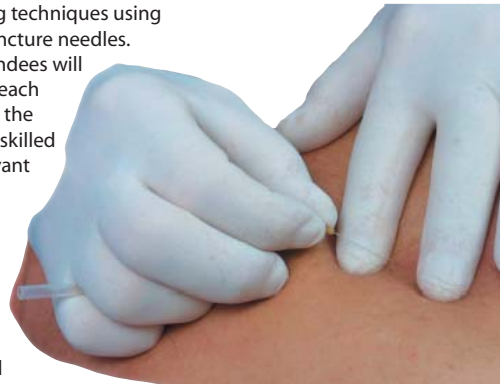


This advanced certification qualification, delivered by the NTC's College of Complementary Medical Education (CCME) offers participants the opportunity to become involved in the area of intramuscular trigger point stimulation, or dry needling as it is more commonly known.

This programme consists of one three day tutorial and one four day sessions with both a practical and written examination on completion of the second four day tutorial. The first tutorial session will focus on Trigger Point Needling for the upper body and limbs while the second session will deal with the lower body and limbs.

This educational program will prepare clinicians to treat myofascial trigger points by dry needling (intramuscular trigger point stimulation). Participants will learn various dry needling techniques using solid acupuncture needles. Course attendees will practice on each other under the direction of skilled tutors. Relevant anatomy, palpation techniques and manual treatment options will only be reviewed briefly in this course.

This is a training programme with immediate clinical applicability upon completion.



Frequency Specific Microcurrent

This programme offers advanced certification in the exciting area of pain and injury treatment using minute amounts of electrical current.



The National Qualification in Frequency Specific Microcurrent is an advanced certification qualification, delivered by the NTC's College of Complementary Medical Education (CCME) and offers graduates the opportunity to treat patients with micro electrical charges which reduce pain and improve health.

This programme consists of one two day tutorial session and one three day tutorial session with both a practical and written examination on completion of the second three day tutorial. The course includes lecture time and

hands on practice time. The lecture includes the research data and conceptual framework within which the observed and documented FSM effects can be explained. The concepts are from physics, biophysics and thermodynamics but are structured in lay terms.

The frequencies and treatment protocols for myofascial pain, disc, facet and nerve pain are taught on the first and second days. The protocols and frequencies for concussion,

nervous system and visceral conditions and emotional issues are taught on the third and fourth days with

examination taking place on the fifth day.

