



Integrative Movement Clinic, Inc.
250 SW Broadalbin Street # 212
Albany, Oregon 97321

www.MoveBeyondPain.com

MoveBeyondPain® Certification and Licensing Program for Clinicians



MoveBeyondPain®

The Art and Science of Pain-Free Living™

Certification & Licensing

for

Clinicians



www.MoveBeyondPain.com

Pain is inevitable but suffering is optional...

~Chinese Proverb

Dear Clinician

You will be delighted to know that we at the Integrative Movement Clinic, Inc. have scheduled several MoveBeyondPain® *Clinician Certification and Licensing* training courses for 2010.

The three day certification trainings are usually held at our clinic in Albany, Oregon. If you wish to arrange to have this training at your facility then please contact us as soon as possible.

For question specific to the training course, please feel free to email me directly at NamitaGandhi@yahoo.com or call me at 541-760-0894.

Hope to see you at one of our trainings. Please feel free to share this information with other interested clinicians.

Take care of your wonderful self!
Sincerely

Namita Gandhi
President
IMC, Inc.

I have been a practicing PT for over 30 years. Namita's training changed my whole paradigm...I will never treat my chronic pain patient the same way again.

~ Clinician/Program Participant

541-760-0894

Registration Form

Please send the completed registration form to:

Integrative Movement Clinic, Inc.
250 Broadalbin Street #212, Albany OR 97321
(Ph) 541-760-0894 (Fax) 541-745-6490
MoveBeyondPain2003@Yahoo.com

Training Details:

Please call for training dates

First day; 9 am to 7pm
Second day: 8 am to 7pm
Third day: 8 am to 7pm

Full Name _____

Professional Clinician License: _____

Employer Name: _____

Employer Address: _____

Home Address: _____

Email : _____ Work phone _____

Home Phone _____ CellPhone _____

Please Make check payable to IMC, Inc.

For other payment options please contact us

() **\$2895** includes:

1. One complete **MoveBeyondPain®** audio and video program on DVD and 4CDs
2. Course tuition and ongoing consultation
3. Comprehensive training materials with additional DVD
4. PowerPoint presentations of all lesson plans on a CD
5. Refreshments, Light breakfast & Lunch on all three days

You MUST have a complete MoveBeyondPain® audio and video program before the certification training.

We reserve the right to change and/or cancel the training dates.

About the Program Innovator/Instructor



Namita Gandhi, MS, MBA, MA, a practicing clinical exercise physiologist, the founding president of *the Integrative Movement Clinic, Inc.*, a published researcher, and an exceptional teacher, is the innovator and the instructor of the MoveBeyondPain® program.

Her clinical experience (including work at a cardiac and pulmonary rehabilitation program), her strong educational background, her personal experience with chronic pain combined with her extensive exposure to holistic health topics, have given her a unique perspective in effectively managing chronic pain.

Ms. Gandhi has taught her day long MoveBeyondPain® program seminars to over thousand health care professionals all over the United States. She also continues to teach this program to people with chronic pain in private as well as small workshop settings, at the Integrative Movement Clinic in Albany, Oregon.

Ms. Gandhi serves on the *Oregon Pain Management Commission*, and the *Oregon Arthritis Action Plan Coalition* and she is also a board member of the Pain Society of Oregon. Ms Gandhi is a three time winner of the *Leaders Against Pain* scholarship from the National Fibromyalgia Association.

“A good teacher can inspire hope, ignite the imagination, and instill a love of learning.”

~Brad Henry

What is the MoveBeyondPain® Program?

The MoveBeyondPain® program is:

- ⋈ A complete non-pharmacological chronic pain management program
- ⋈ A comprehensive therapeutic movement routine and a patient education program
- ⋈ Based on an award winning research published in a peer-reviewed journal
- ⋈ Highly effective for managing fibromyalgia, arthritis, CFS, back pain and various other chronic pain conditions
- ⋈ Beneficial for pain, fatigue and stress reduction, ease of movement, improved range of motion, better sleep and improved quality of life

What is the MoveBeyondPain® Clinician Certification and Licensing Program?

The MoveBeyondPain® certification and licensing program is designed to certify and license clinicians from a variety of health care disciplines to successfully incorporate the revolutionary MoveBeyondPain® program in their practice. It provides clinicians with a variety of pre-designed lesson plans, resources and training, necessary to offer a quality program in chronic pain management in their own communities.

541-760-0894

Pre-designed Resources

Upon completion you will receive the following pre-designed tools/resources for successfully implementing and marketing your new skills and programs for chronic pain management in your practice and for community awareness.

MoveBeyondPain® Lesson Plans:

Pre-designed presentations for educating your patients about effective chronic pain management in group and/or private sessions.

MoveBeyondPain® Movement Routine:

Two hour professionally produced DVD suitable even for your most complex pain patients.

MoveBeyondPain® Guided Imagery Series:

Four audio CDs (each 60 minutes in duration) for effective management of stress, tension and insomnia.

MoveBeyondPain® Presentation for Patients:

Pre-designed presentation for introducing the comprehensive movement approach to newly diagnosed chronic pain patients and their families.

MoveBeyondPain® Presentation for Clinicians:

Pre-designed presentation for educating physicians, nurses and other health professionals in your community for patient referrals and awareness.

MoveBeyondPain® Presentation for Wellness Facilities:

Pre-designed presentation for possible collaboration and sponsorship of your new program with various community wellness facilities.

MoveBeyondPain® Licensed Distributorship:

Purchase of all the MoveBeyondPain® products at deep discounts for patients/clients.



How do I benefit from this certification?

With certification of completion you can:

- **Offer a quality program** in chronic pain management in your existing clinical practice at a hospital, clinic, nursing home, assisted living facility or in a cardiac rehab/wellness center or offer the program in a non-clinical setting at a community wellness center, health club, local Y or at a senior center.
- **Empower and educate** your patients with pre-designed MoveBeyondPain® lesson plans, resources and presentations.
- **Expand your practice** by attracting new patients.
- **Qualify for wholesale discounts** to purchase MoveBeyondPain® products for your patients/clients.
- **Get a free listing on our website.**



www.MoveBeyondPain.com



For:

Arthritis
Back Pain
Fibromyalgia
Chronic Fatigue
Myofascial Pain Syndrome
& Many other CP Conditions

Integrative Movement Clinic, Inc.
Ph: 541-760-0894 Fax: 541-745-6490

www.MoveBeyondPain.com

Course Outline

- Overview of the chronic pain epidemic
- Breakthroughs in management of fibromyalgia, chronic fatigue, back pain, headaches and arthritis
- Practical hands on experience of the complete MoveBeyondPain® program
- Routine modifications/adaptations for people with biomechanical limitations
- Powerful breathing and relaxation techniques to align mind, body and spirit
- Setting-up and facilitating the MoveBeyondPain® group classes
- Starting a chronic pain network and support group in your community to bridge the gap between patients and professionals
- Discussion of all the pre-designed lesson plans and resources
- Case studies and resource directory

"Thank you Namita for all you have done to bring MoveBeyondPain® to clinicians. The high quality instructional materials you have prepared and provided for your trainees are exceptional and generous. The certification program was well organized. Your interactive teaching style was refreshing and allowed for input from other professionals. I liked the general pace of the training. I feel prepared to teach MoveBeyondPain in my community..."

~Clinician/Program Participant

541-760-0894

Detailed Outline of MoveBeyondPain® Pre-Designed Lesson Plans

Overview of Chronic Pain (CP)

- An invisible disability
- Multidisciplinary approach
- Acute vs. chronic pain
- Pain levels
- Vicious cycle of chronic pain
- Exertion disorder
- Sensory, physical vs. emotional
- Other associated symptoms
 - Irritable bowel
 - Fatigue
 - Mood disorders
 - Sleep disorders

Anatomy and Physiology of Pain

- Fibromyalgia, CFS, arthritis, back pain,
- Central sensitization/neuro-plasticity
- Gate control theory
- Pain messengers/neurotransmitters
 - Serotonin & Norepinephrin
 - Substance P

Stress and Anxiety Management

- Fight or flight and relaxation response
- Sympathetic vs. parasympathetic
- Anatomy of anxiety
- Brain waves and biofeedback
- Breathing, relaxation and guided imagery

Medications and Supplements

- Different purposes of medications
- Medications for pain, stiffness, inflammation,
- Depression & sleep
- Opioids: addiction or physical dependence
- Comfort-function goals

Exercise Prescription:

- Breathing and relaxation
- Stretching & strengthening
- Cardiovascular
- Mode, intensity and frequency
- Duration: long vs. short bouts
- Growth hormone and recovery
- Post-exercise exertion
- Twenty pain management principles

541-760-0894

Diet/Nutrition/Healing foods

- Six classes of nutrients
- Role of caffeine, sugar & fats in pain
- Diet and fibromyalgia
- Living vs. cooked foods
- Enzymes
- Immune system and processed foods

Home Therapeutic Modalities

- Heating and icing
- Self massaging
- Stretching
- Rest & relaxation
- Sleep hygiene
- “Happy chemicals”

Hope, Happiness and Healing

- MoveBeyondPain® Healing Pyramid
- Happiness is a choice
- Attitude of gratitude
- Mirror neurons and empathy
- Hope and healing
- Pain vs. suffering
- Serenity, wisdom, courage

Biomechanics, Daily Activities & Posture

- Body awareness
- Neutral back
- Correct way of lifting and bending
- Posture when sitting, standing & lying down
- Biomechanics of:
 - Vacuuming
 - Doing dishes
 - Grocery shopping
 - Gardening
 - Loading and unloading the car

Pacing, Goal Setting & Logging

- Stages of change
- Acceptance and moving forward
- Energy bean bank
- Logging and record keeping
- Alternating rest and activity

www.MoveBeyondPain.com