BIOFEEDBACK EVALUATION AND TREATMENT FOR ELIMINATION AND PELVIC FLOOR DISORDERS

An in-depth course fulfilling the didactic and practicum requirements for the BCIA Certification in Pelvic Muscle Dysfunction

San Marcos, TX
April 4 – 6, 2019

South Burlington, VT
September 5 – 7, 2019

HANDS-ON BIOFEEDBACK FOR COMPLEX PELVIC FLOOR CASES

Hands-on prerequisites: Biofeedback experience or completion of 3-day Biofeedback Workshop

San Marcos, TX
April 7 – 8, 2019

South Burlington, VT
September 8 – 9, 2019

FIND US ONLINE AT:
www.pelvicfloorbiofeedback.com
BIOFEEDBACK WORKSHOP DESCRIPTION

This is a beginner to intermediate course designed to provide a basic working knowledge of biofeedback assisted behavioral therapy for bladder, bowel, and pelvic pain disorders. This workshop meets all of the didactic and practicum requirements for the BCI Certification in Pelvic Muscle Dysfunction. Upon completion of the course, participants will have the knowledge to begin treating patients with these disorders. The workshop format will include videos, lecture, case histories, hands-on lab experiences, and practice with biofeedback equipment. This workshop will NOT involve any internal examination, and participants will stay fully clothed throughout the workshop.

BIOFEEDBACK WORKSHOP OUTLINE

DAY 1
Biofeedback (Overview, History, Modalities, Theory, Procedures)
- Review 5 hours of required reading*
- Surface EMG technology and operation
- Neuromuscular relaxation training
- Anatomy and physiology of pelvic floor structures
- Treatment planning and ethics

DAY 2
Urologic anatomy and physiology
- Uses for biofeedback for bladder disorders
- Gastrointestinal anatomy and physiology
- Diagnostic procedures and treatments for bladder/bowel dysfunction
- Review of all behavioral modalities for bladder/bowel dysfunction

DAY 3
Chronic pain mechanisms
- Chronic pain syndromes (vulvodynia, levator ani syndrome, etc)
- Co-morbidities (IBS, PBS, prostatitis, fibromyalgia, etc.)
- Other behavioral modalities (relaxation, diet, exercise)
- Medical Interventions for pelvic pain
- Basic sexual history taking and sexual counseling

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.
Participants will use a self-inserted vaginal or rectal sensor during lab.

BIOFEEDBACK WORKSHOP TUITION

Early bird tuition: $775 up to 60 days prior to course
Full registration: $825

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 workshop manual, and supplies and sensors for lab work. If the course is cancelled, tuition will be refunded in full.

HANDS-ON 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 participate in labs 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.

HANDS-ON WORKSHOP OUTLINE

DAY 1
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
Biofeedback lab in a.m.
- Case discussions and lecture in p.m.

TUITION

Tuition: $450
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 workshop manual, and supplies and sensors for lab work. If the course is cancelled, tuition will be refunded in full.

CONTINUING EDUCATION

BIOFEEDBACK & HANDS-ON WORKSHOP:
Certificates of Attendance will be given to all participants.

**BIOFEEDBACK WORKSHOP REQUIRED TEXTBOOK AND READING:**
Chapters 1-4, 28, 32, 35

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.
Biofeedback Workshop: Participants will become skilled in the design of treatment plans for bowel, bladder, and pelvic pain disorders using many modalities such as biofeedback, exercise, neuromuscular relaxation, diet, and bladder and bowel retraining.
Hands-On Workshop: Participants will become skilled in administering biofeedback assessments, conducting treatment sessions, and utilizing behavioral therapy techniques to successfully treat patients.

VERMONT ACCOMMODATIONS

HOTEL AND CONFERENCE SITE:
Homewood Suites
5 Dorset Street
South Burlington, VT 05403
Phone: 802-652-4400
www.burlingtonvt.homewoodsuites.com

TExAS ACCOMMODATIONS

HOTEL AND CONFERENCE SITE:
Hampton Inn & Suites
106 N Interstate 35
San Marcos, TX 78666
Phone: 512-754-7707

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

Course co-sponsored with:
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