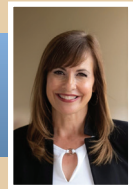
FACULTY



Tiffany Ellsworth Lee
OTR, OTD, MA, BCB-PMD, PRPC

Tiffany holds a Bachelor of Science degree in Occupational Therapy from UTMB, a Masters of Arts in Health Services Management, and a post-professional doctorate in OT from Texas Tech University. She has worked as an occupational therapist and a manager in a variety of rehabilitation settings since 1994. In 1996, she began specializing in the treatment of neurological disorders utilizing surface EMG biofeedback. She received her training at the University of Miami under the direction of Dr. Bernard Brucker, a world renowned rehabilitation psychologist. In 1997, she became the Director of the Florida Hospital's Biofeedback Clinic in Orlando, Florida. Her biofeedback clinic specialized in treating neurological conditions (CVA, TBI, CP, and SCI), and facial paralysis. In 2004, she received her certification in pelvic muscle dysfunction from the Biofeedback Certification International Alliance (BCIA). She is on faculty for Herman and Wallace Pelvic Rehabilitation Institute. She is also the owner of a continuing education company, Biofeedback Training and Incontinence Solutions, and has a private practice in San Marcos, Texas exclusively dedicated to treatment of urinary and fecal incontinence, and pelvic floor disorders. She offers clinical consultation, training workshops, and she mentors health care professionals working toward their BCIA certification.

Jane Kaufman
PT, M.Ed, BCB-PMD

Jane is a graduate of Ithaca College's Physical Therapy program, earning her Master's Degree from the University of Vermont. In 2002, Jane opened a private practice, developing a regional reputation for providing a successful and knowledgeable approach to complex patients with pelvic floor dysfunction. Jane and her staff treated all ages and genders in her specialty clinic. Jane sold her practice in 2022. She now helps children and families via telehealth to learn the strategies necessary to regain lost bladder and bowel control (pottytimephysicaltherapy.com). Jane has been adjunct faculty in the University of Vermont's Physical Therapy program and spoke frequently in UVM's College of Medicine and the College of Nursing and Health Sciences, training current and future members of the medical community. Jane teaches for Biofeedback Training and Incontinence Solutions with Tiffany Lee, as well as Herman and Wallace Continuing Education. She mentors and trains healthcare providers worldwide in this powerful treatment and has assisted other countries in developing protocols for this treatment approach.

BIOFEEDBACK TRAINING & INCONTINENCE SOLUTIONS

Giving Patients Freedom

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 Biofeedback

San Marcos, TX
April 23 - 25, 2027
or
August 27 - 29, 2027

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 BCIA 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 online learning, 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

PRE-COURSE ONLINE LEARNING

- Biofeedback (Overview, History, Modalities, Theory, Procedures)
- Surface EMG technology and operation
- Neuromuscular relaxation training
- Anatomy and physiology of pelvic floor structures
- Pelvic organ prolapse
- 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

DAY 1

- 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 2 & 3

- Extensive Hands-On Biofeedback Lab providing experience assessing and treating patients with urge/stress/mixed incontinence, chronic pelvic pain, fecal incontinence, and overactive pelvic floor
- Participants will use a self-inserted vaginal or rectal sensor during lab

DAY 2 & 3 HANDS-ON LAB DESCRIPTION

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.

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, electrical stimulation and TTNS.
- 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.
- Participants will become skilled in administering biofeedback assessments, conducting treatment sessions, and utilizing behavioral therapy techniques to successfully treat patients.

BIOFEEDBACK WORKSHOP TUITION

Tuition: $975 (28 contact hours)

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.

TEXAS ACCOMMODATIONS

HOTEL AND CONFERENCE SITE:
Hilton Garden Inn
2131 I-35
San Marcos, TX 78666
Phone: 512-878-4411

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

Course co-sponsored with:
Current Medical Technologies, Inc. – 800-382-5879
www.cmtmedical.com