

# Pelvis Health, Level 1

Saturday & Sunday, November 24-25, 2018, 9:30-4:00

**Instructors:** Cathy Fournier, MA, PhD (student), RMT  
and Sasha Goudriaan, BEd, RMT



**Max Participant #:** 30

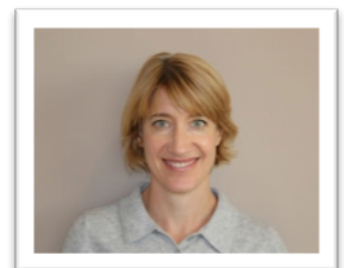
Increasing awareness about the role of pelvic floor dysfunction in a variety of conditions calls for an expanded role for massage therapy. Chronic pelvic pain, urinary frequency, postpartum pelvic issues and sexual dysfunction, just to name a few, may all have musculoskeletal components that massage therapists can work with externally. In this 2-day workshop we will learn simple, non-invasive techniques for safely and effectively treating clients with a range of chronic pelvic issues. The workshop will start with a review of pelvic region anatomy and assessment. We will learn detailed pelvic floor anatomy and consider the many conditions/diagnoses that may affect, or be associated with, compromised pelvic health. Most of the two days will be devoted to learning and practicing techniques for treating the pelvic area, as well as the abdomen, adductors, coccyx, and other soft tissue work related to pelvic health.

## Instructors:

*Cathy has been an RMT for 26 years, and has been specializing in pelvic health for the last 12 years. She has worked at an integrative medicine clinic at Mt. Sinai Hospital and a clinic affiliated with the Wasser Pain Clinic in Toronto. She is currently at the Living Well Integrative Health Centre in Halifax, Nova Scotia. Cathy has been involved in massage therapy education for over 13 years, including several years as a sessional instructor at Sutherland-Chan before she moved to Halifax. She has been teaching continuing education workshops on pelvic pain and promoting pelvic health to massage therapists for nine years, both in Toronto and Halifax. Cathy is currently a PhD student at Dalhousie University where she is studying the integration of traditional, complementary and alternative medicine in primary health care settings in Canada.*



*Sasha has been a practicing RMT for 22 years and a member of the Sutherland-Chan faculty since 2006. She worked for many years as a member of a rehabilitation clinic interdisciplinary team. She has completed her Vodder certification and employs lymphatic drainage extensively in her clinical practice. Five years ago she added pelvic pain as a practice focus. Sasha recently completed a BEd in Adult Education and is using this knowledge to develop a variety of instructional methods, strategies, and approaches to massage therapy education -- and training her two cats. Her academic teaching is focused on musculoskeletal dysfunction, treatment planning and techniques. Sasha has a passion for clinical instruction and supervises students at Toronto General Hospital and in S-C's post-surgery breast massage specialty clinic.*



## Cost:

**Regular:** \$349.00 + HST  
Early Bird: \$320.00 + HST by November 5, 2018  
**S-C Alumni:** \$300.00 + HST  
Early Bird: \$275.00 + HST by November 5, 2018

## Location:

Sutherland-Chan School  
330 Dupont St, Suite 400  
Toronto ON

## Contact Person:

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