



Trigger Point Therapy Course

An 80-hour course & clinic on myofascial trigger points- the most common source of chronic pain. You'll learn to quickly locate and deactivate these all too common causes of tension headaches, migraines, **low back**, neck and shoulder problems. Trigger points, often caused by trauma and stress, are characterized by local tenderness and referred phenomena (pain, tingling, numbness, burning and aching).



Students will learn:

- To readily locate trigger points
- To quickly deactivate trigger points with ischemic pressure
- To teach clients self-care (ischemic compressions, stretch and strengthening)

Instructors

John Harris is an internationally recognized therapist and trainer in myofascial therapies for over 25 years. He was an early pioneer of sports massage and the co-author of Fix Pain. He is considered a gifted, witty and engaging teacher.

Erick Hudson is a near graduate of SBBTI's 1000 hour Holistic Health Practitioner Program, and has been practicing bodywork professionally for four years, specializing in sports massage, trigger point and Asian bodywork. He has also worked for twenty-five years in psychiatric nursing care working for California state hospitals and currently for Santa Barbara County's inpatient facility.

Class Dates

Classroom: February 3 – April 9 (Tuesdays & Thursdays) 9:00am – 1:00pm

Clinics: Mar 12 – Apr 9 (Thursdays) 9:00am – 1:00pm

Location Santa Barbara Body Therapy Institute

516 North Quarantina Street, Santa Barbara CA 93103

Contact Tel (805) 966-5802 Email: bodywork@sbbti.com Website: www.sbbti.com

Cost *\$1120 plus small supply fee (Trigger Point Therapy Manual)

*50 of cost is a non-refundable registration fee

As of January 7, 2009