

Hot DNM Pillossage

Downers Grove, Illinois
SOHMAR: School of Holistic
Massage and Reflexology
June 15-16, 2019
16 CE hours - \$349
(\$299 before June 1)



HOT DNM Pillossage™ combines hands-on techniques with specifically designed thermal flax pillows. Informed by current pain science, this course provides therapists with ways to provide skillful therapy that can stand alone or be integrated with other modalities for clients with conditions that include chronic pain, high levels of stress, or who are in need of rehabilitation.

You will learn to teach your clients novel self-care techniques so therapy can be continued by the client after the session. The benefits and results last far beyond the massage session. You will learn methods to help clients decrease chronic pain and improve quality of life. As you learn the 'dance of Pillossage', you will find easier ways to offer deep therapy without strain.

The foundations of this work are informed by pain science and dermoneuromodulation (DNM) concepts. These enable practitioners to work more effectively and customize sessions appropriately for each client, especially when working with chronic pain clients and complex health conditions. Hands-on methods without flax pillows are presented and practiced so participants understand the concepts more deeply and can work effectively in nearly any situation.

This weekend I was blessed to attend Hot DNM Pillossage at SOHMAR in Downers Grove. It was my first time learning from Jason Erickson. He is knowledgeable and warm and ready to help you be your best. ~ Christine C., LMT (2017)

Jason Erickson, BCTMB, CPT, CAIST, CES, SFS, BBA, BA, AA is a continuing education provider for state, national, and international events, teaching classes in manual and movement therapies. He is a certified Hot DNM Pillossage Instructor under Karen Kowal, the founder of Pillossage, and he has helped train other instructors. He was AMTA Minnesota Chapter President (2014-2016), Master of Ceremonies for the San Diego Pain Summit (2015-2018), presented at the 2017 AFMTE Educational Congress, and was a panelist at the 2016 International Massage Therapy Research Conference (IMTRC). He can be found at www.HealthArtes.com. This class is presented by JasonE Seminars, NCBTMB Approved CE Provider #308.



June 15-16, 2019 (Saturday & Sunday), from 9:00 am to 6:00 pm each day, w/ lunch break
School of Holistic Massage and Reflexology (SOHMAR), Downers Grove, Illinois, www.SOHMAR.com
16 CE Hours **Cost: \$349 (\$299 before June 1)** **Registration: www.HealthArtes.com**

HOT DNM *Pain Science & Pillossage™*

Instructor: Jason Erickson

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Register at www.HealthArtes.com

Course objectives

In this highly interactive and 75% hands on class, you will be introduced to important pain science and dermoneuromodulation (DNM) concepts, thermal therapy, and both hands-on and Pillossage™ techniques you will immediately be able to bring to the clinical setting.

What will I learn?

- How to effectively work through heat
- 'Skin to brain' pain science
- DNM Concepts and easy hands-on applications
- Science & theory of thermal therapy
- Deep tissue - painless approaches!
- Focused therapy to increase ROM
- Self-care techniques for therapist
- Self-care techniques to teach clients

How will my Practice benefit?

- Therapies for specific client populations
- Increase client base
- Offer comfort clients will never forget
- Improved client education
- Event marketing table & chair techniques
- Clothed massage for modesty massage
- Corporate, sports & vendor events
- Increased revenue with retail & education



What do I need for class? Flax pillows, tables, and dycem will be provided.

- Linens (sheet set and towels).
- Layered clothing that easily permits full ROM. Some work will be done with the client fully clothed.
- Notetaking supplies/equipment. Handouts will be provided.
- If pregnant, we recommend waiting to take the class at a later date.

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Questions? Contact Jason via JasonEseminars@gmail.com