

# HOT DNM

## *Pilossage™ & Pain Science*



Carlson College  
Anamosa, IA  
Nov. 10-12  
24 CEs  
\$395

HOT DNM is an integrated class taught by Dori Stephens and Jason Erickson.

Pilossage™ is a groundbreaking form of thermal therapy that combines hands-on techniques with specifically designed thermal flax pillows. This modality is ideal for therapists who are looking for techniques to provide skillful therapy that can stand alone or be integrated with other modalities to offer to clients who live 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 Pilossage™', 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.

We look forward to seeing you in one of our classes!

**Dori Stephens, LMT** has been a licensed Massage Therapist and Esthetician since 2006. She was one of the first to study with Karen Kowal, creator of Pilossage and Mother Earth Pillows, and has performed countless demos for therapists at the World Massage Festival, FSMTA convention, trade shows and AMTA conventions in Illinois and Iowa. She has assisted Karen in teaching Pilossage continuing education, and has trained therapists in high end resorts. She is seriously committed to teaching this evolving modality with integrity and the intent to benefit both therapist and client. She can be found at [www.StPetersMassage.com](http://www.StPetersMassage.com).

**Jason Erickson, BCTMB, CPT, CES, SFS, BBA, BA, AA** is a continuing education provider for state, national, and international events, teaching classes in pain science, dermoneuromodulation, therapeutic movement, orthopedic massage, sports massage, Pilossage, stretching, research literacy, and other topics. He is Master of Ceremonies for the San Diego Pain Summit and was a panelist at the 2016 International Massage Therapy Research Conference (IMTRC). He can be found at [www.HealthArtes.com](http://www.HealthArtes.com).



**November 10-12, 2017** (Friday through Sunday), from 9:00 am to 6:00 pm each day, w/ lunch break  
**Carlson College of Massage Therapy**, Anamosa, Iowa, [www.CarlsonCollege.com](http://www.CarlsonCollege.com)  
**24 CE Hours Cost: \$395 Registration: [www.carlsoncollege.com/cont.-education.html](http://www.carlsoncollege.com/cont.-education.html)**

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**Instructors: Dori Stephens and Jason Erickson**

**24 CE Hours - Cost: \$395**

**Register at [www.carlsoncollege.com/cont.-education.html](http://www.carlsoncollege.com/cont.-education.html)**

### Course objectives

In this highly interactive and 80% hands on class, you will be introduced to important pain science and dermoneuromodulation (DNM) concepts, thermal therapy, and both hands-on and Pilossage™ 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 lotion 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 Chris at [chrisrider@carlsoncollege.com](mailto:chrisrider@carlsoncollege.com) or call (319) 462-3402