

# Hot DNM Pillossage

Live Class

Fairmont, MN

May 12 & 13, 2018

16 CE hrs

\$299 Early Reg, or \$349



## Axial Body (16 CE hrs)

HOT DNM Pillossage is an integrated class taught by Jason Erickson.

Pillossage™ is a groundbreaking form of thermal therapy that combines hands-on techniques with specifically designed hot 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 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. Setting the context for establishing therapeutic rapport and effective communication are also discussed.

*"Since class ended 10 days ago, I've done 7 Pillossage sessions. The response had been overwhelmingly positive, with several rebooking immediately and two booking sessions for family members. Two long term clients noted how this method took my previous use of heated gel packs up to an even more enjoyable level. This technique really suits my style of massage quite well and works wonderfully in tandem with the chiropractor I work with. I'm still in awe of how less taxing it is on my body." – Jessica Farrar-Farmer, LMT*

**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, Pillossage, stretching, research literacy, and other topics. He is Master of Ceremonies for the San Diego Pain Summit and presented at the 2016 International Massage Therapy Research Conference (IMTRC) and the 2017 AFMTE Educational Congress. He can be found at [www.HealthArtes.com](http://www.HealthArtes.com). This class is presented by JasonE Seminars, NCBTMB Approved CE Provider #308.



**May 12 & 13** (Saturday & Sunday), from 9:00 am to 6:00 pm each day, w/ lunch break

**Therapeutic & Stress Reduction Massage**, Fairmont, Minnesota, [TSRmassage.com](http://TSRmassage.com)

**16 CE Hours**

**Cost: \$299 Early Registration by April 1, \$349 after April 1**

**Registration: [www.HealthArtes.com/Registration.php](http://www.HealthArtes.com/Registration.php)**



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Instructor: Jason Erickson  
May 12 & 13, 2018

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### 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 can immediately bring into your work.

### What will I learn?

- How to effectively work through heat
- 'Skin to brain' pain science and DNM concepts and applications
- Science & theory of thermal therapy
- Gentle 'Deep tissue' - painless approaches!
- Focused therapy to increase ROM
- Self-care techniques

### 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 will be provided.)

- Massage table and bolsters
- Linens (face cradle cover, sheet set, and towels).
- Layered clothing that easily permits full ROM. All work will be done with the client fully clothed.
- **If pregnant**, we recommend waiting to take the class at a later date.

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