

Therapeutic Applications of Tai Chi and Qigong

This course is a hybrid approach to prepare the clinician for appropriate use of Qigong and Tai Chi movements as an effective, engaging form of therapeutic intervention. The course includes pre-recorded online videos to learn basic movements, foundations, and movement principles of Tai Chi and Qigong.

Additionally, the course includes, a 7 hour in-person (or live stream depending on circumstances) group session to receive direct postural corrections and feedback, as well as real-life application with case studies and diagnoses simulation (remaining within the guidelines of HIPPA). There will also be follow up discussions to review questions, applications and documentation.

CEUs - 15 contact hours of CEU.

Learning Objectives:

Learn simple Tai Chi and Qigong movements and how to apply them for therapeutic intervention with a variety of patient diagnoses and disabilities.

Understand and demonstrate foundational Tai Chi and Qigong principles such as postural alignment, weight transfer, pelvic/spine unified rotation and whole body movement.

Appropriately choose movements for therapeutic intervention with at least three different diagnoses and patient disability.

Appropriately modify movements for therapeutic intervention with at least three different diagnoses and patient disability.

Independently demonstrate at least four movements of either Tai Chi or Qigong with good foundations and basic form.

Complete one therapy session documentation, including therapeutic intervention codes, for the use of Tai Chi or Qigong as therapeutic intervention and for insurance/Medicare reimbursement.

Course Content Includes:

Self-paced module - (8 hours)

- Online course: Qigong Movements for Therapeutic Application (about 8 models)

This Qigong course is recorded and will be viewed at your own pace. It will provide key of principles of posture and movement as it relates to Tai Chi and Qigong. You will learn short, attainable Qigong movements and forms which can be used with patients for therapeutic intervention to address dynamic balance, posture, mobility and strength, vestibular rehab, body awareness, ADLs, and mental health. It is recommended that you learn each principle and movement form thoroughly.

You **MUST** complete the online portion before attending the scheduled live portion.

Live module - (7 hours) (via live streaming platform or in-person if space and conditions allow)

Group practice session

- Receive postural corrections
- Review Qigong movements learned via the online component,
- Practice leading small groups in Qigong movements with entry level proficiency.

Application:

- Use learned concepts with patient (patient identifiers not to be disclosed)
Simulate application with assigned patient diagnoses
- Create and provide sample documentation of intervention
- Follow Up Q & A to review the application with patient and documentation -

Other-

Pre and Post Test

Certificate of Completion

Course Outline, objectives, pre and post test as required for Texas CEU for OTs.

COST (2021):

\$400 for 15 CEUs (approximately \$26 per CEU hour)

This course will be submitted to TPTA for pre-approval for Physical Therapists and will be scheduled once pre-approval has been given.