

Myofascial Scar Release for Burn Scars

Sundays, June 3rd & 10th, 2018

Burn scars, in particular, have a very deep physical & emotional impact on the burn survivor. Massage therapy can profoundly help in the healing of both the physical & emotional scars. In this workshop, you have the unique opportunity to learn Myofascial Scar Release for Burns **AND** get the opportunity to work on local Burn Survivors!

On June 3, you will learn Myofascial Release techniques that can improve the health of your client's soft tissues and help to prevent the formation of adhesions & fibroses in the area. It will also include specific scar release techniques that can be done to the scar itself to keep it pliable and mobile. We will also talk about the role of the lymph system and its effects on healing as well as the scars effects on the lymph system. You will learn some basic manual lymph techniques that you can incorporate into your scar treatments.

On June 10, we will focus on burn scars. The first half of class is information pertaining to the varying degrees of burns, types of scar tissue, the physical as well as emotional issues faced by burn survivors. **You will then have the unique opportunity to work on actual burn survivors!** They will share their story of their accidents and answer any questions that you may have regarding their injury, their recovery, and how massage and safe, therapeutic touch has helped them. Then you will get the chance to practice all the skills and techniques that you have just learned.



Kate is a Board certified
licensed massage

therapist and founder of *Journey to Health*. She has been in private practice for 19 years, specializing in, burn scar therapy, craniosacral therapy, myofascial release and therapeutic massage. Kate has been treating burn patients at Spaulding Rehabilitation Hospital in Boston since 2015 and began treating burn patients at Spaulding Rehab in 2015 and founded *the Massage and Burn Scar Therapy Foundation* in order to make massage and burn scar therapy available to all burn survivors regardless of their ability to pay. MABSTF is also dedicated to teaching massage therapists and other medical professionals about the benefits of manual therapy on the quality of life of burn survivors.

Kate has been teaching continuing education courses in craniosacral therapy, myofascial release and burn scar therapy for The Bodywork Education Project. She has also taught anatomy, myofascial release techniques and craniosacral therapy to massage students at the Muscular Therapy Institute and the Cortiva Institute from 1999-2009.

Kate had been a certified athletic trainer for 30 years, retiring in 2016. She spent 10 years on the Sports Medicine staff at Harvard University.

Workshops limited to 40 participants.

14 NCBTMB Approved CE Hours

Time: 9:00 a.m. – 5:00 p.m.

Cost: \$250.00 (must do both days to earn Certificate)

Location: The Special Olympics Building
370 George Washington Hwy
Smithfield, RI 02917

Mail written check or money order to (Crisis Massage Team of RI), Attention:

Anne Balboni, Psy. D
State Coordinator/Clinical Director
22 Laura Circle
Cranston, RI 02920

To register contact:

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