



Scottish Massage Therapists Organisation presents
CPD ~ Advanced Bodywork Series
Fibromyalgia:
Clinical Approaches for the Manual Therapist
Steven Goldstein

Edinburgh ~ 26 & 27 March 2011

Steven Goldstein (Melbourne, Australia) presents this course which provides the manual therapist with skills and techniques that utilize direct compressive and indirect osteopathic autonomic nervous system methods for the release of myofascia.

Fibromyalgia is a chronic syndrome, characterized by widespread body pain and pain at specific tender points. Clients can exhibit a range of symptoms including fatigue, sleep disturbance, muscle soreness and headaches.

Join Steven Goldstein BHSc MST Musculoskeletal Therapy who will review current evidence based research that links the benefit of massage with people suffering from fibromyalgia.

This will be followed by the hands-on component where Steven will demonstrate and instruct on possible treatment protocols that can be integrated into your practice.

About Steven Goldstein

Steven Goldstein, an American émigré to Australia in 1999, resides in Melbourne, Australia, where he holds a Bachelor of Health Science in Musculoskeletal Therapy and Bachelor of Arts in Education. He is an innovative massage educator instructing his unique blend of direct myofascial, indirect osteopathic releasing methods and somatic approaches known as *Integrative Fascial Release* internationally since 1995. www.fascialrelease.com

Steven has blended global lines of myofascial tension (Myers) (Schleip) (Paoletti), with articular receptor facilitation to unwrap and unwind soft-tissue with little or no force. He has drawn from the work of Micheal Shea for Autonomic Nervous System approach and expression as the foundation of any soft-tissue work, and Craniosacral therapy to facilitate change to transverse planes.

Techniques include the 'Two Point', the 'Fulcrum', Static & Leverage Compressions which are introduced simply and one dimensionally, then combined by 'osteopathic stacking' to introduce more complex releasing patterns with constant autonomic nervous system awareness, expression and response. Sound structural underpinning knowledge with an indirect approach, allows the practitioner to work more quietly and effectively.



Title: Fibromyalgia: Clinical Approaches for Manual Therapists
Venue: Edinburgh Academy Junior School, 10 Arboretum Road, **EDINBURGH** EH3 5PL
Investment: £200 (SMTO member) / £250 (non-member) to include 2-day workshop plus lunch
10% discount of full price if paid in full by 31/12/10
Non-refundable deposit of £80 required to secure place
Dates: **26 & 27 March 2011**; 9am – 5pm both days
Contact: SMTO on 01224 822956 or info@scotmass.co.uk

BOOKING FORM

Please reserve __ place(s) for Fibromyalgia with Steven Goldstein – 266/27 March 2011. I
enclose _____ (please make cheques payable to “SMT0” and send to SMT0, 70 Lochside
Road, Aberdeen AB23 8QW) or call 01224 822956 to pay by credit/debit card.

Name: _____

Address: _____ Tel No. (H) _____

_____ Tel No. (W) _____

Postcode _____ Email: _____

How did you hear about this workshop? _____