



## **The ISM Series - Washington, DC\* - 2020**

### **A Clinical Mentorship in The Integrated Systems Model**

**Part 1 - March 7-11, 2020 / Part 2 - May 16-20, 2020 / Part 3 - Dates: July 18-22, 2020**

**Total Cost \$5,250.00 (\$37.50/Contact Hour)**

*\*Course will be held in the Reston, Virginia area (Washington, DC)*

Full details at <https://learn.dianelee.ca/course/the-series>

#### **Be a Part of The ISM Series:**

Join Diane Lee, and her team of highly skilled assistants, and immerse yourself in a series that will improve your clinical efficacy for treating the whole person using the Integrated Systems Model.

- Organize your clinical knowledge and hone your clinical reasoning skills through the in-class practical sessions
- Develop meaningful assessments that focus on function
- Receive on-going daily support through a private discussion forum on Learn with Diane Lee directed by Diane and the teaching team

#### **Blended Learning**

- **Contact Hours: 140 Total Contact Hours**
  - **15 8-hour days of live instruction (120 hours) & 20+ hours of online content/forum support**

*This is both an online and in-class course* that will provide significant content of online lecture learning and in-class contact hours approaching 120 live instruction contact hours and an additional 20+ hours of online content and instruction. This allows for significant practical/clinical time to focus on acquiring the skills and clinical reasoning to put this model into practice. You will be learn the theoretical concepts of the ISM approach online via complimentary access to many hours of lectures, short practical video clips, and complete case reports.

- **Part 1** introduces the basic principles of ISM and applies it to the functional trunk (3rd thoracic ring to the hips).
- **Part 2** layers on the neck and shoulder girdle and loops back to integrate this material with Part 1.
- **Part 3** integrates the cranium, lower extremity and elbow/wrist to the trunk with a whole-body focus for both musculoskeletal and neurodural impairments.

The Integrated Systems Model is a framework to help clinicians organize knowledge (evidence and experientially based) and develop clinical reasoning skills that subsequently facilitate best decisions for treatment. A key feature of this approach is Meaningful Task Analysis and Finding the Primary Driver. Briefly, this involves choosing tasks to assess that are relevant to the patient's story (meaningful to the patient's complaints and functional difficulties), assessing the whole body (strategy analysis of the task) to find the criminal (the driver), and then developing sound hypotheses as to how the criminal relates to its multiple victims.

Go to [www.mapta.org](http://www.mapta.org) for more course information. Send questions to [lgrine@mapta.org](mailto:lgrine@mapta.org)



We will provide you with extensive training in the key components of treatment in the ISM approach namely RACM – release, align, connect and move! We will teach you when and how to use release with awareness neuromuscular techniques and how to integrated them with myofascial and articular releases. For those of you with extensive manual therapy training, you will learn a new way of interpreting your arthrokinematic mobility tests – restricted joint glides DO NOT mean the joint is always stiff. Regional experts who work with the ISM approach will also be invited to offer the latest information on their field of expertise. This is a ‘practice-changing’ course that will organize YOUR current closet of knowledge and facilitate best decisions for treatment of a whole person using an integrated whole body/person approach, the Integrated Systems Model.

Simon Sinek suggests that for all we do, we consider WHY, HOW and WHAT to explain ourselves.

Why do we offer this course? We love helping clinicians be better at what THEY do so they can provide more effective therapy sessions for their patients. We love seeing clinicians become passionate and excited about their profession once again.

How do we do it? By providing a safe, creative learning space and relationships that foster peer and mentor learning. In other words, we learn together both in-class and online.

What are we: A dedicated group of physiotherapists who play at work and work at play – there is no difference. Come play and learn with us!

## Course Details

**Eligible Participants:** Physical Therapists

**Tuition includes:** online course support lectures & videos, digital and printable color manuals, education resources for your clients, 15 days of practical classes and a private forum group for clinical reasoning support 24/7. In total over 140+ hours of instruction (120 contact hours live in-class, 20+ online instruction/forum)

**Instructor:** Diane Lee, Senior Assistant: Cathy Rogers, 2 junior assistants – all are graduates of the ISM Series with extensive clinical experience in using this approach.

## What Past Participants Say about ISM and this Series of Courses

*“The ISM Series has been an experience to be remembered. The Learn with Diane Lee teaching team is phenomenal - supportive, encouraging, challenging and wow do they ever know their stuff!! The course content pushes participants to clinically reason, dig through their skills toolboxes to pick the best interventions for that person in that moment, and never is there only one right way to do things. The format of the course allowed for us to continually loop back and review/practice pieces learned earlier which really helped with integration. I think it would be hard to find another course so integrative, bringing in research, clinical techniques from many sources, the whole body, as well as its systems - including the mind and nervous systems. This is definitely a course to consider for physiotherapists looking for a fresh perspective.” Leigh Fortuna*

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