PILATES PSYCHOLOGY AND REHABILITATION
Brent Anderson

Brent Anderson PhD, PT, OCS
A licensed Physical Therapist and Orthopedic Certified Specialist for more than 13 years, Brent is a leading authority in performing arts medicine and Pilates-evolved techniques for rehabilitation. He founded and directs Polestar Pilates education, one of the world’s leading Pilates certification organizations. He lectures widely at national and international symposia and owns and operates two comprehensive Pilates conditioning and physical therapy centers that have become models for clinics and studios worldwide.

COURSE DESCRIPTION: This three hour workshop will focus on how a “Positive Movement Experience, without Pain” can lead to a successful outcome with patients suffering either acute or chronic pathologies. The psychology of rehabilitation is a growing field that searches out how perception of self, self reliance, fear avoidance, self efficacy, vitality and other psycho-social measures impact outcome of rehabilitation. Anderson will discuss how language, intention, expectations and heightened consciousness with Pilates movement can impact immediate results in patients and how therapists can measure and predict outcomes based on the psycho-social measures of rehabilitation. Learn how a physical intervention can have its greatest impact on the true predictors of well-being.

COURSE OBJECTIVES:
- Introduce the latest research on psychology and rehabilitation as it relates to Pilates
- Discuss how the perception of pain influences treatment outcomes
- Discuss how positive movement experiences can influence perception of pain
- Discuss application in a Pilates setting

COURSE OUTLINE:
- Hour 1 – review current research on psychology, chronic pain, rehabilitation and movement
- Hour 2 – introduction of specific Pilates protocols and specific client approaches to create positive movement experiences
- Hour 3 – practice specific Pilates protocols including cueing exercise choices and client interaction.

BIBLIOGRAPHY:
- Davis; Complementary Therapies in Rehabilitation, Second Edition; Slack Publications; 2003
• Anderson BD: Growing Pains, Footnotes, (Sacramento Area Dance Alliance) 1992
• Anderson BD: Dance Medicine: Pilates-based Rehabilitation and Training, SADA Footnotes, 1992
• Anderson BD: Basic Concepts to a Healthy Dance Career, Dance Teacher Now, April 1991