

Aging Series: The Aging Brain

Sunday, November 5, 9:30-5:30

Instructor: Debra Curties, RMT

Max Participant #: 24

CEUs: 3.25 credits, Category A (CMTO)



The Aging Brain begins by exploring how memory works, including the important connections between touch and memory, then moves to concepts related to cognition, learning, emotional intelligence and personality. This is followed by considering the brain's health needs, how brain tissue ages and how normal aging does/does not influence these functions. In the afternoon there is a major focus on dementia, what it is, how it differs from normal aging, and how it manifests as progressive destruction of these same functions. We will discuss the common conditions that cause dementia, with a particular focus on Alzheimer's Disease – how it damages the brain, how it presents clinically in its major stages of progression, and how it creates various physical symptoms and vulnerabilities. We will then contemplate what the research literature offers us on massage therapy efficacy when the client has dementia. The final segment will be a pragmatic discussion of case management strategies, clinical thinking and treatment planning for the massage therapist working with individuals with cognitive impairments like dementia. As our population ages, this is something a massage therapist can increasingly expect to do.

Instructor:

Debra Curties has been a massage therapist since 1984, and has taught pathology and clinical theory to students at Sutherland-Chan since 1987. She is also the school's Executive Director and co-owner. Her love of teaching and of the massage profession have been reflected in the many roles she has assumed in the past 30+ years, from educator to author to leadership in various organizations. Debra has been teaching continuing education workshops across North America since 1998, and has lately been focused on developing courses that help the massage therapist understand and work with mood and sleep disorders and other brain-related conditions that are encountered in clinical practice. She is the recipient of meritorious service awards from the Ontario Massage Therapist Association and the AMTA Council of Schools.



Cost:

Regular: \$199.00 + HST
Early Bird: \$175.00 + HST by October 16, 2017

S-C Alumni: \$170.00 + HST
Early Bird: \$150.00 + HST by October 16, 2017

Location:

[Sutherland-Chan School](#)
330 Dupont St, Suite 400
Toronto ON

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