

2019 National Myotherapy Conference

**Better Practice:
Sustainability:
What does that
look like today?**

**Sunday 3rd
March 2019**



Support



Leadership

Evidence

Learn

Teamwork



Success

BOOK ONLINE: <http://bit.ly/2J4hxTV>
Enquiries: events@myotherapy.org.au

The 2019 National Myotherapy Conference will be the most comprehensive Myotherapy and Musculoskeletal health event of 2019, bringing together the greatest number of myotherapists at the one event in Australia.

EARLY BIRD (ends February 20, 2019)

MA Member \$245
Non-Member \$265

FULL PRICE

MA Member \$280
Non-Member \$295

STUDENTS

MA Member \$150
Non-Member \$180

VENUE:

William Angliss Conference Centre
555 La Trobe
Street, Melbourne

PROFESSIONAL DEVELOPMENT: 8 PD pts



Myotherapy Association Australia
200 Alexandra Pde, Fitzroy VIC
PH: 03 9418 3913
www.myotherapy.org.au

Conference Program

8:00am	REGISTRATIONS OPEN / EXHIBITORS	
8:45am	SPECIAL PRESENTATION / Welcome	
9:00am	KEYNOTE 1 Patient experience is the No.1 profit centre in your business – how to protect your greatest asset and get the market edge	Darrell Hardidge
10:15am	Morning Tea / Exhibitors Hall	
10:45am	Toni Moynihan Award and Presentation	
10:55am	Premium Partner (SSNT)	Tim Trevail
11:00am	KEYNOTE 2 The development of the interdisciplinary team for chronic pain	Dr Mike Shelley - (Hons 1st) Phd CHP MAPS
12:10pm	Concurrent Workshop #1 Identifying risk early: Psychosocial risk factors and early intervention Dr Mike Shelley	Concurrent Workshop #2 Move from a job to a business - shift your thinking for optimal growth Darrell Hardidge
1:00pm	Lunch / Exhibitors Hall	
2:00pm	Concurrent Workshop #3 The customer journey and how to design a 10/10 experience – working with your team Darrell Hardidge	Concurrent Workshop #4 Chronic Myofascial Pain and the Sensitized Segment: Integrating Advancements in the Pain Sciences with Objective Physical Findings and Dry Needling Strategies Dr Jay Shah (MD)
2:50pm	Premium Partner (MIMT)	Graeme De Goldi
2:55pm	Door Prizes / Premax Presentation	
3:00pm	KEYNOTE 3 Myofascial Trigger Points and Chronic Musculoskeletal Pain: The Dynamic Role of Central Sensitization in Assessment and Management	Dr Jay Shah (MD)
4:20pm	Afternoon Tea / Exhibitors Hall	
4:40pm	Concurrent Workshop #5 A Personal or Professional brand – why standing up to be counted is so important. Shaun Brewster	Concurrent Workshop #6 Chronic Myofascial Pain and the Sensitized Segment: Integrating Advancements in the Pain Sciences with Objective Physical Findings and Dry Needling Strategies Dr Jay Shah (MD)
5:30pm	Closing comments	
	Sponsored network drinks - Endeavour College	

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Conference Presenters



DARRELL HARDIDGE For over 20 years, Darrell Hardidge has specialised in supporting high-performing businesses with the strategy and implementation of their customer experience and team culture. He has worked with billion-dollar companies down to the privately-owned operations. Darrell has the ability to engage a diverse range of teams, from board level to the front line, ensuring everyone is on the same page.

His team workshops are highly engaging and effective in causing permanent change and improvement. His company has designed the very powerful metric of client appreciation which sets a business beyond the reaches of their competition who mainly measure client satisfaction with flawed and outdated systems. Darrell's profound knowledge of what creates a market-leading service culture has been delivered to thousands of people and has inspired the behavioural change in many winning teams.

A published author, Darrell's passion for service excellence sets him apart and his experience based upon his own company's IP enables him to authentically engage and connect with any level of an organisation.

A speaker who really walks the talk in what defines the uniqueness of a market leading organisation, Darrell will take your team culture and beliefs to a completely new and inspiring level and ensure a sound commitment to excellence.



DR MIKE SHELLEY – HEALTH PSYCHOLOGIST Dr Mike Shelley has a PhD in Health Psychology and 23 years of experience working in Chronic Pain. He has been a Director of psychology in Queensland Health, Allied Health leader in the Gold Coast Chronic Pain Services, along with working in the Mater Private Hospital Pain, Mood Disorder programs and the Townsville Hospital Pain service. He has been a sessional lecturer at James Cook University and the University of Queensland and has several publications in Health Psychology and Presentations at national and international conferences. Mike is currently the Service Director for Innervate Pain Management which delivers evidence based individual and group Interdisciplinary chronic pain treatments. Mike has a special interest in advanced pain management and the role of Health Psychology in the treatment of chronic illness. Health psychologists have the skill and play a pivotal role in determining patient selection, health promotion, and treatment options. Affiliations: ACI Pain Executive, PHN Clinical Advisory, Attended Eppoc national meeting in 2017, APS College Health Psychology National Executive, APS Relationships Committee, Health Psychology Supervisor.



DR JAY SHAH (MD) Jay P. Shah, MD is a physiatrist and clinical investigator in the Rehabilitation Medicine Department at the National Institutes of Health in Bethesda, Maryland USA. His interests include the pathophysiology of myofascial pain and the integration of physical medicine techniques with promising complementary approaches in the management of neuro-musculoskeletal pain and dysfunction. He also completed the one-year UCLA Medical Acupuncture course and a two-year Bravewell Fellowship at the Arizona Center for Integrative Medicine.

Jay is a well-known lecturer on mechanisms of chronic pain, myofascial pain, acupuncture techniques and other related topics. He and his co-investigators have utilized novel microanalytical and ultrasound imaging techniques that have uncovered the unique biochemical milieu and viscoelastic properties of myofascial trigger points and surrounding soft tissue. He has given many invited lectures and hands-on courses nationally and internationally for physicians, physiotherapists, osteopaths, chiropractors, massage therapists, dentists, and acupuncturists among other professional groups. His presentations integrate the fascinating knowledge emerging from the basic and clinical pain sciences in order to improve evaluation and management approaches to musculoskeletal pain and dysfunction.

Jay was selected by the American Academy of Pain Management as the 2010 recipient of the Janet Travell Clinical Pain Management Award for excellence in clinical care and by the National Association of Myofascial Trigger Point Therapists as the 2012 recipient of the David G. Simons Award for excellence in clinical research.



SHAUN BREWSTER Shaun Brewster has been training health practitioners for over 15 years in higher education, vocational education and professional development workshops. He brings with him vast clinical experience from a long career in private practice. Shaun began his journey as a health professional even before finishing high school. He undertook many short courses in a range of modalities before beginning tertiary education and completing a number of certificates and diplomas in Massage, Reflexology, Oriental Therapies and Fitness. Driven by a lifetime of Martial Arts training and instruction, Shaun had a strong desire to learn about the human body and eventually completed a bachelor of health science in Musculoskeletal Therapy. Following this he graduated with post graduate qualifications in Higher Education and Exercise Science.

Outside of health and education, Shaun's interest lies in long distance running and he has carved out a niche within the endurance sport community both through his clinical practice and as a coach.

When Shaun isn't teaching or treating patients in his clinic, you are likely to find him running across a mountain somewhere.

We thank our premium partners





The Myotherapy Association Australia (MA) is Australia's only professional body dedicated solely to the interests of Myotherapists and the profession of Myotherapy throughout Australia.

VENUE

William Angliss Conference Centre
555 La Trobe
Street, Melbourne
Campus Map

ACCOMMODATION

Quote 'MA conference at William Angliss' when booking the following discounted options:

Radisson on Flagstaff Gardens Melbourne
380 William St, Melbourne
Phone: (03) 9322 8000
Website: www.radisson.com/melbourneau

Atlantis Hotel
Address: 300 Spencer St, Melbourne
Phone: (03) 9600 2900
Website: www.atlantishotel.com.au

PUBLIC TRANSPORT

Train: William Angliss Institute is a short distance from both Flagstaff train station and Southern Cross train station.

Tram: The number 24, number 30 trams and the free City Circle tram stop right outside the Institute's Building A main entrance at 555 La Trobe Street.

PARKING

Onsite parking is only be for members with special assistance requirements and we advise you to please contact us should you require parking.

Metered parking is available on La Trobe Street, Little Lonsdale Street and Spencer Street (carefully check parking rules and rates).

Off-street Parking:

Wilson's Parking - Southern Cross Corner
Spencer and Lonsdale Streets

Melbourne Care Park - Corner of Little

Lonsdale Street and Merriman Lane

Melbourne Ace Parking - 612 Lonsdale Street

PROFESSIONAL DEVELOPMENT

MA Members accrue 8PD points for attending the full day.

TERMS AND CONDITIONS

The organiser reserves the right to alter items in the program. The information contained within this program is true and accurate at time of printing.

CANCELLATIONS AND REFUNDS

Cancellations must be notified in writing two weeks prior to event. No refunds will be given after this time. However a substitute person may attend by prior arrangement with the organiser.