

# Become Qualified in Orofacial Myology

**Course** Recognized worldwide as the premier course for speech, dental and medical professionals, this class allows participants to enter the process for Qualification in Orofacial Myology (QOM). Professionals from all six continents are among the many graduates who attend this in-depth training for evaluation, diagnosis and treatment of Orofacial Myological Disorders. Mouth breathing, oral habits, airway issues, speech disorders, tongue tie (ankyloglossia), feeding issues, oral prep stage of the swallow, "tongue thrust," drooling, and other conditions are incorporated into this training. The "Myo Manual" is included, giving each participant a sequential, systematic, and sensible program of treatment that can be implemented immediately.

## Course Outline

### Day 1 CONTENT

- . Introduction, Course Overview, Pre-Course Assessments
- . Learning Objectives, Scope of Practice, Resources
- . Anatomy & Physiology Related to Orofacial Myology
- . Airway
- . Oral Habits
- . Ankyloglossia Overview
- . Speech and Swallowing
- . Assignment and Quiz; Group and Pairing Assignments

### Day 2 ASSESSMENT/EVALUATION

- . Review, Q & A from Day 1 Material
- . Ankyloglossia, Labial/Buccal Frena, Types of Release & Surgical Concerns
- . Extraoral Assessment
- . Intraoral Assessment
- . Chew/Bolus Collection and Swallow
- . Speech Assessment/Screening
- . Post Evaluation Considerations: Summary, Goals, Treatment Plan
- . Group and Pair Learning Activity; Review, Q&A

### Day 3 TREATMENT

- . Intro to Treatment Program Phases & Concepts, Qualification Process
- . Oral Habits, Unplugging the Thumb, Pacifiers, Sippy Cups
- . Myo Manual: Phase One – Pre Treatment Conditioning
- . Phase Two – Swallowing Mechanics
- . Phase Three – Habituation into Lifestyle
- . Learning Objectives Reviewed; Assignments collected and reviewed, Q&A

## Course Objectives

- Upon completion, Learner will be able to:
- Utilize the Myo Manual Treatment Program for oral myofunctional therapy, "tongue thrust" and other symptoms and disorders.
  - Provide clients a method to eliminate thumb and finger sucking habits, nail biting, and other negative oral habits.
  - Explain the connections upon one another of airway, oral habits, imprecise articulation, malocclusion, tongue-tie, poor eating skills, mouth breathing, sleep disorders, self-esteem and other findings.
  - Explain the importance of the Oral Preparatory Phase of Swallow and be able to break it down into its various components.
  - Evaluate and diagnose tongue-tie (ankyloglossia) and other oral tissues, and provide appropriate treatment.
  - Administer a thorough orofacial myology evaluation/assessment.
  - Describe the four main barriers that interfere with successful treatment of myofunctional and speech habituation.

## Instructors

### Sandra R. Holtzman, MS, CCC-SLP, COM, QOM

Sandra is owner and director of Neo-Health Services, Inc. and author of the Myo Manual Treatment Program and several oral habit programs. She has specialized in Orofacial Myology for most of her career. While directing a large multi-disciplinary therapy center, she developed her treatment program and began training local dentists and speech pathologists. This was followed by training professionals from all parts of the world wishing to become "Neo-Health Grads." She has held positions at three universities and has developed several online courses in addition to her widely attended on-site classes. Sandra co-chairs the QOM Committee for Qualification in Orofacial Myology. She is a consultant and mentor for training course "grads" and is devoted to maintaining and promoting high standards and ethics within the specialty area of orofacial myology.



### Karen Wuertz, DDS, QOM

Dr. Wuertz is the Dental Representative to the Neo-Health Services Team. She received her Doctorate of Dental Surgery in 1992 from UT Health Science Center in San Antonio. She currently serves as Associate Professor in the Department of General Dentistry and Dental Public Health at the UT Health Science Center, School of Dentistry in Houston. Her additional training includes TMD, Sleep Medicine, Orofacial Myology and Laser Surgery with special interest in correcting Tethered Oral Tissues. Dr. Wuertz is a Diplomate of the American Board of Laser Surgery (ABLS) and the American Board of Craniofacial Dental Sleep Medicine (ABCDSM). Passionate about teaching, she has served Creighton University, UNC Chapel Hill and her Alma Mater UT Dental School in San Antonio. Dr. Wuertz has published numerous articles on Restorative & Cosmetic Dentistry, Biomaterials, Dental Lasers, Sleep Medicine and OMDs.



### Becky Ellsworth, RDH, COM, QOM

Becky joined the Neo-Health Services instructional team in 2013. She has been an RDH for over 30 years, has worked in private dental practices, and provides orofacial myology services at Kalamazoo Speech Associates. Becky is also an instructor at Kalamazoo Valley Community College where she helped establish an orofacial myology course built into the dental hygiene curriculum. It is one of the only college level courses approved by Neo-Health Services to enter their students into the Qualification process. Becky serves on the QOM committee and assists in establishing the guidelines and organization of the QOM credential procedures.



### Zohara Nguyen, CCC-SLP, CPSP, QOM

Zohara studied speech pathology at the University of Sydney, Australia and worked in private practice before moving to the US, where she harnessed her passion for orofacial myology. Zohara has worn many hats as a member of the Neo-Health Services Team, including marketing manager for the oral habits social media page, course facilitator and symposium presenter. She co-chairs the QOM Committee for Qualification in Orofacial Myology. She is a standing member of both ASHA and Speech Pathology Australia.



### Jamesa Treadwell, BSDH, RDH, BBE, QOM

After graduating from Northern Arizona University with a BSDH in 1992, Jamesa practiced in Arizona prior to her moving to Washington State where she currently resides and works.



Jamesa became interested in Orofacial Myology in 2016. She had taken numerous classes related to orofacial myology prior to training with Neo-Health Services in 2017. In 2018, Jamesa became a Buteyko Breathing Educator (BBE) after studying with Patrick McKeown. In 2019, Jamesa became a Qualified Orofacial Myologist (QOM) with Neo-Health Services. She owns Pacific Myo, a company that offers treatment for orofacial myology disorders.

## Testimonials

*The material covered in this training course is going to change my career. I wish I could go back in time to 10 years ago with the knowledge I have now!* CM

*You really know how to give your graduates the Red Carpet Treatment. I can't imagine any other organization treating people as well as yours. From the very first time we communicated you gave me your full attention and your team has always been there for whatever I have needed. I plan to announce that everywhere. Thank you so much for all you do at Neo Health!* AL

*What a privilege and a pleasure to attend your Neo-Health course. Your gift of sharing your knowledge and expertise is a gift that keeps on giving! I'm thankful I can include this life-changing work in my practice.* Kate

*After this training my team and I will never look at our dental patients with the same eyes again! We are forever grateful for your sharing your passion and wisdom with us. Thank you for a fabulous educational experience.* David

*The entire thing was so helpful and most beneficial is the sequence for me! I now realize I was starting in the wrong place and worse, not moving through stimuli in a sequential and thoughtful manner. Extremely useful for my daily practice.* ES

*Thank you for the knowledge and valuable skills you have given us. Your course is a very good investment for me. My long trip and all the cost are nothing compared to the new world you opened to my orthodontic practice. The seeds you planted on me will surely blossom in Africa.* Sabi

*In 16 years, I have attended more continuing educational seminars and courses than I can count. This course has been by FAR the most enjoyable and I believe will be the most memorable in my career. Words cannot express how great this has been. What a wonderful group to be a part of. THANK YOU VERY MUCH!!!* KR

## Registration

Registration Fee: \$2500 and includes the following:

- . The Myo Manual Treatment Program
- . Power point handouts
- . Start-up supplies
- . Assessment and treatment materials
- . Access to private clinical FB discussions
- . Private access to website page
- . Listing in the Orofacial Myology directory
- . Complimentary downloadable clinical and marketing resources

### Cancellation Policy:

Prior to 30 days preceding first day of course as follows:

Registration fee returned less \$219 fee, which covers cost of Myo Manual and course supplies that will be sent to registrant for their use. Merchant charges may apply. Any cancellation after this period will be credited for a future Neo-Health Services, Inc. course.

### COURSE CONTENT DISCLOSURE

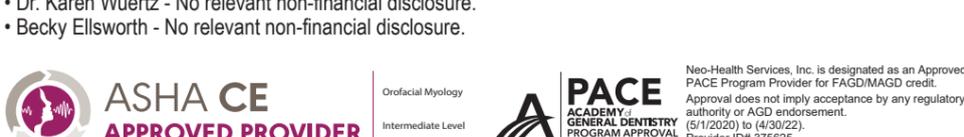
Neo-Health Services, Inc. provides orofacial myology products, some of which are mentioned/demonstrated.

### SPEAKER DISCLOSURE FINANCIAL

- Sandra Holtzman is owner/director of Neo-Health Services, Inc. (NHS) and major shareholder of the company.
- Dr. Karen Wuertz receives compensation from NHS as a course contributor.
- Becky Ellsworth receives compensation from NHS as a course instructor.
- Zohara Nguyen receives compensation from NHS as a course instructor.

### SPEAKER DISCLOSURE NON-FINANCIAL

- Sandra Holtzman - No relevant non-financial disclosure.
- Dr. Karen Wuertz - No relevant non-financial disclosure.
- Becky Ellsworth - No relevant non-financial disclosure.



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28 hour participation course. Subject code 180 Occlusion.