



NEO-HEALTH SERVICES

Orofacial Myology: From Basics to Habituation Training Course (2025)

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

- Introduction, Course Overview
- Terminology and Definitions, History
- Basic Anatomy and Physiology
- Oral Habits
- Airway
- Dentition and Orthodontic Appliances
- Ankyloglossia Assessment and Decision Making
- Swallowing: Physiology, Symptoms, Treatment
- Speech: Disorders in Orofacial Myology
- Intake, Case History, Evaluation

Day 2

- Ankyloglossia, Frenectomy, Lasers, Healing
- Orofacial Myology Evaluation
- Myo Manual Treatment Program Introduction
 - Phase One: Pre-proficiency exam and initial exercises
- Breakout Rooms for In-depth Practice
- Class Assignment

Day 3

- Q&A
- Thumb Sucking and other Oral Habit Elimination
- Myo Manual Treatment Program
 - Phase One completed
 - Phase Two – Swallowing Mechanics
 - Phase Three Introduction and Group Practice
- Breakout Rooms for In-Depth Practice
- Description of Qualification Process
- Review Class Assignment
- Commencement

COURSE OBJECTIVES

Upon completion, Learner will be able to:

- Administer a thorough orofacial myology evaluation/assessment.
- Utilize the Myo Manual Treatment Program for various conditions associated with orofacial myological 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.
- Describe the four main barriers that interfere with successful treatment of myofunctional and speech habituation.

INSTRUCTORS

Sandra R. Holtzman, MS, CCC-SLP, 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 training courses. 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.

Becky Ellsworth, RDH, QOM

Becky has been an RDH for over 30 years, has worked in private dental practices and orofacial myology services at Kalamazoo Speech Associates. She 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.

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. 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.

Zohara Nguyen, CCC-SLP, CPSP, QOM

Zohara is Neo-Health's Director of Education and Training. She 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. She facilitates and is one of our instructors in our virtual training courses. She co-chairs the QOM Committee for Qualification in Orofacial Myology. She is a standing member of both ASHA and Speech Pathology Australia.

REGISTRATION

Registration Fee: \$2800 and includes the following:

- The Myo Manual Treatment Program
- Course handouts
- Assessment and treatment materials including MYO EvalKit and class tools.
- Membership in private Grads' FB group with virtual monthly meetings.
- Access to private Grads' website page with free resources
- 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.

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

DISCLOSURES

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.
- Becky Ellsworth receives compensation from NHS as a course instructor.
- Zohara Nguyen receives compensation from NHS as a course instructor.
- Dr. Karen Wuertz receives compensation from NHS as a course contributor.

SPEAKER DISCLOSURE NON-FINANCIAL

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

