

SECTION 1: THINKING DIFFERENT: AN INTRODUCTION TO PERFORMANCE THERAPY

DEFINING PERFORMANCE THERAPY PROBLEMS: THE PHILOSOPHY OF EBM	Why a shift from 'Best' to 'Good' practice is needed with Evidence Based Medicine
COMPLEMENTARY PAIRS IN COACHING	The art and science of coaching
THE ATHLETE CENTERED SOLUTION	Why the Athlete is at the center of our model
PROCESS DRIVEN THERAPY	A move towards systems iteration
THE PERFORMANCE TRINITY	The Athlete, Coach, Therapist ecosystem

SECTION 2: OBSERVING THE PERFORMANCE: MODEL THINKING IN PERFORMANCE THERAPY

RISK, BIAS, AND PERFORMANCE	Exploring known unknowns and unknown knowns
CREATING MODELS OF MOVEMENT	Understand movement through the lens of complex system
SYSTEMS THINKING	A new approach to regional interdependence
SYSTEMS DYNAMICS	Creating a dynamic approach to seeing the mechanics of locomotion
ENGINEERING PERFORMANCE THROUGH CHAOS	A theoretical perspective to performance design
HORMESIS IN PERFORMANCE THERAPY	The advantage of process driven therapy

SECTION 3: ORIENTATION WITHIN THE PERFORMANCE ENVIRONMENT: PRACTICAL CONSIDERATIONS

ECOLOGICAL DYNAMICS	How the environment shapes Performance Therapy
NOTATIONAL ANALYSIS	How the Performance Therapists assess movement
THE PERFORMANCE MEETING AND SYSTEMS CHECK	How to structure the daily training environment
THE ALTIS LIVING MOVEMENT SCREEN THE PERFORMANCE TRINITY	An introduction to the ALTIS Living Movement Screen
THE ALTIS I5	An introduction to the ALTIS Standard Operating Procedure (SOP)

SECTION 4: PRACTICAL CONSIDERATIONS IN PERFORMANCE THERAPY

THE ALTIS I5	Practical considerations for the ALTIS SOP
THE ALTIS LIVING MOVEMENT SCREEN	Practical application of the ALTIS Living Movement Screen
CURRENT TOPIC IN SPORTS MEDICINE	The Performance Therapist approach to current issues and trends in sports medicine
POOL SIDE CHAT	Round Table Discussion