



Monarch Continuing Education, LLC

Carmen Recupero, B.S., LPTA, CMT, CLT

540-357-2084

www.monarchce.com

carmen@monarchce.com

Thank you for your interest in our MLD/CDP certification program! Take your practice to the next level and become a Certified Lymphedema Therapist. Our certification course provides you with the necessary knowledge and skills to work within this growing field and provide critical services to patients seeking education, preventative care, and treatment therapy.

There is tremendous need for lymphatic drainage care and trained lymphedema therapists in all areas of the country. We make it easier than ever to find a location, payment plan, and schedule to fit your needs.

Read below to learn about our program and the certification options we offer. You'll also find descriptions of each part of the course, answers to frequently asked questions, registration information, and more.

Advantages Of Our Program

Monarch Continuing Education's MLD/CDP course program is one of the few programs nationwide that is recognized by the National Lymphedema Network (NLN). Our certification class is unique in that we offer perspectives on the varying treatment techniques and hand techniques taught by the different schools of thought in MLD. Our course director has studied and attended classes in the French Chickly techniques, as well as the Vodder and Foldi methods.

Another advantage is that our course is offered in sections and there is ample time between modules to practice techniques, to study and to come to the next module prepared with applicable questions. If you take the course in Blacksburg, you also have the advantage of hands-on practice with actual patients in our clinics. There is no substitute for practice and feedback from actual clients

Additionally, we also study manual lymphatic drainage applications for many other indications than just lymphedema. We study lymphatic organ drainage and full body MLD to stimulate the immune system and to bring relief to many suffering with auto-immune conditions such as lupus, chronic fatigue and fibromyalgia.

Two Certification Options

Full MLD/CDP Certification Complete training is recommended for anyone who wants to treat more complex medical patients such as oncology patients, patients who have had lymph nodes removed or radiated, or those with extensive vascular edema with skin deterioration/ulceration. This is really key to seeing big reductions in patients with visible swelling disorders.

Certification class includes all workbooks, hardback text, upper extremity and lower extremity bandaging kits, lab fees, certification exam and 135 CEUs. Full MLD/CDP certification is \$3195 and includes the entire course program. This offers you the ability to advertise as a CLT, certified lymphedema therapist and to join the NLN and LANA organizations.

Basic MLD Certification This will qualify practitioners to work extensively with conditions of the lymphatic system, excluding disorders where there is a direct lymphatic pathology, i.e. cancer treatment of the lymph nodes, lymph node removal, and types of edemas that require bandaging. This is ideal for those who work outside of a direct medical setting, i.e. massage therapists and aestheticians. The cost is \$2195 and includes the home study and the five day onsite course.

With this certification, you would be able to safely treat: whole-body tissue detoxification, symptoms of lupus, arthritis, RA, osteoarthritis, Lyme disease, chronic fatigue, fibromyalgia, aesthetics, cellulite, lymphatic facial detoxification, wrinkles, scarring, and swelling due to surgical procedures, oncology care, trauma and much more. Does not include the CLT credential, bandaging or compression garment fitting instruction.

About Our Program

We will be teaching the full MLD/CDP 135 hour certification program in three parts. Part II and III are live seminars. We offer certification classes across the United States. Email us for the most up-to-date schedule of course offerings or visit our website calendar at www.monarchce.com Please contact us directly about attending a short portion of the program for knowledge without certification.

Part I: Includes an extensive background/instruction in lymphatic anatomy/physiology and all of the basic manual techniques. This section of the course program is a home study you may begin at any time.

Part II: (MLD Certification) A live seminar that continues on from the general introduction of the lymphatic system and superficial treatment to lymphatic drainage of the deeper tissues and deep organ drainage. Specific treatment techniques of lymphatic disorders are covered. These techniques can give you profound results with your complex clients.

Part III: Covers all of the basic compression bandaging principles in keeping with Complete Decongestive Therapy (CDT) as well as a garment fitter training program. Some complex bandaging techniques will also be covered. This is especially helpful when limbs are not uniform shape and it helps relate techniques to real-life applications.

Part III is specifically designed for those who want extensive training on compression bandaging techniques that have proven to be so beneficial for swelling disorders. You will learn how to properly and safely wrap upper and lower extremities, as well as compression techniques for the trunk, genitalia and face. Each therapist will have the opportunity to complete a certification as a compression "fitter" for one of the major garment retailers at no extra cost. We will also include a review of Part II and III in preparation for the certification exam and will discuss what the national LANA exam certification entails.

Registering For Your Course

The complete MLD/CDP certification program includes three DVDs, two textbooks, a handbook for each module, MLD/CDP testing and certification, and the certified fitter program. A \$500 deposit is required to hold your spot in either the basic or the full course, along with the registration form.

Payment Plans

We offer several convenient payment plans you can select from. Take full advantage of our generous payment plans by registering as early as possible. Email us for details!

Who May Attend

- Physical Therapists
- Physical Therapist Assistants

- Occupational Therapists
- Certified Occupational Therapy Assistants
- Athletic Trainers

- Registered Nurses
- Massage Therapists who have completed an accredited program of 500 hours or more.

Meet Your Director

Carmen Recupero, BS, LPTA, CMT, CLT-LANA, is a Licensed Physical Therapist Assistant and Certified Massage Therapist with a specialty certification in Lymphatic Therapy. She is also a WCC wound care specialist. She also has a Bachelor's Degree in Health Care Management. Carmen has worked in a variety of health care settings since 1994, both clinically and in rehabilitation administration. She has specialized in program development in long-term care settings. She has taught Lymphatic Pathology at the Blue Ridge School of Massage in Blacksburg, VA, and in other university settings.



Mrs. Recupero works exclusively on lymphatic care in her therapy practice, providing inpatient and outpatient therapy to clients with a large variety of diagnoses. She has conducted state and national presentations on the necessity of educating breast cancer survivors and their health care workers in the prevention of lymphedema as well as post-operative and post-athletic injury edema management.

Her programs through Monarch Continuing Education always prove relevant through outstanding survey results.

Registration information:

Monarch Continuing Education, LLC

www.monarchce.com

Please complete both pages of this form and return via fax to **1-540-301-0750** or mail to Monarch Continuing Education at **PO BOX 1411, Christiansburg, VA 24068.**

Registration: A minimum deposit of \$500 is required upon registering for the basic or full program. Course registration closes one month before start date, with a maximum of 35 participants.

CE Credits: We are accredited providers of continuing education through NCBTMB and BOC. Most states accept these credits for allied health professionals, (i.e. RN, PT/LPTA, OT/COTA, CMT/LMT etc.) It is up to you to check the requirements of your state.

Cancellation Policy: Refunds can be received up to 30 days before the course starts with the reduction of a non-refundable \$500 deposit. Within 30 days of course start date the amount can be credited toward enrollment in a future course.

I am registering for (check one):

Full MLD/CDP Certification Course **\$3195**

Basic MLD Certification Course \$2195

Name: _____ Email: _____

Address: _____ City: _____
State: _____ Zip Code: _____ Phone: _____

Workplace: _____ Occupation: _____

License Number: _____ State Licensure: _____

NOTE: Please include a copy of any and all licenses with registration, unless already on file.



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I authorize Monarch Continuing Education to charge my course tuition to the following credit card. The amount and schedule of charges will reflect the payment option chosen below:

- Option One:** Pay amount of entire tuition in full. If full amount paid with a check, you will receive a \$100 discount.
- Option Two:** Two equal payments (for Basic Certification) or three equal payments (for Full Certification) of your course tuition, charged as follows:
 - 1.- When you register and Part I info is mailed out
 - 2.- 30 days prior to the start of Part II (final payment for Basic Certification)
 - 3 - 30 days prior to the start of Part III (final payment for Full Certification)
- Option Three:** Monthly payments divided by the number of months from your registration to the end of your final class. For example, in May you register for the course and begin Part I, take Part II in July, and you complete Part III in December. Your planned program spans 8 months, therefore you have 8 equal payments auto-charged on the first of each month.
- Option Four:** Monthly payments for one year.
Plus 4% Credit Card Processing Fee
- I have read, agree to, and understand the student agreement.**

Please note: Final certification will be held until all payments are complete, though you will receive your CEU certificates as you finish each part of the course.

Credit Card Number: _____

Expiration Date: _____ CVV Code: _____ Billing Zip Code: _____

Name, as printed on the card: _____

Billing address of card: _____

X

Signature authorizing credit card change in the amount of the course.

X

Signature verifying that you have read and agree to the above information.

How did you hear about our company? _____