

Counseling Brown Bag Series

Neuromuscular Relaxing Training

Neuromuscular relaxation training is a major component of a number of behaviorally based interventions for anxiety, stress, and anger management as well as for severe behavior problems in persons with developmental disabilities. Additionally, neuromuscular relaxation training is frequently used as a non-medical intervention for asthma, insomnia, chronic pain, and other medical conditions. Unfortunately, many counselors who utilize this intervention receive only rudimentary training on progressive relaxation techniques. After a short review of several types of progressive relaxation training methods, this discussion will focus on several intervention protocols of which relaxation training is a component. Dr. Johnson will then discuss his clinical mental health work with neuromuscular relaxation training and conclude with his current work involving people with Parkinson's disease.



When: FRI, OCT. 12, 2018
11:30 a.m-1:30 p.m.

Where: EDU 102

Dr. Johnson has an extensive background in working with persons with disabilities. He has provided rehabilitation counseling, behavioral consultation and counseling, and mental health counseling services to children and adults with developmental disabilities, serious mental illness, and emotional and behavioral problems. Dr. Johnson has focused much of his attention on researching behavior therapy alternatives to the use of psychotropic medications for addressing severe behavioral problems. He is currently researching non-medical approaches for treating movement disorders. This research has led to the development of Movement Disorder Alleviation Therapy (MDAT)[™], a neuromuscular relaxation training-based protocol for treating motor as well as non-motor symptoms of Parkinson's disease.

Please bring your lunch & come to enjoy the company & the opportunity to hear more about our faculty members' research!