

*- MyoMentor -*

MYOFUNCTIONAL THERAPY TRAINING, MENTORING & DENTAL CONSULTING

# **INTRODUCTORY MENTORING PROGRAM FOR DENTAL PROFESSIONALS**

**MARCH 2019**

**PROGRAM DETAILS**

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## WELCOME TO MYOMENTOR!

My mentoring programs are perfect for hygienists who want to feel more fulfilled in their dental hygiene careers, and for dental practices that want to integrate myofunctional therapy.

I've intentionally designed these programs for a wide range of hygienists, from those who have no experience with myofunctional therapy, to those who already have some background knowledge, or who've taken a four-day training course. After more than three years, my programs have repeatedly demonstrated that graduates are ready to start seeing patients, and building their practices from day one!

Myofunctional therapy is a field that's growing exponentially! As patients and doctors become more aware of the field and its benefits, especially relating to sleep apnea, tongue-ties and TMD, there's been a surge of awareness and interest.

This amazing therapy provides a way for hygienists to learn new and more effective ways of caring for their patients. We chose a profession in healthcare because we wanted to help people, but it's easy to lose sight of this when it becomes "just a job".

If you are ready to make changes to your hygiene career, and to experience the many benefits of becoming more specialized, then this introductory mentoring program is right for you.

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## IMPORTANT INFORMATION

1. This is a mentoring program, not a training course, so no Continuing Education credits will be earned at the completion of the program.
2. This is a classroom-free program. To participate, you'll need to be able to access the sessions using a computer with Internet access and the ability to open video and PDF files. Thorough instructions to access the sessions will be given, and continued tech support will be offered as needed.
3. You'll need to participate in two webinar-style sessions per week for the duration of the program. The sessions will be recorded, and each participant will be able to access these recordings, but to get the most out of the program, you should be involved with as many live sessions as possible.

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## COSTS

The program costs are as follows:

Paid in full before the registration deadline of 2/15/19	\$2,100
Paid in full before the course start date of 3/18/19	\$2,300
Paid in two installments of \$1,200 <i>(The first one due by 3/18/19 and the second one by 4/15/19)</i>	\$2,400

## MAKING YOUR PAYMENT

I accept all payments online via PayPal. I'll send you an invoice, and all you need to do is click a button to pay – it's easy and seamless. You don't need to set up a PayPal account to make the transaction either. PayPal allows you to use the credit card, debit card, or bank account of your choice.

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## PROGRAM SCHEDULE

### Module One

#### Week One

Monday 3/18 – Recognizing Mouth Breathing and Tongue Thrust Symptoms

Thursday 3/21 – Group Discussion and Application

#### Week Two

Monday 3/25 – More MFT Symptoms, Health History and Early Childhood

Thursday 3/28 – Group Discussion and Application

#### Week Three

Monday 4/1 - The Intricacies of Tongue-Ties and Frenectomies

Thursday 4/4 – Group Discussion and Application

#### Week Four

Monday 4/8 – Advanced Patient Care: Sleep Apnea and TMD

Thursday 4/11 – Group Discussion and Application

*Two week break*

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## PROGRAM SCHEDULE (CONT.)

### Module Two

#### Week Five

Monday 4/29 – The Foundation Therapy Program - Sessions 1-4

Thursday 5/2 – Group Discussion and Application

#### Week Six

Monday 5/6 – Doing It All In 12 Sessions - The Full Program

Thursday 5/9 – Group Discussion and Application

#### Week Seven

Monday 5/13 – The Consultation - The Heart of Your Practice

Thursday 5/16 – Group Discussion and Application

#### Week Eight

Monday 5/20 – Setting Up Your Practice and Charging Patients

Thursday 5/23 – Group Discussion and Application

*One week break*

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## PROGRAM SCHEDULE (CONT.)

### Module Three

#### Week Nine

Monday 6/3 – Insurance, Corresponding With Doctors, and Building a Network

Thursday 6/6 – Group Discussion and Application

#### Week Ten

Monday 6/10 – Treating Patients With Tongue-Ties, Sleep Apnea, and TMD

Thursday 6/13 – Group Discussion and Application

#### Week Eleven

Monday 6/17 – Managing Difficult Cases and Complex Patient Care

Thursday 6/20 – Group Discussion and Application

#### Week Twelve

Monday 6/24 – Dental Appliances, and The Keys To Your Business Success

Thursday 6/27 – Group Discussion and Application

*\* Please be aware that the exact time of our calls will not be set until I know which time zones all of the participants are located in (the calls will be either 6pm, 6:30pm or 7pm PT). My goal is to find a time that works for everyone regardless of whether they're located on the East or West coast, or Hawaii or Alaska.*

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## GROUP TEACHING SESSIONS

We'll meet every Monday evening for our Group Teaching Sessions.

This is when I'll discuss and teach the topic of the week. Each session will be about an hour in duration; possibly up to one hour and 15 minutes depending on the number of questions asked. At the end of each Teaching Session, I will give you helpful topics to focus on with your own patients for the rest of the week.

These sessions will be recorded so that you can access them anytime for a review, or so that if you were unable to join the session live, you can listen on your own, and stay on track with the rest of the group.

## GROUP DISCUSSION SESSIONS

We'll meet every Thursday evening for our weekly Group Discussion and Application Session.

These hour-long interactive sessions are when we'll review the topic from Monday, and cover any questions that came up over the course of the week. Prior to each Discussion and Application Session, I ask that all participants email me one to three questions they would like to have answered. These questions will guide the discussion, and each participant will also have the chance to share and ask questions as they come up during the discussion.

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## ONE-ON-ONE SESSIONS

As part of your program package, you receive four One-On-One Sessions with me. These sessions are just for you – your questions, goals and experiences. We'll work through the topics that you need most help with, and make sure that you're staying on track.

Each one is an hour in duration, and the first session will take place prior to the program start date if possible. The remaining three sessions can be used during our breaks between modules, or you can wait and use them at the end of the program. These one-on-one sessions are designed to help you, so use them as you see fit.

## ONLINE INTERNSHIP

One of the biggest challenges to any new myofunctional therapist is actually seeing their first patients. To make this process easier, and to help you to build both your confidence and your practice as quickly as possible, I've created a one of a kind Online Internship Program - there's nothing else like this in the field!

As part of this program, you will have the opportunity to work with patients from my practice. This will help you gain experience and learn the ins and outs of the technology I use to see my patients online.

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## ONLINE INTERNSHIP (CONT.)

The online nature of the program means that it's super-convenient and doesn't involve travel, or long days spent shadowing someone to try and pick up some tips and tricks. Instead, with my guidance, you'll be able to work directly with carefully matched patients, in the same way you saw your first patients in dental hygiene school. These patients know they'll be working with a student, so it's a great fit all around. You'll teach exercises and learn to recognize signs and symptoms in a real-world setting.

I'll be offering you help whenever needed, including handling all the background systems for scheduling, charting, and of course, finding and signing up the patient in the first place.

After you've completed the 12-week program, I'll work with you to get you matched with your first patient. I'll guide you through all the technological requirements and make sure that you're totally ready to go before your first session. We'll find dates and times that are mutually suitable, and I'll be with you every step of the way.

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## PROMISE TO HAVE FUN!

I am so, so excited to begin working with you! This program can change your career, your life, and your way of thinking about dentistry and the mouth.

My goal is to help you reach all of your myofunctional therapy career and success goals. If you're not successful, then I don't consider myself to be successful! I want you to get as much as you can out of our time working together, and to have a lot of fun doing it. I want this learning experience to be enjoyable and rewarding for everyone involved.

## ABOUT ME

I've been practicing myofunctional therapy since 2010. Since my earliest days as a therapist, I've been passionate about making myofunctional therapy part of mainstream healthcare.

So, in addition to seeing patients and networking with doctors and dentists, I've been speaking, teaching, and writing about myofunctional therapy. MyoMentor was created to bring healthcare providers together to ensure that our patients no longer fall through the cracks.

