

Refresher Course in Trigger Point Dry Needling

Saturday 28th Feb 2026

Dublin

CPD Hours: 8

Course Fee: €160



Contact

Email: info@cohesivetherapy.ie

www.cohesivetherapy.ie

Phone: 00353-877591151

VENUE

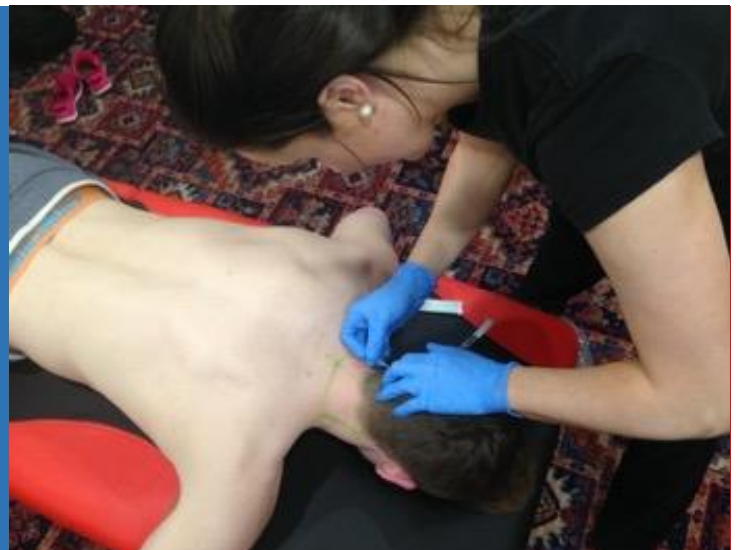
Aspect Hotel Park West,
New Nangor Road,
Park West Business Campus,
D12 F2V4
Dublin 12



Course Lecturer

Sourjit Moharana MIAP, MISCP.

PGOMT (Curtin University, Western Australia)
Master of Manual Therapy (Univ. of Western Australia)



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00353-877591151 | info@cohesivetherapy.ie | www.cohesivetherapy.ie

CRO Regn No- 687851

COURSE OVERVIEW

This is a **practical, participant-led** course designed to enhance the skills and build the confidence of clinicians who are already practicing or trained in Myofascial Trigger Point Dry Needling. The course places strong emphasis on **hands-on practice, clinical reasoning,** and **safe techniques**.

LEARNING OUTCOME

1. **Build confidence and enhance proficiency** in Myofascial Trigger Point Dry Needling techniques.
2. **Learn safe and alternative needling approaches** for a wide range of muscles.
3. **Gain up-to-date knowledge** of current research and evidence in dry needling practice.
4. **Meet the ISCP-recommended CPD requirements** for the clinical use of dry needling.

COURSE PREREQUISITES

1. **Participants must have completed an Introductory/Foundation Level Course (21 hours) in Trigger Point Dry Needling** (not Acupuncture) from a recognised course provider. A copy of the previous course completion certificate must be submitted prior to attendance. This prerequisite ensures that participants already possess basic dry needling knowledge, fundamental techniques, and familiarity with the most commonly treated muscles. The aim of this course is to **revise, enhance, and refine** needling techniques.
2. Dry Needling must fall within the participant's professional scope of practice.

COURSE CONTENT

Participants are encouraged to prepare a list of the myofascial trigger points they wish to revise and submit it prior to the course. A collective interest list will then be created, and the revision sessions will begin with the most requested muscle trigger points and progress to those of lower demand.

BOOKINGS & PAYMENTS

Email info@cohesivetherapy.ie to **provisionally book your place**. Participants will receive bank details for online transfer or a PayPal/SumUp link for card payments. **Your booking will be confirmed once the full course fee has been received.**

CANCELLATION POLICY

- **Cancellation by Participant:** A full refund (minus an administration fee) will be issued for cancellations made more than **2 weeks** before the course date. A **50% refund** (minus an administration fee) will be issued for cancellations made between **2 weeks and 48 hours** before the course. **No refund** will be granted for cancellations made **less than 48 hours** before the course.
- **Cancellation by Course Organiser/Lecturer:** The Course Organiser/Lecturer reserves the right to cancel the course or alter the venue or date. In the event of course cancellation, participants will be offered a place on a future course or a **full refund of the course fee**. However, any additional expenses incurred by participants—such as travel, accommodation, or leave—**will not be reimbursed**.



LECTURER BIOGRAPHY

Sourjit Moharana is a Chartered Physiotherapist and Clinical Specialist in Musculoskeletal Therapy. He completed his physiotherapy degree at SVNIRTAR, India, in 1998 and worked in several hospitals and rehabilitation centres before migrating to Ireland in 2003. He began his Irish career at Waterford Regional Hospital (now University Hospital Waterford) before moving to Waterford Primary Care, where he continues to work as a Senior Physiotherapist. Sourjit completed a **Postgraduate Diploma in Orthopaedic Manual Therapy** at Curtin University, Australia, in 2004, followed by a **Master of Manual Therapy** from The University of Western Australia in 2010. His clinical focus is musculoskeletal physiotherapy, with a special interest in sub-acute, chronic, and complex musculoskeletal conditions. He is a life member of the Indian Association of Physiotherapists and a member of the Irish Society of Chartered Physiotherapists. He also holds Level II membership with the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT).

Alongside his clinical work, Sourjit lectures on Dry Needling courses across Ireland, the UK, and India. He has delivered more than 50 Dry Needling courses and has trained hundreds of clinicians at both Introductory and Advanced levels. His teaching emphasises the integration of myofascial pain and dry needling concepts with traditional manual therapy assessment and treatment approaches to optimise therapeutic outcomes.

PROGRAMME DETAILS

28th February 2026

8.30-8.45AM:	Registration & Introduction.
8.45-9.15AM:	Current Research & Evidences.
9.15-11AM:	Practical
11-11.15AM:	<i>Tea</i>
11.15-1.00PM:	Practical
1-1.45PM:	<i>Lunch</i>
1.45-3PM:	Practical
3-3.15PM:	<i>Tea</i>
3.00-5.30PM:	Practical

IMPORTANT PRE-COURSE INFORMATION

Please read important pre-course information given below and spend some time in organising yourself.

1. Do I need professional insurance to participate in the course?

As **Dry Needling** is an invasive procedure, all participants are required to **sign a consent and indemnity form** prior to the practical sessions, indemnifying the Course Lecturer, Course Assistant(s), and Organiser. Having professional indemnity insurance is strongly recommended. Please verify whether your employer's practice insurance covers CPD activities, including Dry Needling, as you may not require additional coverage. ISCP members must ensure that their professional indemnity insurance covers practice of Dry Needling.

2. What should I read before the course?

A small amount of preparation before the course will help you **revise and refine your techniques**. Participants are encouraged to:



- Make a **list of the trigger points** they wish to revise.
- Review the **regional and surface anatomy** of those muscles, paying special attention to **lungs, arteries, veins, nerves, and other critical structures** near each muscle or muscle group.

Please note that **theoretical aspects of trigger points will not be covered**, as the course focuses on **hands-on techniques**. Some techniques taught may **differ from those learned in previous courses**.

3. What should I bring to the course?

One box of disposable gloves of your hand size (non-sterile); Alcohol based hand sanitisers. A small roll of absorbent cotton wool; One box of disinfectant alcohol swabs; One large towel/Linen for your comfort/privacy. Practice needles will be provided. PLEASE BRING your OLD COURSE MANUAL*

****If you wish to purchase Cohesive Therapy course manual the cost is €25.***

After the course, participants will receive a **PDF course manual** via email, detailing the trigger points covered during the session.

4. What should I wear for the course?

There will be no external models for practical sessions. Participants will practice needling techniques on one another, taking turns within their groups and exposing the areas necessary for the muscles being covered. Please wear light, comfortable clothing suitable for practical work. *T-shirts, shorts, sleeveless tops/vests, and sports bras* are recommended. We fully respect individual religious and socio-cultural beliefs. If you have any concerns about exposing specific body areas, please inform the course lecturer in advance so appropriate arrangements can be made.

5. Can I participate if I am Pregnant?

Pregnancy is not considered a contraindication to dry needling. However, it is often mistakenly associated with any complications that may occur during pregnancy. Therefore, if you are pregnant, practice needling on yourself will be limited, and vigorous or intensive techniques will not be permitted. Please inform the course lecturer prior to attending if you are pregnant so that appropriate adjustments can be made.

6. What are the program details?

Please refer to programme details above.

7. Getting to the venue: Please use Eircode **D12 F2V4** for directions in Google Maps. Parking is free at the venue.

Unique experience of learning...

