

Program Outline For Pain To Brain Workshop

Course title – Stress, The Brain, Disease and the Chiropractic Adjustment: The Science That Brings It All Together

Course instructor – Clint Steele, D.C.

Course objective – To present the research demonstrating the effects of stress on the brain and nervous system leading to disease and how chiropractic can lead to improved changes in both cortical brain wave patterns and limbic systems responses.

Statement of Purpose – Neuroscience and the latest research in the field of Chiropractic has demonstrated the direct effect of Chiropractic care on central nervous system physiology and function. The purpose of this presentation is to simplify its application for clinical practice.

Overview of the course. – This course provides a look at how the new information in neuroscience fits into the Art, Science and Philosophy of Chiropractic. This new knowledge has also helped to define frequency, duration and intensity of care based on both the cortical wave patterning and the limbic responses and neurological needs of the patient.

Course outline -

Hours 1-3 The Science Of Stress

- *How stress impacts the brain and changes function and physiology.*
- *Presenting the research to connect the changes in brain function to changing limbic system patterns leading to disease.*

Clinical Science (neurology) -
Research Trends

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Hours 4-6 The Role Of The Nervous System in Adapting

- *Allostasis and Disease: The inability for the brain and nervous system to maintain homeostasis during stress and recovery.*
- *Adaptability*

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Hours 7-9 Patient Presentation and Chiropractic Adjustments When It Comes To Brain Function

- *The research behind the chiropractic adjustment and*

- *Reviewing in detail the presentation of the patient from numerous examination findings and how to relate it all back to the inability for the brain and nervous system to adapt to and recover from stress.*

Hours 10-12 Caring For The Brain and The Science To Prove It

- *How to specifically assess the brain and nervous system during the examination process.*
- *The effects of stress during the examination process specifically in how it changes limbic system responses.*
- *How to specifically develop care plans based on the results of your examination.*
- *Type of adjustments, frequency, length of care plans*
- *Lifestyle changes and adjuncts to the chiropractic adjustment*
- *Questions*
- *Conclusion*

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