



SHERMAN COLLEGE  
*of CHIROPRACTIC*  
CONTINUING EDUCATION

November 17, 2024

Office of Continuing Education  
P. O. Box 1452  
Spartanburg, SC 29304

**Subject: Continuing Education Approval**  
**Applied PolyVagal 4.0**  
**Virtually Live**  
**March 2, 2024**

Enclosed is essential information regarding the program to be presented for **a total of 4 maximum CE hours** for licensure requirements.

Contained within this information are the instructor's credentials and course outline.

- Monique Andrews, D.C.
- Tamara MacIntyre, D.C.

Based upon their credentials, education and experience the above-mentioned presenters have been approved by Sherman College of Chiropractic as post graduate extension faculty and qualified to present the information contained in the attached listed courses.

Attendance will be monitored at the door. Doctors are instructed to sign in at each time interval. At the conclusion of the program, Sherman College will send out attendance letters to the attending DCs. Each certificate includes the name of the program, the date, approval number and the number of hours of attendance.

Thank you for your consideration. Please let us know of any questions or additional information you may need.

Thank you,

*Rozelle Foster*  
Rozelle Foster  
Director of Continuing Education

Enclosures

**Mar 2, 2024**

4 hours

Andrews & MacIntyre

Applied PolyVagal in Practice 4.0

Outline

**I. Introduction to PolyVagal Theory** (Andrews & MacIntyre)

Autonomic nervous system (ANS) neurology

**II. PolyVagal Theory in depth** (Monique Andrews MS DC DNM)

1. Autonomic Hierarchy
2. Neuroception
3. Co-Regulation
4. Heart Rate Variability and the ANS

**III. Clinical Application techniques** (Tamara MacIntyre MS DC DNM)

1. Chiropractic and the Vagus nerve
2. Trauma Informed Practice (TIP) guidelines for chiropractors
3. Assessments tools and OATS
4. General Exercise strategies
5. Vagal stimulation strategies
6. Specific & Targeted at-home strategies

**IV. Review and Interactive Q & A** (Andrews & MacIntyre)

Dr. Monique Andrews is a chiropractor, neuroscientist and educator. As an international, award winning speaker and sought after presenter, Dr. Mo is a master at making difficult concepts accessible, weaving together neuroscience and philosophy into a deeper understanding of our chiropractic purpose. Few people possess the expertise, presence and wisdom to make a meaningful impact on humanity. Dr. Mo is a rare gift to our profession.

### **Highlights**

Doctor of Chiropractic  
 Master of Science (Neuroscience)  
 Professional Business Consultant and Coach  
 Teaching experience (University level) - 10 years  
 Chiropractic Practice - 12 years  
 Management experience - 14 years  
 Published Author  
 International Speaker

### **Education**

Doctor of Chiropractic, <i>Summa Cum Laude</i> Palmer College of Chiropractic, Davenport IA, USA	Jun 2001
Master of Science, Neuroscience Carleton University, Ottawa Ontario, CANADA	May 1994
Bachelor of Psychology, <i>High Honours</i> Carleton University, Ottawa Ontario, CANADA	Aug 1992

### **Teaching Experience**

Life Chiropractic College West Chair, Department of Basic Sciences	Jun 2015 – Jun 2019
Chair (Interim) Chiropractic Philosophy and Principles	Sep 2016 – Jul 2017
Professor – Neurology, Physiology, Philosophy, Business	Sep 2013 – Jun 2019
Palmer College of Chiropractic Extension Faculty – Intern Preceptorship Program	Spring 2006
Instructor - Spinal and Gross Anatomy, Laboratory	Oct 1998- Jun 2001
Teaching Assistant - Spinal Anatomy, Neurophysiology, Technique	Jun 1999- Jun 2001
Dissector - Gross Anatomy	Sep 1998-Oct 1999
Doula Certification College Program Ottawa, ON Instructor – Anatomy and Physiology	Sep 2003- Apr 2004
Carleton University Instructor – Intro to Neuroscience Research	Jun 1994- Jun 1996
Teaching Assistant – Neuroanatomy and Neurophysiology	Jun 1992-May 1994

### **Professional Experience**

The Prana Foundation, Co-Founder	Nov 2019 - present
Private Practice - <i>The Prana Group Inc</i> Co-founder, Chiropractor and Director	Dec 2001- Dec 2013
Professional Coaching Consultant	Jan 2011 – Aug 2013

### **Research Experience**

Palmer College of Chiropractic Graduate Research Project and Paper	Jan – Jun 2001
Carleton University Research Associate – Neuropsychopharmacology	Jun 1994- Jun 1996
Graduate Student Research – Psychoneuroimmunology	Jun 1992-May 1994

### **Post Graduate Certifications**

Applied Functional Medicine Clinical Practitioner (AFMCP) Institute of Functional Medicine, Gig Harbour, WA USA	Dec 2006
Doctor of Natural Medicine (DNM) The Examining Board of Natural Medicine Practitioners, Toronto, ON	Nov 2005

## Distinctions and Awards

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Axiom Seminar, Amsterdam – Best Speaker	2019
Life Chiropractic College West	
Administrator of the Year	2016, 2017
Faculty of the Year	2015
Palmer College of Chiropractic	
Presidential Citation for Distinguished Service	Jun 2001
Presidential Scholar	
Vogt Leadership Society Scholarship	Jun 1999
Palmer International Student Scholarship	Mar 1998
Carleton University	
National Institute on Drug Abuse (US) Research Award	Sep 1992-94
Medical Research Council (MRC) of Canada Scholarship	Sep 1992-93
Natural Sciences Energy Research Council (NSERC) Award	May 1991-92

## Speaking Engagements & Conference Presentations

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Alliance of New Mexico Chiropractors	Mar 2020
Cal Jam	Feb 2020
Colorado Chiropractic Association	Oct 2019
NZCC Lyceum	Sep 2019
The Kids Summit – Sydney, Australia	Sep 2019
Axiom – Amsterdam, Netherlands	Aug 2019
AutismONE – Chicago, USA	May 2019
The Berkshire Philosophy Event – Boston, USA	Mar 2019
Seminaria Neurologia Actualizada – Toluca, Mexico	Dec 2018
ChiroFEST – Vancouver, USA	Sep 2018
Mile High – Denver, USA	Aug 2018
The Berkshire Philosophy Event – Boston, USA	Apr 2018
The WAVE – San Francisco, USA	Aug 2017
Life Chiropractic College West - Commencement Speaker	Dec 2016
ACC RACC - Attendee	2015, 2016, 2017
Heel International Homotoxicology Symposium - Speaker	Apr 2008
Palmer College of Chiropractic Lyceum - Speaker	Aug 2003
World Congress of Chiropractic Students Conference – Chairperson	Sep 2000
Society for Neuroscience, 25 & 26th Annual Scientific Meeting - Presenter	Nov 1995, 1996

## Professional Affiliations

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California Chiropractic Examining Board (Active)
College of Chiropractors of Ontario (Inactive)
Examining Board of Natural Medicine Practitioners, Canada, <i>Registration Number 330805</i>
Institute of Functional Medicine, <i>Member</i>
Chiropractic Awareness Council, <i>Member</i>

## Publications

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- Andrews, M. (2001) **Graduate Research Paper- Palmer College of Chiropractic**, *Effects of Upper Cervical Chiropractic Care on Systolic and Diastolic Blood Pressure in a Patient with Moderate Hypertension.*
- Brebner, K., Froestl, W., Andrews, M., Phalen, R., and Roberts, D.C.S. (vol. 38(11): 1797-804. 1999) **Neuropharmacology**, *The GABAB agonist CGP 44532 Decreases Cocaine Self-administration in rats: Demonstration using a Progressive Ratio and a discrete trials procedure.*
- Roberts, D.C.S. and Andrews, M. (vol. 131(3):271-7, 1997) **Psychopharmacology**, *Baclofen suppression of Cocaine Self-administration : Demonstration using a discrete trials paradigm.*
- Zacharko, R.M., Zalcmann, S., MacNeil, G.M., Andrews, M., Mendella, P.D. and Anisman, H. (vol. 58(4): 881-6, 1997) **Pharmacology, Biochemistry and Behavior**. *Differential effects of immunological challenge on self-stimulation from the nucleus accumbens and the substantia nigra.*
- Roberts, D.C.S, Andrews, M., and Vickers, G.J. (vol. 15:417-423, 1996) **Neuropsychopharmacology**. *Baclofen attenuates the reinforcing effect of cocaine in rats.*

# Tamara MacIntyre MS DC DNM

*Curriculum Vitae 2021*

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[www.drtamaramacintyre.com](http://www.drtamaramacintyre.com)  
[www.thepranafoundation.org](http://www.thepranafoundation.org)

## CORE COMPETENCIES | LEADERSHIP ATTRIBUTES

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- A passionate leader, gifted educator & principled chiropractor
- A mission to empower people with a greater understanding of health, the human body and its' expression
- Contributing to the education of the Chiropractors of the future by providing an enlightened and fulfilling experience through clinical practice, patient case work, practice development & the curious exploration of the human condition
- Co-owned a multi-disciplinary private chiropractic practice for 13 years
- Transformed a group of integrative practitioners, administrators, educators and staff into a highly successful team for 4 years
- An educator at the graduate level for 12 years
- Doctor of Chiropractic (DC) for 20 years
- Doctor of Natural Medicine (DNM) for 14 years
- Leadership & Administrative Management Experience - 18 years
- Teaching Experience (University level) - 17 years
- Research Experience (Graduate level) – 7 years
- Clinical Consultant & content contributor for a Remote Patient Management (RPM) App – 1 year

## EDUCATION

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**Examining Board of Natural Medicine Practitioners**, Doctor of Natural Medicine (DNM)  
Toronto, ON CANADA

**Palmer College of Chiropractic**, Doctor of Chiropractic (DC)  
Davenport, IA

**Carleton University** - Psychology, Neuroscience (MS)  
Ottawa, ON CANADA

**University of New Brunswick** - Biology, Psychology (BS)  
Fredericton, NB CANADA

## PROFESSIONAL EXPERIENCE

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**Co-founder of The Prana Foundation** 2020 – Present  
Victoria BC CANADA

**Clinical Consultant & Contributor, MLiQ (My Lifestyle iQ) App** 2020 – Present  
Founder, Dr Guy Reikeman, Puerto Rico

**Private Practice, Dr Tamara MacIntyre** ([www.drtamaramacintyre.com](http://www.drtamaramacintyre.com)) 2020  
Victoria Community Acupuncture, BC CANADA & Virtual TeleHeath Consultation

**Dean of Clinical Education, Monte H. Greenawalt Health Center** 2017 – 2019  
Life Chiropractic College West, San Francisco Bay Area, CA

**Interim Dean, Monte H. Greenawalt Health Center** 2016 – June 2017  
Life Chiropractic College West, San Francisco Bay Area, CA

<b>Chair of Clinical Education, Monte H. Greenawalt Health Center</b> Life Chiropractic College West, San Francisco Bay Area, CA	2015 – Sept. 2016
<b>Clinical Director/Co-owner – Private Practice</b> Prana Chiropractic Centre/The Prana Group Inc, Ottawa, ON, CANADA	2001 – 2014
<b>Development Office-Coordinator, Palmer College of Chiropractic</b> Davenport, IA	2001

## LEADERSHIP & SERVICE TO THE CHIROPRACTIC PROFESSION

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### Clinical Education Mentorship

- Clinical Competency Training 8 Week Training Course July 2020
- Advanced Mentorship Community March 2020 – Present
- Prana Mentorship Community (PASSAGES) April 2020 – Present
- Webinar Presenter (Topics Include: Immune System, TeleHealth...) 2020

### Founder & Facilitator, The Prana Foundation Retreats

- Costa Rica | Woman’s Collaborative (Scheduled) June 2021
- Costa Rica | Co-Ed Collaborative January 2021
- Costa Rica | Woman’s Collaborative December 2019

### Facilitator, Nikau Chiropractic Retreats

- Costa Rica | Woman’s Collaborative June 2019
- Mexico | Student Retreat April 2019

### Dean of Clinical Education, Monte H. Greenawalt Health Center

- Secretary, Association of Chiropractic Colleges – Clinic Administrators Group 2017 – 2019
- President’s Club Membership & Donor 2015 – 2017
- Curriculum Committee 2014 – 2019
- Student Mentorship: *Patient Management & Communication* 2014 – Current

### Nirankari Sant Samagam – Life West sanctioned Mission Trips

- Delhi, India November 2018
- Delhi, India November 2017
- Mumbai, India January 2016

Mission Trip America – *Satellite Certificate* 2015, 2018

Pediatric Club Faculty Advisor, Life Chiropractic College West 2014-2015

Functional Medicine Club Faculty advisor, Life Chiropractic College West 2014-2015

## PROFESSIONAL EXPERIENCE – TEACHING

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**Chair/Dean – Health Center Curriculum, Clinical Education Department** 2015 - 2019  
Life Chiropractic College West Courses Taught: Student Clinic coursework (SC-1 & SC-2)  
Life Chiropractic College West Health coursework Oversight: All HC coursework including  
Clinic levels 1 through 4 (Year of Outpatient care) & Clinical Case of Week requirements

**Professor-Ranked – Clinical Sciences Department** 2014 – 2015  
Life Chiropractic College West Courses Taught: Pediatrics, Case History & Introduction to  
Differential Diagnosis, Introduction to Diagnostic Principles, Differential Diagnosis A (Extremity),  
Correlative Diagnosis Lab, Clinical Chemistry A (Hematology), Basic Nutrition, Gynecology,  
Kinesiology Taping – Advanced Extremity Elective



**SHERMAN COLLEGE**  
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**CONTINUING EDUCATION**

Sherman College of Chiropractic  
Continuing Education Postgraduate Department  
PO Box 1452  
Spartanburg, SC 29304  
(800) 849-8771, extension 229

**Attendance Verification**

*Issued Date: Put the current date here*

Course Title: **Applied PolyVagal 4.0**  
Course Code / Approval Number:  
Dates of the Seminar: **March 2, 2024**  
Location: **Virtually Live**

This is to certify that:

License No:

attended the above seminar and has received   ?   hours of Continuing Education.

The Continuing Education Department does not forward hours to the State Board(s) unless requested by the State Board. Please make a copy for your records and mail original to the appropriate State Board(s) when applicable.

Thank you,

*Rozelle Foster*

Rozelle Foster  
Director of Continuing Education



**CONTINUING EDUCATION PROGRAM EVALUATION**  
**Applied PolyVagal 4.0 | March 2, 2024 | Virtually Live**

**Your opinion is valued!** Thank you for helping us to improve the quality of our events. Please take a moment to comment on the continuing education program you recently attended and return to the monitor, mail to Sherman College CE Dept. or fax to 864-599-7145. All responses are confidential.

**PLEASE CIRCLE YOUR RESPONSE.**

Rating Scale:            4 - Excellent      3 - Good            2 - Satisfactory      1 - Poor

**SEMINAR CONTENT**

Organization of materials	4	3	2	1	N/A
Usefulness of ideas, skills and techniques	4	3	2	1	N/A
Newness of the seminar information	4	3	2	1	N/A
The amount of hands-on demonstration was appropriate	4	3	2	1	N/A
Overall content rating	4	3	2	1	N/A

**PRESENTER RATING**

The speaker held my interest	4	3	2	1	N/A
The speaker demonstrated superior knowledge of topic	4	3	2	1	N/A
The speaker interacted with participants and gave effective responses to questions	4	3	2	1	N/A
The speaker was well-prepared, organized and adhered to time allotted	4	3	2	1	N/A
The speaker's audio-visual media enhanced my learning experience	4	3	2	1	N/A
Overall presenter rating	4	3	2	1	N/A

**RESOURCE ASSESSMENT**

Please rate the audiovisuals	4	3	2	1	N/A
Please rate the facility	4	3	2	1	N/A
Please rate the ease of registration	4	3	2	1	N/A
Did the program fulfill advertised promises?	Yes	No	Somewhat		
Are you a graduate of Sherman College?	Yes	No	Student		

What attracted you to this seminar?                      Content / Speaker / CE / Other\_\_\_\_\_

How did you hear about this seminar?                      Brochure / Website / Colleague / Advertisement  
Facebook / Email / Sherman Website / Sherman Shares

**ADDITIONAL COMMENTS**

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