



SHERMAN COLLEGE  
*of CHIROPRACTIC*  
CONTINUING EDUCATION

March 26, 2024

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

**Subject: Continuing Education Approval**  
**Surf & CE Retreat**  
**Nosara, Costa Rica**  
**June 15-19, 2024**

Enclosed is essential information regarding the program to be presented for **a total of 12 maximum CE hours** for licensure requirements.

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

- Kristina Stitcher, 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

## Outline Kristina Stitcher Surf & CE Retreat 2024

Hour 1: Headspace shift...it's all about the paradigm we embrace.  
Vitalism and Salutogenesis definition, intent and outcomes.  
Current trends in healthcare and chiropractic.

Hours 2-3: Heal the Healer....what are our limitations of matter?  
Discussion of current trends of chiropractors in practice.  
Chiropractor health outcomes, disability claims, and longevity in practice.  
Discussion of alternative therapies for providers.

Hour 4: Mission, vision, values....not only for you but to ensure your success.  
Definition and creation of personal and practice mission, vision, and values statements.  
Defining your aviator.

Hours 5-6 Let's talk Science and the Nervous System  
Subluxation vs fixation.  
Brain Based Approach to healing.  
Pre-frontal cortex, vagus nerve and the limbic system.  
Sympathetic dominance and our unique approach.

Hour 7-8: Infant Stressors  
Preconception exposure, prenatal procedures, and common birth process.  
Common birth procedures  
KISS syndrome

Hour 9: Infant Examination to demonstrate function  
Consultation for a newborn and infant  
History gathering to demonstrate development and loss of normal function.  
Examination procedures for the infant

Hour 10: Child Examination to demonstrate function  
Consultation strategies for the child  
History gathering to demonstrate development and loss of normal function  
Examination procedures for the child

Hour 11: Putting it all Together: care plans for restoration of health.  
How to determine care frequency  
How to determine severity of a condition and its effect on the nervous system  
Best clinical practices for case outcomes and a review of the literature

Hour 12: Paradigm revisited, what is our role in the health of our communities.  
Current trends in marketing in the healthcare field  
Subluxation based care and its role in the growth of our next generation.  
Doctor means teacher, how we can level up to impact more lives.

# Costa Rica Surf + CE Retreat

Courtney Gowin & Kristina Stitcher

June 15th -19th, 2024

[Book Now](#)

*Pura Vida—the pure life*

Costa Rica is known for Pura Vida, meaning the pure life. This retreat combines daily surfing, yoga, and poolside continuing education. All of our meals are organic, chef prepared, and locally sourced. This retreat will be like none other as we escape to paradise to learn, connect, and heal. Take this time to reconnect with yourself, your purpose, and create a pure life.

Expect invigorating swims in Costa Rica's best waterfalls, drum circles, amazing food, and true Pura vida hospitality. This retreat will be co-lead by the amazing Dr. Kristina Stitcher who will be sharing her genius with us along the way. Chiropractors receive 12 hrs of CE. Please be sure to register early so we can get your state approved!



**SHERMAN COLLEGE**  
**of CHIROPRACTIC**

**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: **Surf & CE Retreat**  
Course Code:  
Dates of the Seminar: **June 15-19, 2024**  
Location: **Nosara, Costa Rica**  
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. PACE Approved courses will be reported directly to PACE. 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**  
**Surf & CE Retreat | June 15-19, 2024 | Nosara, Costa Rica**

**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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