



SHERMAN COLLEGE
of CHIROPRACTIC
CONTINUING EDUCATION

May 15, 2024

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

Subject: Continuing Education Approval
Swiss Adventure CE Retreat
Interlaken, Switzerland
July 25-30, 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.

- Pamela Stone, D.C.
- Courtney Gowin, 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

Day 1: Unplug & Unwind

- 6pm: Connection Dinner

Day 2: Reconnect

- 8am: Traditional Swiss Breakfast
- 10am-1pm: Learn
- 1pm-5pm: Paragliding/Spa
- 7pm: Dinner in Interlaken

Day 3: Recenter

- 7am: Sunrise Yoga + Meditation
- 8am: Traditional Swiss Breakfast
- 9am-12pm: Learn
- 1pm-6pm: Jungfrauoch - Top of Europe + Ice Palace
- 8pm: Dinner in Interlaken

Day 4: Recharge

- 7am: Meditation
- 8am - 9 am: Traditional Swiss Breakfast
- 9am-12pm: Learn
- 1-6pm Grindewald Hiking + Exploring
- 8pm: Dinner in Interlaken

Day 5: Rejuvenate

- 7am: Sunrise Yoga + Meditation
- 9am: Traditional Swiss Breakfast
- 10am - 1pm: Learn
- 1pm-6pm: Spa/Relax/Explore
- 6pm: Dinner + fun in Interlaken

Day 6: Return

- 8am: Traditional Swiss Breakfast
- Send offs

Perinatal Chiropractic Care for Wanderlearn Retreats
Pamela Stone, D.C.

Hours 1 & 2

Anatomy & Physiology as it relates to perinatal chiropractic care. A review of the bones, muscles, ligaments and nerves in the pelvic region, and their role as it relates to the care of a pregnant individuals. A discussion of the proper movement of the pelvis will be done and the understanding of the physiological changes during pregnancy as they relate to pelvic neuro-biomechanics.

Basic Sciences
2 Hours

Hours 3 & 4

Chiropractic introduction and overview of family wellness care and the importance of pediatric and pregnancy care from an evidenced based model. A look at the medical process of birth and research on birth trauma. We will discuss the neurological implication of birth procedures on the infant and subluxation patterns in the neonate's spine from the birth process.

Principles and Practice
2 Hours

Hour 5

A review of the modern obstetric birthing procedures and the relationship to neurological function of a pregnant person. A discussion of these interventions, contraindications, holistic alternative options and informed consent.

Principles and Practice
1 Hour

Hour 6

Adjusting guidelines with specific sacral technique protocols, including contact points and segmental contact points in the pelvic region. An in depth look at neuro-biomechanics of the pelvis and the relationship to chiropractic adjustment.

Technique
1 Hour

Hour 7

Postural considerations in pregnancy. Patient recommendations based on common findings and lifestyle decisions to support their chiropractic care. A review of normal biomechanics and exercise recommendations.

Principles and Practice
1 Hour

Hour 8

Review of collaborative care working with other birth professionals. Addressing common questions relating to pregnancy and patient education.

Principles and Practice
1 Hour

References:

Journal of Alternative and Complementary Medicine. Alcantara, J, Nazarenko AL, Ohm, J, & Alcantara, J.
<https://www.sciencedirect.com/science/article/abs/pii/S1744388119300544>

Best Practices for Chiropractic Care of Children

<https://vertebralsubluxationresearch.com/2022/01/21/best-practices-for-the-chiropractic-care-of-children/>

Best Practices for Chiropractic Care During Pregnancy

<https://vertebralsubluxationresearch.com/2023/03/28/best-practices-chiropractic-care-during-pregnancy/>

Trauma During Pregnancy: Resolution of Hip, Pubic, and Low Back Pain Following Chiropractic Care in a Pregnant Woman: A Case Study & Review of the Literature

<https://www.vertebralsubluxationresearch.com/2019/07/28/trauma-during-pregnancy-resolution-of-hip-pubic-and-low-back-pain-following-chiropractic-care-in-a-pregnant-woman-a-case-study-review-of-the-literature/>

Chiropractic Treatment of Pregnancy-Related Low Back Pain: A Systematic Review of the Evidence

[https://www.jmptonline.org/article/S0161-4754\(08\)00171-1/fulltext](https://www.jmptonline.org/article/S0161-4754(08)00171-1/fulltext)

Chiropractic Care for Adults With Pregnancy-Related Low Back, Pelvic Girdle Pain, or Combination Pain: A Systematic Review [https://www.imptonline.org/article/S0161-4754\(20\)30128-7/fulltext](https://www.imptonline.org/article/S0161-4754(20)30128-7/fulltext)

New Research on Breech Births, Pregnancy & Chiropractic

http://chiropractic.prosepoint.net/171027?fbclid=IwAR1i2naHY9Nuac3eUgF3zFYEYQNTkxKFW8c1_LYC5bk1uTtYkg9O2mzymX8

Chiropractic care of a patient with dystocia & pelvic subluxation. Alcantara J, Ohm, Ohm J. J Pediatr Matern & Fam More Research on Pregnancy and Birth: <https://icpa4kids.com/research/publications/2022-2023/>

Resolution of Breech Presentation Confirmed by Ultrasound & Successful Vaginal Birth Following Webster Technique in a Pregnant Female: A Case Study & Review of Literature

<https://www.vertebralsubluxationresearch.com/2020/05/12/resolution-of-breech-presentation-confirmed-by-ultrasound-successful-vaginal-birth-following-webster-technique-in-a-pregnant-female-a-case-study-review-of-literature/>

The Webster Technique: Results From a Practice-Based Research Network Study; Joel Alcantara DC, Jeanne Ohm DC, Derek Kunz BS Journal of Pediatric, Maternal & Family Health – Chiropractic ~ 2012

<https://www.vertebralsubluxationresearch.com/2017/09/10/the-webster-technique-results-from-a-practice-based-research-network-study/>

Pelvis movement (Serola) <https://www.serola.net/research-entry/reciprocating-unilateral-motion/>

Normal sacral movement (Serola) <https://www.serola.net/research-entry/3d-sacral-motion/>

The technocratic, humanistic, and holistic paradigms of childbirth:

<https://obgyn.onlinelibrary.wiley.com/doi/abs/10.1016/S0020-7292%2801%2900510-0#BIB1>

Birth as an American Rite of Passage (book) – by Robbie Davis-Floyd -

<https://books.google.com/books?hl=en&lr=&id=liRnEAAQBAJ&oi=fnd&pg=PT13&ots=T07EdRNEHI&sig=KtASjblFzs5bNWpPeogu5A02NmE#v=onepage&q&f=false>

Text Book: Cunningham, F. Gary, and J. Whitridge Williams. Williams Obstetrics. McGraw-Hill, 2011.

Evidenced Based Birth: <https://evidencebasedbirth.com/updated-table-on-the-state-of-maternity-care-in-the-u-s/>

Title: Enhancing Pediatric Chiropractic Competence: A 4-Hour Continuing Education Seminar
Taught by Dr. Courtney Gowin

- I. Introduction (30 minutes)
 - A. Welcome and Opening Remarks
 - B. Importance of Pediatric Chiropractic Care
 - C. Overview of Seminar Objectives and Agenda
- II. Understanding Pediatric Development (30 minutes)
 - A. Overview of Pediatric Growth and Neurodevelopment
 - B. Impact of Chiropractic Care on Pediatric Development
 - C. Case Studies and Practical Examples
- III. Pediatric Chiropractic Assessment (30 minutes)
 - A. Pediatric-Specific Examination Techniques
 - B. Red Flags in Pediatric Chiropractic Assessment
 - C. Hands-On Workshop: Pediatric Examination Practice
- IV. Break (15 minutes)
- V. Evidence-Based Approaches (30 minutes)
 - A. Review of Research in Pediatric Chiropractic Care
 - B. Efficacy and Safety of Chiropractic Interventions
 - C. Integrating Evidence-Based Practices
- VI. Special Considerations (30 minutes)
 - A. Communication with Pediatric Patients and Parents
 - B. Pediatric Spinal Conditions and Disorders
 - C. Nutritional and Lifestyle Considerations
- VII. Managing Common Pediatric Conditions (30 minutes)
 - A. Colic, Reflux, and Digestive Disorders
 - B. Torticollis and Plagiocephaly
 - C. Ear Infections and Respiratory Issues
- VIII. Break (15 minutes)
- IX. Interprofessional Collaboration (30 minutes)
 - A. Importance of Collaborative Care
 - B. Building Relationships with Healthcare Providers
 - C. Establishing Referral Networks
- X. Practical Applications and Techniques (30 minutes)
 - A. Adjusting Techniques for Pediatric Patients
 - B. Soft Tissue Techniques and Rehabilitation
 - C. Case-Based Learning: Applying Techniques
- XI. Patient-Centered Care (30 minutes)
 - A. Family-Centered Approach
 - B. Child-Friendly Clinic Environments
 - C. Practice Management Strategies

XII. Closing Remarks and Evaluation (15 minutes)

- A. Recap of Key Learnings
- B. Feedback and Evaluation
- C. Resources for Ongoing Learning
- D. Certificate Distribution and Adjournment



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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: **Swiss Adventure CE Retreat**
Course Code:
Dates of the Seminar: **July 25-30, 2024**
Location: **Interlaken, Switzerland**
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
Swiss Adventure CE Retreat
Interlaken, Switzerland | July 25-30, 2024

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
