

(updated 3/13/22)

## **Continuing Education**

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### **Visceral Mobilization 2**

Barral Institute.....02/2022  
*Evaluation and treatment of abdominal viscera.*

### **Craniosacral Therapy 1**

Upledger Institute.....02/2022  
*Neural Anatomy Review as well as learning techniques to perform the 10-step protocol as developed by John Upledger, DO.*

### **Build a Better Runner: Rehab, Prevention, and Peak Performance**

Jay Dicharry.....09/2021  
*Virtual session about running gait analysis, mobility and neuromuscular screening, treatment ideas, and running shoe information.*

### **Neural Manipulation 1: Neuromeningeal Manipulation; an Integrative Approach to Trauma**

Barral Institute.....05/2021  
*Anatomy review and manual techniques to address the cranium, sacrum, brachial plexus, sciatic nerve, and femoral nerve.*

### **VVN: The Vagus Nerve, Balancing the Autonomic System**

Gregg Johnson, Institute of Physical Art.....04/2021  
*A virtual course covering the vagus nerve and its role in parasympathetic tone. Manual techniques demonstrated in managing the vagus nerve.*

### **Fundamentals of Rehabilitative Qigong and Tai Chi**

Brian Trzaskos, Institute for Rehabilitative Qigong and Tai Chi.....02/2021  
*A virtual course discussing scientific research of the benefit of Qigong and Tai Chi as well as providing movements that are beneficial for various areas of the body.*

### **VTPS: Management of Three Pressure Systems to Enhance Posture and Movement**

Gregg Johnson, Institute of Physical Art.....02/2021  
*A virtual course discussing the relationship between pelvic floor, diaphragm, and glottis in regard to pressure gradient, posture, and function. Manual techniques demonstrated in managing these pressure systems.*

### **Integrated Systems Model: The Series**

Diane Lee.....Ongoing  
*A three-part series that included online preparation and labs. Assessment and treatment according to the principles and techniques taught by Diane Lee.*

### **Virtual SOP: Strategies for Optimizing Performance**

Institute of Physical Art.....06/2020

*Online course discussing CoreFirst strategy principles and applying them to the athletic population. Online lecture with exercise labs.*

**Visceral Mobilization 1: The Abdomen**

Barral Institute.....01/2020  
*Palpation and mobilization of visceral organ of the gastrointestinal system.*

**Pain: From Biology to Behavior Change**

Dr. Lorimer Moseley .....09/2019  
*Dr. Moseley presented a 2-day lecture discussing his latest research in pain science.*

**Gait**

Institute of Physical Art.....10/2017  
*Evaluate and treat gait according to the IPA philosophies and principles.*

**FMUQ: Functional Mobilization Upper Quarter**

Institute of Physical Art.....10/2016, 4/2018  
*Evaluate and treat thoracic cage, cervical spine, and shoulder dysfunctions using IPA philosophies and principles.*

**VFM: Visceral Functional Mobilization**

Institute of Physical Art.....06/2016  
*Evaluate for indications of pain and dysfunction related to the viscera. Mobilizing organs of the digestive system as well as gender specific organs.*

**FMLQ: Functional Mobilization Lower Quarter**

Institute of Physical Art.....6/2015, 10/2017  
*Apply IPA principles of functional mobilization to the lumbar spine, pelvis, and leg to evaluate and treat movement dysfunctions.*

**Foundations of Manual Therapy**

Crunkeyser, LLC.....02/2015, 2018  
*Evaluate and diagnose movement dysfunctions in the lumbo-pelvic girdle, thorax, and cervical spine by clinical reasoning using subjective data, palpation, and tests.*

**PNF 1: Proprioceptive Neuromuscular Facilitation**

Institute of Physical Art.....11/2014, 3/2017, 3/2018  
*Evaluate and treat mechanical, neuromuscular, and motor control deficits by implementing PNF principles and techniques. Student and lab assistant.*

**FM II: Functional Mobilization II**

Institute of Physical Art.....3/2012, 5/2017, 2/2018  
*Soft tissue and joint mobilization techniques incorporating active and passive associated functional movements by the patient. Student and lab assistant.*

**CFS: CoreFirst Strategies**

Institute of Physical Art.....1/2012, 2/2017

*Addresses standing, sitting, sleeping posture and the utilization of spine stabilization exercises. Emphasis on a CoreFirst Strategy as founded by the IPA.*

**FM I: Functional Mobilization I**

Institute of Physical Art.....10/2011, 2/2017

*Evaluation and mobilization of soft tissue and joints using functional manual therapy techniques.*