

NETWORK SPINAL ANALYSIS - BASIC CARE INTENSIVE SEMINAR
2016 COURSE OUTLINE

Course Title: Network Spinal Analysis - Basic Care Intensive

Course Hours: 16 hours face-to-face instruction
9 Hours online distance learning

Dates & Locations: July 23-24, 2016 – San Francisco, CA - Drs. Daniel & Richelle Knowles
July 30-31, 2016 – Atlanta, GA – Dr. Brian T. Lumb
October 1-2, 2016 – Minneapolis, MN – Drs. Daniel & Richelle Knowles
October 21-23, 2016 – Trois Rivieres, Quebec – Dr. Pierre Bernier

Course objective: To instruct practitioners in Network Spinal Analysis Basic Care

Course summary:

This seminar explores the theory, analysis and protocol of Network Spinal Analysis (NSA) Basic Care. During the Basic Care Intensive (BCI) participants will learn: the clinical objectives of NSA; models of spinal and neural integrity; introduction to Somato Respiratory Integration exercises; adverse mechanical cord tension; and the NSA phasing system. The program includes lecture, demonstration, hands-on experiential practice, and online distance learning support.

Saturday 9:00 AM – 9:30 AM

Seminar Overview and Objectives

- NSA as an outcomes assessment approach
- Reorganizational Healing and Restorative Therapeutics
- Epstein model of spinal and neural integrity, including spinal subsystems
- Spinal Gateways
- Adverse Mechanical Cord Tension and 5 phases
- Network Wave and spinal reorganization

Saturday 9:30 AM – 10:30 AM

Clinical Objectives of NSA Care

Network Spinal Analysis is composed of the following elements applied in a non-linear, open systems model. Each model is discussed and integrated through the seminar.

1. Epstein model of Spinal and Neural Integrity
2. Phasing System for identification and classification of Spinal Cord Tension patterns
3. Levels of Care involving emerging properties within the spine, nervous system, cognitive self awareness, and of enhanced wellness and quality of life
4. A system of spinal low force applications consistent with the above
5. Outcome assessments by the practitioner as to the above, along with practice member self reported assessments.

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Saturday 10:30 AM – 11:30 AM

Epstein Model of Spinal and Neural Integrity

- The function of spinal integrity subsystems
- Discussion of the components of the passive system
- Discussion of the active system
- Discussion of the neural control system
- Discussion of the emotional system
- Discussion of oscillation, and coordinated function
- Discussion of factors which will impair spinal stability and integrity
- Discussion of indications of subsystem interference
- Discussion of lack of recovery of the subsystems from tension
- Discussion of dissipation of tension from the subsystems
- Evaluation tools for spinal and neural integrity
- The Somatopsychic and Respiratory waves as energy dissipating mechanisms
- How does one evaluate that a spine and nervous system is healthier?
- Outcome assessments for spinal and neural integrity.

Saturday 11:30 AM – 1:00 PM

Indicators (parameters) of adverse mechanical cord tension:

- Flexion-extension distortion of spine
- Lateral flexion distortion of spine
- Paraspinal muscle facilitation

Parameters for specific spinal cord tension patterns

- cervical syndrome
- Z-flick
- Positive Ilium
- Leg adduction stress
- Leg abduction stress
- Postural indicators and adaptive patterns

Spinal cord tension parameters: demonstration and hands on workshop

Saturday 2:30 PM – 4:30 PM

The Clinical Phasing System : lecture, demonstration and hands on workshop

- Phase One: Occiput and Sacral notch Cord Tension Patterns
- Phase Two: First and Fifth cervical spinal Cord Tension Patterns

Saturday 4:30 PM – 6:30 PM

The Clinical Phasing System : lecture, demonstration and hands on workshop

- Phase Three: Lateral Pelvic and sacral Cord Tension Patterns

Saturday 6:30 PM – 7:00 PM

Introduction to Somato Respiratory Integration

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- Demonstration Somato Respiratory Integration Stage 1 Exercise.
- Hands-on practice Somato Respiratory Integration Stage 1 Exercise

Sunday 8:00 AM –10:00 AM

The Clinical Phasing System : lecture, demonstration and hands on workshop

- Phase Four: Second and third cervical Cord Tension Pattern

Sunday 10:00 AM – 12:00 PM

The Clinical Phasing System : lecture, demonstration and hands on workshop

- Phase Five: Flexion/Extension Cord Tension Pattern of C5 with Coccyx
Lateral Bending cord Tension Pattern with C2 and Sacrum

Sunday 1:30 PM – 3:00 PM

Network Spinal Analysis Level 2A: Introduction, lecture, demonstration

- Detecting and Addressing the Spinal Gateway
- Longer duration contacts
- Observing and evaluation of changes in the passive, active, and neural control subsystems
- Achieving significant separation at the vertebral articulations as a consequence of the appropriate force application
- Development of the Network Wave
- The use of Level 2A as a means of enhancing spinal and neural integrity and promoting the development of the Somatopsychic wave
- Level 2A clinical outcome assessment and patient self-assessment of wellness and quality of life

Saturday 3:00 PM – 4:30 PM

Network Spinal Analysis Level 2A: hands on workshop

- Continued hands on application of the Basic Care
- Hands on application of the Level 2A
- All spinal phases
- Facilitated sponsorship of clinical skills

Sunday 4:30 PM – 5:00 PM

The Clinical Phasing System : Review

- Phase One: Occiput and Sacral notch Cord Tension Patterns
- Phase Two: First and Fifth cervical spinal Cord Tension Patterns
- Phase Three: Lateral Pelvic and sacral Cord Tension Patterns
- Phase Four: Second and third cervical Cord Tension Pattern
- Phase Five: Flexion/Extension Cord Tension Pattern of C5 with Coccyx
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Additional Online Distance Learning Support

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[Online Distance Learning Format – Donny Epstein, D.C. – 20 minutes]

Welcome to the Basic Care Intensive

- NSA as an outcomes assessment approach
- Reorganizational Healing and Restorative Therapeutics
- Overview Epstein model of spinal and neural integrity
- Overview 5 phases, Spinal Gateways and subsystems
- Overview Network wave
- Overview SRI exercises

[Online Distance Learning Format – Donny Epstein, D.C. –1 hour]

Reorganizational Healing

- Current health in the world
- Sustaining health behavior change
- Clinical focus with care
- Restorative Therapeutics
- Reorganizational Healing
 - Triad of Change – Introduction
 - Seasons of Wellbeing – Introduction
 - Energetic Intelligences – Introduction
- Reorganizing health
- Reorganizational Objectives

[Online Distance Learning Format – Donny Epstein, D.C. – 40 minutes]

Network Spinal Analysis care as an application of Reorganizational Healing

- What is NSA Care?
- Somato Respiratory Integration
- Posture and Posturing
- Network Wave
 - Network Wave Research
- Network Spinal Analysis care research overview
 - NSA Care retrospective study
 - References and Resources

[Online Distance Learning Format – Donny Epstein, D.C. – 15 minutes]

Creating a New Future for the Practice Member

- Restorative vs. Reorganizational
- Pain to Progress Centric
- New resources for a new future
- Going beyond where you were before and grow
- Meaning of symptoms
- Emotional Brain
- Building a new future - Spinal Reorganizational Healing
- Modeling of the Network Wave

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- Mechanical tension in Nervous System, Phasing system and tone

[Online Distance Learning Format – Donny Epstein, D.C. – 1.5 hours]

Epstein Model of Spinal and Neural Integrity (physiology, anatomy, physics, synergetics, and recent advances in basic science in relationship to open systems, and far from equilibrium non linear states)

- Physics and physiology of far from equilibrium system
- Discussion of the second law of thermodynamics as it applies to living systems
- Discussion of concepts of non-linear systems
- Discussion of concepts of self organizing systems
- The function of spinal integrity subsystems at far from equilibrium
- Discussion of the components of the passive system
- Discussion of the active system
- Discussion of the neural control system
- Discussion of the emotional system
- Discussion of oscillation, and coordinated function
- Discussion of factors which will impair spinal stability and integrity
- Discussion of indications of subsystem interference
- Discussion of lack of recovery of the subsystems from tension
- Discussion of dissipation of tension from the subsystems
- Evaluation tools for spinal and neural integrity
- The Somatopsychic and Respiratory waves as energy dissipating mechanisms
- How does one evaluate that a spine and nervous system is healthier?
- Outcome assessments for spinal and neural integrity.

[Online Distance Learning Format – Donny Epstein, D.C. – 20 minutes]

Early Developments and Influences of NSA Care

- Difference between outcomes and applications
- The culture of Donny's experience at chiropractic school
- The questions that initially arose in practice
- How Donny initially practiced
- Learning to ask different questions in practice
- Early NSA central concepts and influences
- Major developments (Phasing system)
- Research becomes primary
- Major developments (NSA, Levels of Care)
- Research of the Network wave

[Online Distance Learning Format – Donny Epstein, D.C. – 1 hour]

Physiology of Adverse Mechanical Cord Tension (physiology and anatomy)

- Normal and pathological pons-cord tract movement and tension
- Description of evidenced models of physiologic effects of adverse spinal cord tension, especially on central nervous system function
- Relationship of nerve compression to nerve elongation or torsion
- Defense Physiology

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[Online Distance Learning Format – Donny Epstein, D.C. –1.5 hours]

Network Spinal Analysis Care – Clinical Demonstration

- Parameters for specific spinal cord tension patterns
 - Cervical syndrome
 - Z-flick
 - Positive Ilium
 - Leg adduction stress
 - Leg abduction stress
 - Postural indicators and adaptive patterns
- The Clinical Phasing System: Assessment and Demonstration
 - Phase One: Occiput and Sacral notch Cord Tension Patterns
 - Phase Two: First and Fifth cervical spinal Cord Tension Patterns
- The Clinical Phasing System: Assessment and Demonstration
 - Phase Three: Lateral Pelvic and sacral Cord Tension Patterns
- The Clinical Phasing System: Assessment and Demonstration
 - Phase Four: Second and third cervical Cord Tension Pattern
- The Clinical Phasing System: Assessment and Demonstration
 - Phase Five: Flexion/Extension Cord Tension Pattern of C5 with Coccyx
 - Lateral Bending cord Tension Pattern with C2 and Sacrum
- The Clinical Force Applications: Network Adjustment / Spinal Entrainment contacts - Demonstration
 - Level 1
 - Level 2A

[Online Distance Learning Format – Daniel Knowles, D.C. – 1 hour]

Level One- Basic Care

- Physiologic Models
- Clinical objectives
- Clinical Outcome assessment relative to spinal and neural integrity
- Clinical Outcome assessment relative to postural, instrumentation and subluxation examination
- Clinical Outcome assessment relative to patients self-reported health profile
- Evaluating indications for Level One of Care

[Online Distance Learning Format – Donny Epstein, D.C. – 30 minutes]

Introduction to Somato Respiratory Integration Exercises

- Somatic / body awareness
- If you can't feel it, you can't heal it
- Defense strategies and disconnection
- NSA retrospective study & The 12 Stages of Healing Book
- Somato Respiratory Integration as an approach to gain awareness and reconnect to the body
- Polyvagal theory
- NSA care decreases sympathetic defensive tone, SRI Stage 1-3 anteriorly (vagus nerve connection) can improve parasympathetic tone
- Creating greater strategies through greater connection

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- Somatic Awareness is the missing link
- Introduction to Somato Respiratory Integration theory and concepts
- Discussion Somato Respiratory Integration Stage 1 Exercise.

[Online Distance Learning Format – Donny Epstein, D.C. – 15 min]

Unique Strategies – Changes Beyond the Presenting Symptom

- A major turning point - story of a woman in practice (Dx RA and Lupus, retracing, changes experienced, past trauma)
- The story of “Bob” - Story of 3 women in practice and the ultimatum to husbands to get into care - “Bob” and asking his son ‘what do you like best about daddy’ now he is in care - never again accept a symptom of ill or well
- Angelicum opening - the future of healthcare
- We work towards a better world tomorrow

[Online Distance Learning Format – Daniel Knowles, D.C. – 30 minutes]

Network Spinal Analysis Instrumentation and Assessments

- Radiographic
- Surface Electromyographic (sEMG)
- Thermographic

[Online Distance Learning Format – Donny Epstein, D.C. – 10 minutes]

Deeping your Clinical Mastery

- Congratulations on completing the BCI program
- Steps towards deepening your clinical mastery
- Fulfilling your purpose, changing the world a spine at a time