



NATUROPATHIC  
medicine institute  
*Celebrating the healing power of nature*

## Session Descriptions and Learning Objectives

### Friday:

#### **3 hrs-“Healthy Communication For Practitioners” 3 hour communication course divided into two 1.5 hr segments – Rick Kirschner, ND**

To get positive changes to happen, we must have a useful understanding of habits of thought and habits of action, including how we make them, and what processes are involved in changing them. This two part lecture seeks to prepare students and doctors with listening skills, rapport building skills, and insight into narrative psychology, motivations for change, trust building and habit change. It is also aimed at increasing doctor confidence and congruence, and addresses the mindset each doctor brings to their practice and applies in their own life. This is a core competency of building a successful natural medicine practice, and the Healthy Communication program is designed to provide a 10 word code for hacking in to the mind body connection.

#### **1.5 hours-“Teaching patients to heal their psycho-social-spiritual suffering.”-Charley Cropley, ND**

A model showing the causal connection between clinical disease, toxemia, and our psycho-social behavior, and how to heal self-harming behavior by listening compassionately and telling ourselves the truth.

#### **1.5 hours- Expert panel and case study discussion regarding spiritual, mental, and emotional concerns. (Any/all presenters who would like to contribute).**

Description-Learn the greatest obstacles to cure, how to address incurable patients, and the top lessons learned from experienced practitioners when working with patients with mental and emotional concerns.

- This will be 75-100% pre-determined questions including any/all of the below. We can allow time for 1-3 spontaneous audience questions based on what time allows.
- What can you share about a case where you had different spiritual belief than the patient and how this affected your relationship or treatment?
- How do you encourage or address spiritual healing when patients are 'aspiritual'?
- If you think a patient is an incurable patient due to their own self-limiting beliefs, how do you address this with them, and yourself?
- What is your most recommended treatment to help patients heal on m/e/s levels and why do you prefer this modality?
- Please share an example of a difficult patient/doctor relationship and how you handled it or would handle it differently.
- What has been your most challenging obstacle to self-care and what would you recommend to other future or current doctors regarding self-care?-Mona



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### **Saturday-Phys Med 6 hours CE**

#### **1.5 hrs "Clinical Application of Naturopathic Physiotherapies." Jared Zeff, ND and Letitia Dick-Kronenberg, ND**

Description- Voltage theory explained and applied with hands on demonstrations using physiotherapeutic modalities.

Jared introduce voltage theory from a vitalistic perspective for ~10 min. followed by Tish discussing clinical significance and application of sine, diathermy, and vitaray ~80 min. Discuss the exact machine settings, specific clinical application, and not just an overview.

#### **1.5 hrs-"Correcting Structural Concerns Without Spinal Manipulation." Jared Zeff, ND, Aviva Wertkin, ND, Letitia Dick-Kronenberg, ND, Thom Kruzel, ND and Jim Sensenig, ND**

Description-Instruction and practical guidance to help clinicians learn the most beneficial and common abdominal, lymphatic, and muscular techniques.

- Any and all instructors can walk around the room to help during demo time.
- Teach/demo
  - Abdominal techniques-40 min. Hiatal hernia-Jim and Aviva, IC valve-Thom, gb/liver pump-Tish
  - Eustachian tube-10 min.-Thom
  - 40 min. Teach/demo spinal correction without physical manipulation. Jared-Bowen like therapy and Tish comparing with Bowen
  - Include a discussion about other options including castor oil, home massage, acupuncture, etc.

#### **1 hr-"Clinical presentations benefitting from physical manipulation". Thomas Kruzel, ND**

Description-Thinking outside of the box when it comes to physical manipulation to help patients with systemic concerns balance and heal.

Thom-Cases and demo. SOB, heart palpitations, passing a kidney stone, coccyx, prostatitis/perineal spasm, chronic headache

- Cases to demonstrate the connection between their concerns and the manipulation/technique. Herniated disc/spinal thump test. Rib heads out (Tish)
- Clinical connection and relevance-how to assess patients on how physical concerns may be contributing to their health or symptoms. (TEACH how you do what you do naturally)

### **1hr-Iridology, Letitia Dick-Kronenberg, ND**

Description-Learn the history and evaluation of how the iris can give a physician insight into diagnosis and treatment.

An interactive teaching with plenty of time to demo and for participants to practice on various people, not just an overview.

### **1hr-Biodynamic Osteopathy in the Cranial Field: An Introduction-Jim Sensenig, ND**

Description-This session introduces Craniosacral Biodynamics which works with membranous strains in the dura and other connective tissues, the position of bones and dynamics of the joints and sutures, and the overall relationship of structure and function in the client. Emphasis in this lecture is placed on the concept of fluid dynamics, both in the cerebrospinal fluid and in other fluid systems of the body.



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### **Sunday- Nutrition 4 CE**

#### **1hr- "Using a diet diary for motivating change." Mona Morstein, ND**

Description-Evaluate a diet diary with confidence while learning how to promote positive change within patients for long term health.

- Diet Diary-how diet diary is correlated with health conditions and how to motivate a patient to make positive changes., with an emphasis on biochemical considerations, patient education, etc.

#### **1hr "Evaluating and correcting physical and emotional signs that affect overall health." Charley Cropley, ND and Aviva Wertkin, ND**

Description-Gain insight into evaluating patients in regard to their movement, posture, skin, nails, and hair, while learning how to correlate these physical signs with their disease or health patterns.

- Charley open for ~15-30 min. with some movement assessment, sharing his forms, and how he assesses/analyzes patient's posture and other signs to help resolve clinical concerns. Aviva cover ~30-45 min. with a powerpoint discussing the significance of skin, nail, eye, tongue, fluid retention, hair, etc. health and how it relates to nutritional deficiencies, etc.

#### **1hr "Physician Perspectives on Fasting" Jared Zeff, ND, Charley Cropley, ND, Letitia Dick-Kronenberg, ND**

Description-Fasting is an ancient and current treatment, yet learning how to assess and guide patients of all ages in a safe and effective way is essential. Insight into pre and post fasting recommendations will also be addressed.

- Jared and Charley regarding adults/general populations, then Tish regarding peds
- Benefits, contraindications, case studies, variations, red flags, how/when to intervene, how to break a fast, types of fasts, handouts, etc.

#### **1hr- Panel with all presenters-"Panel Discussion"**

Description-Expert panel discussion to summarize and clarify any case studies and questions related to vitalistic principles, nutrition, mental/emotional health, or physical medicine.

- Open ended audience questions