

# Stress Management for Mental Subluxations

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Sponsored by: Life Chiropractic College West  
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**Objective** -- To show chiropractors how to become stress management specialists by implementing wellness strategies each visit, which results in greater patient connection and retention.

Hour 1	<b>Chiropractic Philosophy</b> Understanding the enlightening chiropractic philosophy, how it contains the best of the popular, non - chiropractic wellness wisdom (Deepak Chopra, Andrew Weil, Carolyn Myss, Candace Pert, etc) and how we can use our innate intelligence to immunize ourselves from the harmful effects of stress.
Hour 2	<b>Understanding Stress and It's Harmful Effects</b> A review of the research showing how stress causes physical and mental illness. Definitions of stress are explored, emphasizing how patients relate to their stress. Doctors learn how to educate patients about stress every visit & how chiropractic stress management will help them.
Hour 3	<b>How Authentic Beliefs and Behaviors Minimize Stressful Reactions</b> Research by Dr. Bruce Lipton and others show that our thoughts can increase or decrease our health. Doctors learn how to help their patients develop their true beliefs and behaviors and use this to respond, not react, to stress.
Hour 4	<b>Implementing Stress Management Techniques (Part 1)</b> Doctors learn how to incorporate stress management modalities including meditation, self inquiry, & yoga, requiring only 1 - 3 minutes per visit.
Hour 5	<b>Implementing Stress Management Techniques (Part 2)</b> Doctors learn how to incorporate other stress management modalities including guided imagery, time management, & biofeedback, requiring only 1 - 3 minutes per visit.
Hour 6	<b>Virtues of Wellness</b> Twelve Wellness activities (virtues) are identified, showing doctors and their patients how to practice them for one minute a day, naturally increasing their vitality.