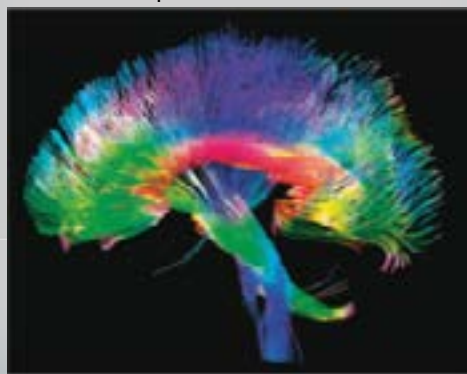


CFR CORTICAL FIELD RE-EDUCATION

LEVEL I

NEUROPLASTICTY: HOW TO USE IT!

For hundreds of years, the brain was thought of as a static organ - relatively immutable after a critical learning period during early childhood. If through nature or nurture you didn't get it early on, you just didn't get it. And if you did get it, but later in life, trauma or repetitive strain disconnected your learning - you were out of luck. But neuroscientists have overturned this belief, and we now understand the brain remains plastic from cradle to grave. It is opportunistic, and it has an appetite! This seminar will teach you how to recognize and rewire physical and behavioral patterns for pain-free function and pleasure.



Course objectives

- Explain neuroplastic mechanisms for quantum change.
- Understand epigenetics and gene expression.
- Utilize tri-planar anatomical relationships.
- Discover real workload distribution - even to the 1st rib!
- Experience influences of ocular positioning and breathing patterns.
- Identify and release unconscious compensations.
- Associate emotional and physiological (brain/body) experiences.
- Sense and understand how physical habits create emotional states.
- Identify amygdala driven defense mechanisms.
- Understand the effects of mid-brain beliefs on musculoskeletal tissue.
- Recognize obstacles to healing.
- Recognize facilitators of healing.
- Release techniques for optimizing skeletal movement teams.
- Build an accurate self-image.
- Using empathy for increased compliance.

CORTICAL FIELD RE-EDUCATION®

Do your patients regularly experience profound life-transformations beyond just symptom relief? The most cutting-edge tool a PT has is the patient's own neuroplasticity. Come learn how to use it! CFR first expands your perceptual net before you ever touch another's. You will return to your clinic a different person. The most effective skills and tools are the ones you have embodied. You won't just get new techniques and a certificate, but a renewed enthusiasm in your professional and personal life. CFR is a system of healing through learning that increases attention and heightens perception. This new kinesthetic input communicates to the nervous system what it is habitually doing out of awareness and creates effective lasting change.

"I came to the CFR class not knowing too much. I have discovered a new person. This work is so powerful. It gets down to a cellular level. It changes the whole brain patterning. It changes the neurological pathways. I got a lot more than I expected."

**Barbara Wiedemiere,
Physical Therapist**

DAY 01 | 1:00 pm-7:00 pm
Lecture/Lab

DAY 02 | 9:00 am-1:00 pm
Lecture/Lab
2:00 pm-6:00 pm
Lecture/Lab
7:00 pm-9:00 pm
Lecture/Lab

DAY 03 | 9:00 am-1:00 pm
Lecture/Lab

*4 hours of pre-seminar online lecture material required

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Your team of presenters represent a cross-section of experts from physical therapists to cranial/sacral therapists to Feldenkrais practitioners. All teachers are certified Cortical Field Re-Education practitioners. This collective is greater than its parts resulting in quantum levels beyond any one modality. CFR is accredited at Esalen Institute for Massage Therapists, Psychologists, Body Workers, MFTs, LICSWs, RNs, and DDSs. Core seminar teachers include: Harriet Goslins, Founder of Cortical Field Re-Education, IA, CST; Melissa Krikorian, MPT, CST; Judy Greenman, CFP, IA; Laura Kunysz, CST; Other teachers will vary on course date. They include: CST; Tomas Prieto, CST; Sybil Krauter, IA; Michael Meyer, CFP, CST; Ellen Kindle, IA; Patrice Hamilton, M.Ed.

CFP - Certified Feldenkrais® Practitioner
CST - Cranial/Sacral Therapist
IA - Integrated Awareness

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