

Neurostructural Integration Technique (NST)

Introductory Training / Basic Training

Sponsored by National University of Health Sciences

The Neurostructural Integration Technique is an advanced Bowen Therapy which has been specifically developed to stimulate the nervous system through manual muscle work.

The main objective is to address postural dysfunction, improve range of motion and reduce pain.

The technique:

- NST uses a series of gentle movements and pressures at precise anatomic points on the body.
- NST is done with a light touch and can be done through clothing.

What will I learn?

NST Introductory Training provides an introduction into the basic philosophy and practice of NST.

Participants will learn Integrated Body Balance which is designed to address a broad range of structural symptoms including back pain, neck pain, shoulder pain, knee pain and more. The body balance will also facilitate stress relief and relaxation.

Basic information on healthy lifestyle and its effect on structure will also be covered.

The **NST Basic Training** is a five-day workshop which will equip the participant with a complete and comprehensive modality in its own right, immediately usable post workshop.

Participants will learn an integrated and powerful Dynamic Body Balance plus a variety of other procedures which are designed to seamlessly interface with the Body Balance.

The interface procedures will enable the participant to specifically address a comprehensive array of structural symptoms.

Additional procedures covered include shoulders, elbow and wrist, hamstring, knee, ankle, sacrum, coccyx, pelvic, diaphragm, thorax and Temporomandibular joint (TMJ).

Prerequisites:

Individuals wishing to attend the Introductory workshop should ideally possess a basic understanding of anatomy and physiology.

Individuals wishing to attend the Basic workshop should be currently in professional clinical practice, using a hands-on modality, and possess a good understanding in the basic principles of anatomy and physiology.

The workshop:

Class size is limited in order to provide personal attention during the extensive hands-on practice. Participants should wear loose-fitting, comfortable clothing and must bring table linens for the massage tables in the lab. A blanket and pillow are suggested for comfort.

NST workshops are approved by NCBTMB and the State of Illinois for continuing education.

A comprehensive NST manual is provided. All workshop materials provided by International Institute of Applied Health Services.

The instructor:

Patricia Coe is a practicing chiropractic physician, a massage therapist and NST practitioner. She has been incorporating NST into her practice since attending her first workshop in 2001, becoming an advanced certified practitioner in 2005. . She began teaching NST in 2007.

Registration Form:

NST Introductory Workshop **July 25-26, 2009**
(please check ONE) **October 31- Nov 1, 2009**

Times: 9:00 am- 5:00 pm (Saturday / Sunday)
Clock Hours: 14 per program
Tuition: \$375 per program (please make checks payable to Dr. Patricia Coe)

NST Basic Workshop **April 24-28, 2009**
(please check ONE) **August 21-25, 2009**

Times: 9:00 am- 5:00 pm (Friday through Tuesday)
Clock Hours: 35 per program
Tuition: \$1100 per program; \$1000 if registered with \$200 deposit 6 weeks prior to class.
(please make checks payable to Dr. Patricia Coe)

Location: National University of Health Sciences
 200 East Roosevelt Road
 Lombard, IL 60148
 www.nuhs.edu

Phone: 630-927-9207
Email: pcoedc@yahoo.com

Name: _____

Address: _____

City, State, ZIP code: _____

Phone: _____

Email address: _____

Please mail registration form and payment to:

Dr. Patricia Coe
200 East Roosevelt Road
Lombard, IL 60148

Cancellation policy: tuition is not refundable but may be applied to future workshops