

INTEGRATIVE HEADACHE TREATMENT



Image from: <http://www.crystalinks.com/headaches.html>

WHEN/WHERE: You pick, contact me at EmbodyYourMind@gmail.com or 612-867-6730

COST: \$500/person, includes tuition, course materials, and a biofeedback thermistor
A Course Hosting Contract is available for review. Course can be modified for content, duration and cost to fit your organization's needs.

OBJECTIVES

- Demonstrate understanding of headache classifications and statistics
- Understand the neurophysiology of headache disorders including migraine as the most common form of headache
- Learn to implement biofeedback skills into treatment
- Learn to implement mind-body medicine skills into treatment
- Learn to integrate functional neuroscience education and cognitive models into treatment
- Learn about models of therapeutic exercise in headache treatment including therapeutic yoga
- Learn the role of manual therapy in headache treatment
- Learn about nutrition and sleep hygiene in headache treatment
- Learn additional clinical skills for treating chronic headache disorders

Example SCHEDULE

Day 1

8:00-8:20	Welcome & Introductions
8:20-9:30	Statistics and Classification
9:30-10:15	Biological Underpinnings*
10:30-12:00	Biofeedback (1)
12:00-1:00	Lunch (on your own)
1:00-3:00	Mind-Body Overview, Meditation and Imagery
3:00-3:45	Therapeutic Yoga*
4:00-5:00	Functional Cognitive Skills
5:00-5:30	Yawning ☺

Day 2

8:00-9:00	Biofeedback (2)
9:00-9:45	Exercise Considerations*
10:00-11:30	Role of Manual Therapy
11:30-12:30	Lunch (on your own)
12:30-1:45	Sensory regulation, nutrition, and sleep
1:45-2:15	Q & A, Wrap-up

*Breaks follow these sections

Why attend this course?

78% of all adults will experience tension type headache and 25% will experience migraine headache in their lifetime. Of those seeking care for headache, ~90% are migraineurs and many of these individuals do not know that they have a migraine disorder. Migraine/headache is a misunderstood and undertreated condition and many persons with headache are only exposed to pharmacologic management, which often exacerbates the condition. Research has shown that integrating a biopsychosocial model of care can improve outcomes by up to 50% over medication alone.

PRESENTER: MATT ERB, PT

Matt has been practicing physical therapy for 16 years. He graduated from the University of Iowa. Matt is certified in mind-body medicine by the Center for Mind-Body Medicine in Washington D.C. and has been on their professional teaching faculty since 2011. He has extensive knowledge and experience in migraine, headache, craniofacial, vestibular and other related disorders. He currently has a business in teaching and consulting and practices integrative physical therapy in Tucson, AZ.