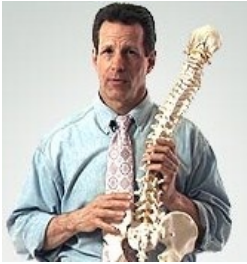


## ABOUT TOM OCKLER, PT



Thomas K. Ockler P.T. received his P.T. degree from the State University of New York at Buffalo in 1978. In his 44 plus years of uninterrupted clinical practice, Tom has focused much of his attention on the correction of chronic pain and somatic dysfunctions using **Non-Manipulative Manual Therapy Techniques**. He has extensive teaching experience throughout the United States, Canada, United Kingdom and Australia. His background in bio-mechanics along with orthotic fabrication has been integrated with **cutting-edge pain science** and **non-manipulative techniques** to find cures for difficult musculo-skeletal disorders.

Tom uses a unique style that injects humor into complicated subjects and has developed teaching methods that explain very complicated subjects in easily understandable formats. Tom's training manuals, DVDs and You Tube Videos are all designed to be user-friendly educational resources for mastering these techniques.

In 1999, Tom founded Alternative HealthCare Solutions; a solo practice devoted to the identification and correction of the most stubborn and complicated somatic dysfunctions. His practice draws patients from all over the USA as well as Canada and Europe.



**Would you like to learn about Non-Manipulative Manual Therapy Techniques and Muscle Energy Technique?**

Training Materials, Exercise Protocols, Videos and more are available at [www.tomocklerpt.com/practitioners/](http://www.tomocklerpt.com/practitioners/)

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## ALTERNATIVE HEALTHCARE SOLUTIONS

# T.I.P.I.

## Tapping Into Primal Instinct

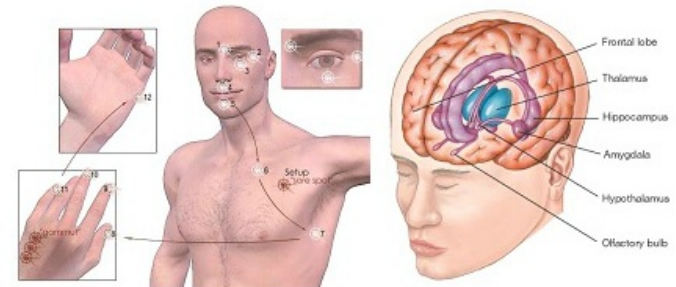
FOR THE  
REVERSAL OF CENTRAL SENSITIZATION AND  
CHRONIC PAIN

A continuing education course by

**Thomas K. Ockler PT**

Edited by Michelle Herod

2<sup>nd</sup> edition



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*Continuing Education that makes a difference!*

[www.TomOcklerPT.com](http://www.TomOcklerPT.com)

## ABOUT THE COURSE

The growing epidemic of chronic pain costs more than cancer, heart disease and diabetes combined. An accidental discovery over 30 years ago has brought important pieces of the puzzle together in the race to effective, lasting reversal of chronic pain and central sensitization. This evidenced based technique is aimed at the source of pain rather than the location of the symptoms. Given the relative addictive nature and temporary effects of the current medical model for treating chronic pain, this completely safe intervention has both strong and far-reaching application in health care.

This course involves a mix of theory, demonstration and hands on practice. Plenty of time is allotted for questions and discussion.

Due to the hands-on nature of this course, class size is limited to assure a very high quality educational experience.

**Time: 7:30 AM - 5:30 PM with one hour lunch break**

### OUR STUDENTS SAY IT BEST . . .

"Great course right out of the gate! Appreciate the didactic portion and feel it is absolutely important to understand."

"Well done — I am using the EFT clinically since last year's M3 course and feel grateful for the extra training/info this courses provided. Thank you for all that you do to educate, share and inspire!"

"Great examples of real life scenarios, should be very helpful in the future."

"Great background on the physiology of EFT beyond the energy thought, well researched."

"Thank you. Fantastic course. Worth every penny."

## COURSE OBJECTIVES

- Understand the extent of the growing epidemic of chronic pain
- Describe and differentiate between pain and chronic pain
- Understand the differences between biomechanical model and biopsyo-social model of pain
- Understand the difference between pain receptors and nociceptors
- Describe the basic pain pathways from receptor into the brain
- Understand the basic mechanisms of central sensitization
- Understand the development of the human brain over time
- Understand the basic parts of the human brain's limbic system and their interrelated functions
- Understand some of the critical communication between your brain's limbic system
- Understand the basic history of the development of EFT
- Recognize the alternative names for EFT
- Discuss the short falls of the original theory of energy shift in explaining EFT
- Understand why digital acupoint stimulation is effective on chronic pain
- Understand the link between treating negative emotions and chronic pain
- Perform basic acupuncture points stimulation to eliminate chronic pain
- Understand the variations of acupoint stimulation and what they are used for
- Be able to perform the basic recipe of digital acupoint tapping and some variations on painful conditions

This course is approved for 8.25 CEUs by the Ohio Physical Therapy Association.

*Individual states may vary due to their certification boards.*

### NATIONAL COURSE SCHEDULE

Visit: [www.tomocklerpt.com/practitioners/seminar-schedule/](http://www.tomocklerpt.com/practitioners/seminar-schedule/)

