



McTimoney College of Chiropractic
Relevant and affordable CPD

MCC Seminars
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STRESS and its effects on your patients

– a biopsychosocial best-evidence approach to patient management

Date: Saturday 2 April 2011
Cost: £95 per person [MCA Members: £75 Students: £30]
Speaker: Anne Jensen
Venue: McTimoney College of Chiropractic, Abingdon, Oxon
CPD Points: 6 hours : 10am to 5pm (9.30am Registration)



Overview

- Learn about the importance of addressing common conditions from a biopsychosocial perspective
- Understand how a person's physiology may impact their mental / emotional state and their (social) relationships... *and vice versa!*
- Special segment on *Stress* – what it is and how to manage it
- All content will be based on the *best evidence* available

Course content

- Biopsychosocial factors associated with conditions commonly presenting to a chiropractic practice:
 - Low back pain, TMJ, fibromyalgia and other musculoskeletal and chronic pain conditions
- Stress – what it is and how to help your patients manage it
 - Including overviews of stress-reducing techniques
- Anxiety and Depression – quick and easy ways to screen patients, common medical interventions, and what you can do to help your patients
- The relationship between *posture* and *mood* – what the evidence suggests
- The therapeutic effect of the doctor-patient relationship
 - YOU may be the key to your patients' progress

Biography

Trained in both chiropractic and psychology, Dr. Anne Jensen takes a mindbody approach to health and well-being. She earned her MSc in Evidence-based Social Interventions through the University of Oxford, and is currently completing her DPhil (PhD) in Evidence-based Health Care.

In addition, she has been in practice for almost 20 years in the U.S. and Australasia, where the focus of both her practice and her research is on stress and how it may impact health and behaviour.