

Wellness Programs 6 Hours Learning Objectives  
Back To Chiropractic Seminars  
Dr. Michelle Massa, DC, CEES

**Learning Outcomes:**

The participant will have a thorough understanding of how to design a wellness chiropractic program based on best practices for documenting health outcomes. Review of goal setting relation to health outcomes.

The participant will gain clarification on the development of the behavioral psychology mechanisms involved in health behavior change including how to utilize Readiness scales, Motivational Interviewing techniques and the stages of change model.

The participant will learn be able to differentiate types of brainwaves involved in learning and memory correlated with the development of new health behaviors.

The participant will understand the significance of the history and exam procedures involved in managing the asymptomatic patient with an emphasis on health outcomes.

**6-hour course**

Hour 1

Examining the role of the doctor of chiropractic as it relates to wellness behaviors and the development and maintaining of healthy lifestyle habits

Hour 2

In depth study of the 3 foundational learning theories of Behavioral Psychology as it relates to health behavior change

Hour 3

Neurocognitive dynamics and the neuropsychology of health behavior change

Hour 4

Behavior Change Models and understanding the stages of change model.

Assessing readiness to change and the development of motivational interviewing skills.

Hour 5

Differentiating between outcome and process goals.

Developing a goals-based model of behavior change with patients.

Hour 6

Developing an intake, exam and reevaluation model of patient care based on the development of wellness outcomes.

