

'Cervicogenic Headache & the Role of C1-3 Cervical Afferents in Primary Headache' (OK... I have found the segments involved -what next?)

Level 2 Consolidation Headache Course

2 days, 25% Theory & 75% Practicum

Dean Watson Ph. D, Course Author and Presenter

1. Introduction and Philosophy of the Course:

This 2 day course is very interactive - interaction is crucial.

Apart from the first 4 hours in which examination and treatment concepts, clinical reasoning and manual techniques introduced on Level 1 are consolidated, this course has been designed to facilitate and accelerate delegates' progress.

Therefore delegates are encouraged to email queries, concerns, or issues that have arisen since completion of the Level 1 Foundation Course.

2. Aims and Structure of the Course:

The primary aim of this Course is to address questions from delegates' management of headache patients since participation in the 'Cervicogenic Headache and the Role of C1-3 Cervical Afferents in Primary Headache'- Level 1 Foundation Course.

Initially, however, examination and treatment concepts, clinical reasoning and manual techniques introduced on Level 1 are revisited through a series of scenarios.

Anyone can learn a technique ... success depends on how you use them, aka 'CLINICAL REASONING'. Therefore following consolidation, course delegates will in, groups of three, examine (4-5) headache and migraine patients. This provides unrivaled opportunities for:

- consolidating and enhancing clinical reasoning processes
- the application of the differentiation examination techniques as treatment techniques
- choice of treatment direction/ techniques
- address un-resolving headache from the various segments as the technique is sustained

- progression of technique (& discuss progression inter session)

and

- in the event of an adverse (headache/ migraine) reaction - why?

Because the participating headache and migraine patients may not provide a range of presentations, 'case-studies' from the Presenters experience are covered if needed.

The Presenter's experience suggests that the above curriculum usually addresses delegates' queries, however it is recognised that some may not be covered. Therefore delegates are invited to email questions up to two weeks before the course.

3. Learning Outcomes of the Course:

On completion of the course delegates will:

- have increased confidence in choice of treatment technique (& direction)
- have increased clarity around un-resolving (as the technique is sustained) headache and how a positive result can be achieved without resolution head pain referral
- understand why, in the event of an adverse (headache/ migraine) reaction, it occurred and... how to deal with it!
- be able to identify why progress is not as it should be and address

4. Teaching and Learning Strategies/Resources:

- Lecture
- Practical sessions with ongoing feedback from fellow delegates and coaching from the Presenter
- Sophisticated 3D videos/animations of neurophysiological principles and examination and treatment techniques
- Participating in examination and treatment of patients
- Life-sized articulated model of the upper cervical spine
- Extensive manual

5. Course Numbers:

Maximum 12 (no exceptions unless Dean Watson is assisted by an authorised Watson Headache Institute Clinical Tutor)

6. Assessment:

Delegates will:

- receive collective verbal feedback from fellow delegates and the presenter
- self assessment

7. Course Program:

(Note: Morning and Afternoon Refreshment breaks will be at 10.40 and 3.10 for 15-20 minutes. Forty minute Lunch breaks are scheduled for 1.00.)

DAY ONE

- 8.30 Registration
- 9.00 Revision and consolidation of examination and treatment concepts, clinical reasoning and manual techniques
- 2.00 Patients (2)
- 5.00 Conclusion Day 1

DAY TWO

- 9.00 Patients (3)
- 3.30 Discussion, Questions, Summary
- 5.00 Conclusion Level 2