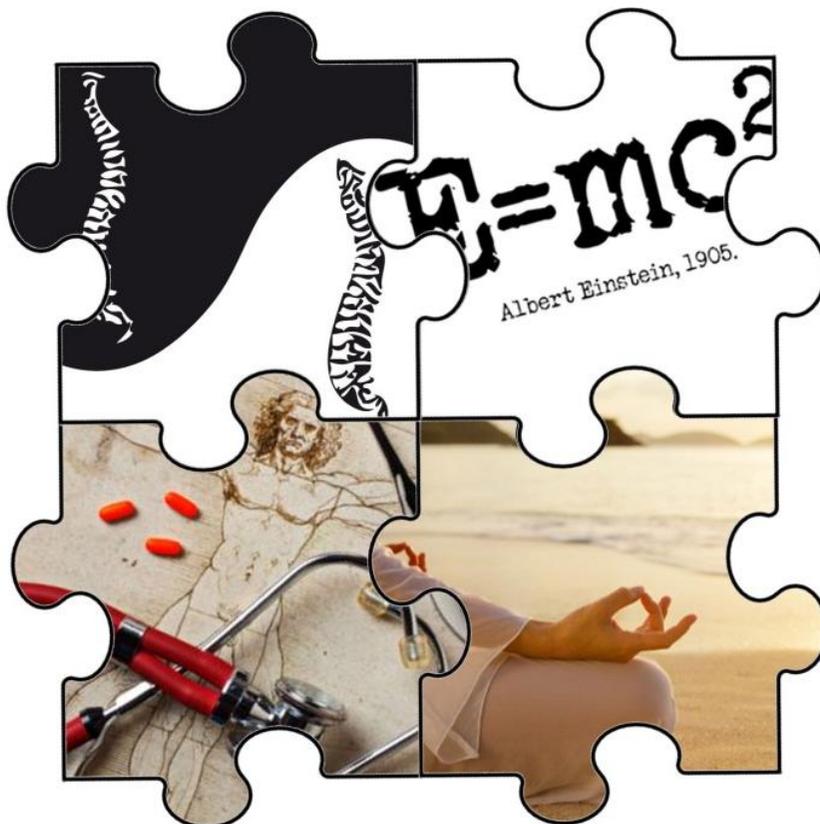


European College of QINOpractic Medicine

**QINO**PRACTIC



Through excellence we create once-in-a-lifetime courses, every time.



Choose not the educational pursuit,  
but the person you want to be...



**100% Money back guarantee...**





The European College of QINOpractic Medicine specializes in post grad courses for physical therapists, Chiropractors, Massage therapists, NMT, Sport Massage practitioners, Kinesiology practitioners and so on.

All courses are a direct result of clinical experience spanning over 20 years and we place considerable emphasis on the therapist as well as those being treated.

ECQM doesn't offer mainstream technique courses such as stretching, trigger points etc, but offers our students a whole new way of thinking and treating patients, with a much broader understanding of how the body works on multiple levels (physical, mental energetic and so on.)

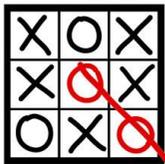
Techniques in them selves are just pieces of a larger puzzle.

Our post grad courses are designed to teach practitioners how to assemble the puzzle, to understand the whole picture, the causes of pain, why pain occurs and reoccurs and how to establish a protocol for long term relief and healing. You will have the opportunity to assemble the components into a comprehensive whole.



QINOpractic is a hands-on method of treatment developed by Mike Dahlstrom where knowledge, wisdom and philosophy from Chinese Medicine and Chiropractic come together with techniques from Kinesiology, Osteopathy and a variety of soft tissue techniques, including NMT, Swedish- and Sports Massage into an holistic system of healing.

**THINK  
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THE BOX**



"The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." Thomas Edison

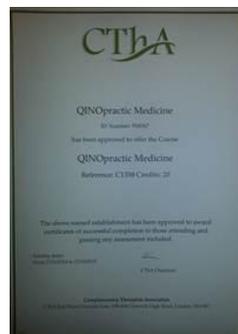
The European College of QINOpractic Medicine seeks to be on the leading edge to form these future care takers.

We're very confident that our courses holds the highest standard and for that reason we offer you 100% money back guarantee. If you are not happy with the course, we'll refund the full course fee. No hassle.

Stockholm, Sweden 2015-01-30

Mikael Dahlstrom, Founder and Principal European College of QINOpractic Medicine, Doctor of Chiropractic, Applied Kinesiology practitioner; Acupuncturist, Neuro Muscular Therapist, Swedish Massage Therapist, author and lecturer.

Courses in QINOpractic medicine is accredited by the CThA and STO for 20 credits in the UK, and as a valid CPD course by other associations. Approved by Balens, Holistic Insurance and Bgi UK for insurance. Bgi UK also insures QM practitioners across Europe





### What is QINOpractic Medicine?

QINOpractic is a complementary and alternative health care profession with the purpose of diagnosing and treating functional disorders.

QINOpractic uses a holistic treatment approach to recognize the body's inborn intelligence to organize, maintain and heal itself.

#### Founder:

QINOpractic was founded by Mike Dahlstrom in 2005. QINOpractic is when knowledge, wisdom and philosophy from Chinese Medicine and Chiropractic come together with techniques from Kinesiology, Osteopathy NLP and a variety of soft tissue techniques including NMT, Swedish- and Sports Massage into an holistic system of healing.



#### Philosophy and approach to healthcare/wellness:

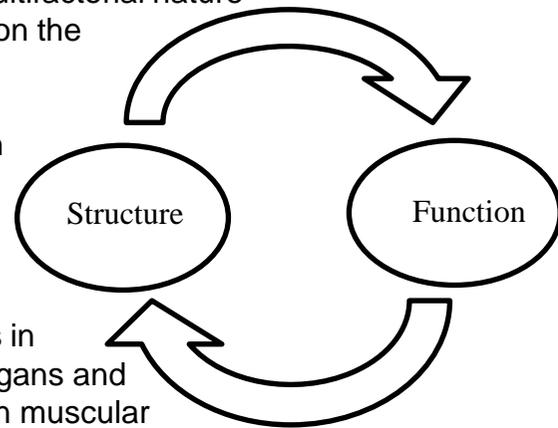
The QINOpractic perspective reflects a holistic approach to healthcare & wellness. QINOpractic is non-invasive and recognizes the dynamics of lifestyle, environment and health. QINOpractic Medicine appreciates the multifactorial nature of structural, chemical, and psychological influences on the nervous system and indeed the whole body.

QINOpractic begins with the assumption that function and structure are interdependent and cannot be evaluated separately. Problems within our skeletal structure and joints cause an imbalance in the overall function of the body.

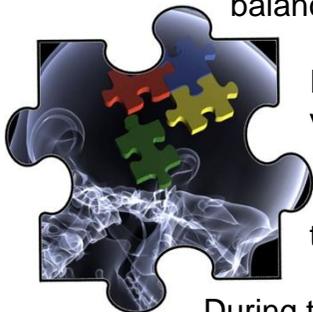
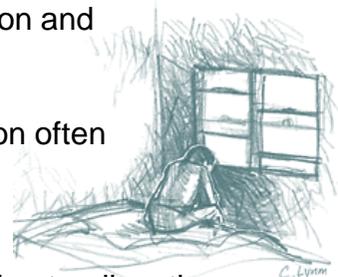


These imbalances in function, disturbances in muscles, circulation, nerve function, inner organs and glands to name a few, can lead to changes in muscular balance and overall physiological function.

Structural problems, in turn, can lead to disturbances in nerve function and signal flow, resulting in biochemical changes and pain.



Chemical imbalances, negative thinking, stress, and muscular tension often lead to structural disturbances. Well-being is the result of a healthy balance between structure, psyche and chemistry.



In our courses, we place a strong emphasis on understanding the various chains of movement throughout the body. Similar to a chain, or dominoes falling, it's always the weak link in the body which is the first to give. A muscular imbalance can lead to fatigue and pain throughout the entire system.

During the QINOpractic courses, you will learn a number of different techniques which can be used immediately after attendance. QINOpractic courses teach you approximately 15 different exciting techniques which will enhance your competence and expertise as a therapist.

You will learn to be an expert in recognizing the signs that present themselves prior to the manifestation of a problem. Learn how the weakened "dominoes" of the body fall, and how to set them upright again.





### Goal of Treatment:

The goal of a QINOpactic treatment is to aid the body in the removal of disturbances which affect the nervous system, restore balance and function to the muscles, specifically those which control spinal movement, thereby allowing the body to function in a more dynamic fashion.

### QINOpactic Treatment:

QINOpactic treatment always includes a thorough examination combining: soft tissue and joint palpation, a number of neurological and orthopedic tests, postural analysis, and a series of diagnostic muscle tests. After the examination, a diagnosis of the problem is given, and a treatment plan is devised with the goal of normalizing the disturbances in range of motion, and any muscular imbalances.



The therapist then treats the problem, such as an imbalance, which is determined to be the *main* source of the imbalances (the first domino in line), *not necessarily the symptom itself*. The ultimate goal of treatment is to activate the self-healing power of the body, by initiating the healing process which will eventually repair the injury.



All treatment plans are determined by diagnosed dysfunction. The treatment methods used have been gathered from a variety of different disciplines: Osteopathy, Chiropractic, Applied Kinesiology and Massage Therapy Techniques. QINOpactic treatments however does not only focus on restoring muscular imbalances, but also tends to emotional and mental imbalances as well. This in order to activate the body's self regulating and self-healing power and returning the body to a state of homeostasis (balance).

### Treatment Techniques:

All techniques that we use are non-invasive & most of them are pain free as well.

The techniques we use are already existing techniques from Kinesiology, Osteopathy, soft-tissue techniques, Massage Therapy, SOT, DeJeanette blocks, EFT, Strain and Counter strain, NLP, Eye movement Therapy, and so on.

Visit our website: [www.QINOpactic.com](http://www.QINOpactic.com) to read more the techniques we use.

### From a seminar in 2011:

I had a great time attending your seminar it was a truly thought provoking experience. Having over ten years experience as a Sports Massage Practitioner I found QINOpactic has opened my thinking and the way I will work in the future. I intend to get myself booked on to the module 1 course for October 2011. Definitely an eye-opening experience. Richard A, London





# QINOpactic- Module 1

## Give us 4 days- We'll give you a new life



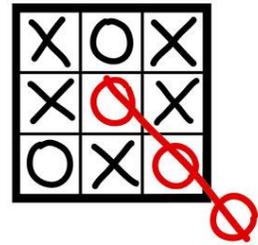
This unique four day seminar combines classroom lecture with hands-on practice to provide a solid foundation for attendees to understand different types of functional testing, applicable techniques with a greater understanding why problems (pain, discomfort) keeps re-occurring.

QINOpactic places a strong emphasis on function and the physiology of the body. Understanding both the neuro-muscular and patho-physiological roles is vital for the practitioner in order to understand and predict how the body will react to particular stress and trauma. This understanding will prevent misdiagnosis and ensure treatment is accurate leading to desired outcomes and effective results.

The first stage of Module 1 will give you a number of valuable techniques, which can be used on a daily basis when treating your patients. These include:

- Physiology of pain and why some experience pain whilst others do not
- Nature of chronic and reoccurring pain
- Education tools to assist your patients in preventing injuries
- Rehabilitation techniques
- Identifying the subtleties of presenting complaints to indicate status of injuries.

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Module 1 focuses on providing a thorough working understanding of the kinetic chain. Integrating this concept with the muscle testing of kinesiology will push you a step ahead in your competencies as a therapist.

Module 1 will leave you very well equipped to treat your clients free them from a vicious cycle of pain.

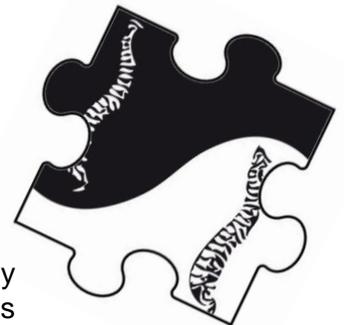
### You will explore topics including:

The effects of stress on the system as a whole  
Techniques to address Temporal-Mandibular Joint (TMJ) and Hip dysfunction  
Stability and rehabilitation training

### Module 1 Course Content:

QINOpactic Philosophy  
Muscle Testing and Diagnostics  
Anatomy & Physiology  
Neurophysiology  
Analysis of Pain  
Biomechanics  
Stress and Stress Reactions in the Body  
Applied, Physiological and Neurological Kinesiology

Gait Analysis  
Body Reading  
Functional Neurology  
Differential Diagnosis  
Physiology  
Integrated Rehabilitation  
A variety of treatment techniques.



### Techniques:

Applied Kinesiology treatment techniques (for example TMJ and Pelvic Dysfunction treatment)  
Chiropractic soft tissue application

### Course length:

4 days (9 am-5 pm)

### Prerequisite:

- UK, Ireland and Scotland: Level 3 Certificate in any Therapy where Anatomy and Physiology is a part of the curriculum.
- The rest of Europe: Minimum a level of education in the Complementary Medicine field that entitles you to a certification to practice in your Country and have adequate insurance.



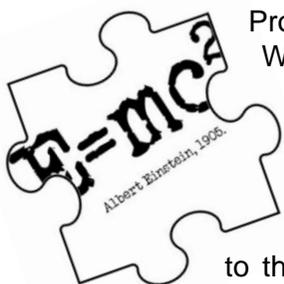


# QINOpactic - Module 2



Module 2 takes place approximately a couple of months after Module 1.

The second module highlights core stability as a fundamental aspect of the maintenance of biomechanical stability.



Proper brain function is essential in the training of these core muscles.

Without proper communication, a training session will be poorly executed and increases the probability of resulting in injury.

These 'core' muscles consist of the diaphragm, pelvic floor and the muscles of the abdomen and lower back. In an optimum state, these muscles are fully functional and work together in a state of neurological integration. However, so often, disruption to this balance leads to poor function and a number of symptoms including back and pelvic pain, incontinence and sciatic pain.

In the final stages of completing this course and becoming a Diplomate QINOpactic Practitioner, you will learn a number of solid techniques, primarily from Kinesiology and Osteopathy.

### Module 2 Course Content:

- Muscle Testing
- Diagnostics
- Applied & Physiological Kinesiology
- Neuro Physiology
- Theory and Ethics
- Differential Diagnosis
- Advanced Kinesiology
- Core Stability Training and Treatment
- Orthopedics



### Techniques:

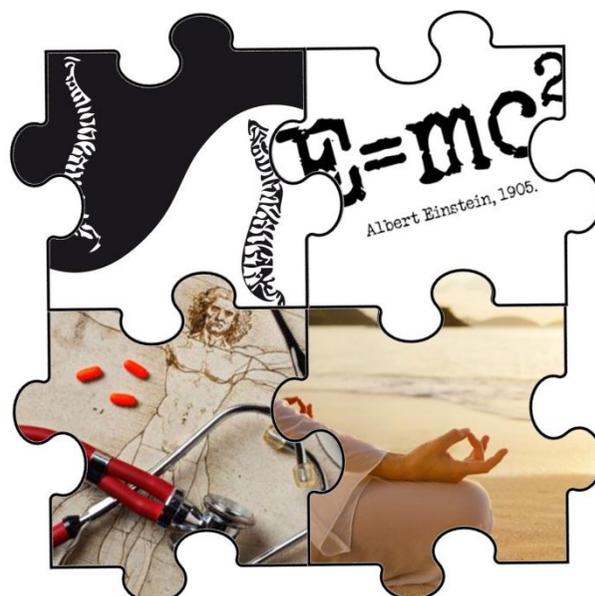
- Osteopathic techniques
- Chinese Meridian Therapy
- Cranial, Cranio-Sacral and Meningeal treatment
- QINOpactic Medicine

### Course length:

5 days (9 am-5 pm)

### Prerequisites:

Successful completion of Module 1.



**QINOpactic Medicine: Beyond Sports Massage  
It's all about Performance... ... Peak Performance..**

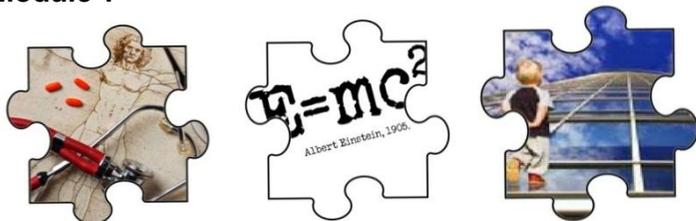




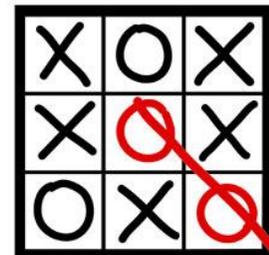
## Different Levels

There are three levels/titles in QINOpractic Medicine:  
Diplomate, Certified and Master practitioner.

### Module 1



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### Module 2



### Level 1, Diplomate QINOpractic Practitioner:

In order to receive the diploma you must fulfill the following criteria / courses:

- 1, A minimum training of certified massage therapist or equal in your country (and have a license to practice as such).
- 2, You must complete module 1 and 2 (combined course time 80 hours)
- 3, You have to pass 3 written exams and 2 practical exams
- 4, You must have completed at least 60 case studies
- 5, You must be in agreement with QINOpractic principles and ethics.

After this you will receive your Diploma in QINOpractic Medicine.

### Level 2, Certified QINOpractic Practitioner

The next level is a Certified QINOpractic Medicine Practitioner:

In order to receive a certification you only need to:

- 1, Work with QINOpractic Medicine for two years.
- 2, Be a member of the QINOpractic association for 2 years.
- 3, Complete Module 3 (QINOpractic Rehab, Strain and Counter Strain and Neuro Acupuncture)
- 4, Complete at least 2 advanced courses (offered annually)
- 5, Complete an additional 60 documented case studies

When this is completed, you can apply for a Certification as a Certified QINOpractic Practitioner



For more information, go to our website: [www.QINOpractic.com](http://www.QINOpractic.com)





## Mental aspects of QINOpactic Medicine

QINOpactic Medicine is actually 2 different blocks. A structural block (Module 1-3) and a mental block (Module 4-8). The structural blocks can get you a diplomate and a certification, but if Mastery is your goal, then you also have to do Module 4 to 8.

### Level 3, Master of QINOpactic Medicine

You must have passed your initial training to Certified QINOpactic Medicine practitioner, we then move on to the mental aspects of QINOpactic Medicine.

In order to complete your education to a master, you also have to be able to treat mental or psychological "problems".

#### 1, You then have to take the following courses:

##### **QINOpactic, Module 4 - Neurological Calibration plus some Kinesiology techniques.**

Here we start to take you into the wonderful world of our brain and the subconscious part of our brain.

##### **QINOpactic, Module 5 - Emotional Release Technique and NLP**

Here we start to take you into the wonderful world of our brain and the subconscious part of our brain.



##### **QINOpactic, Module 6 - Anti-Stress Therapy**

Our journey in our subconscious mind continues.



##### **QINOpactic, Module 7 - PSYCH-K, Brain Gym (Educational Kinesiology)**

The wonderful world of re-programing subconscious beliefs that limits our everyday life

##### **QINOpactic, Module 8 - Applied Energetic Synchronization Therapy (EST).**

A treatment technology that addresses deep traumas that prevents healing from taking place.

#### 2, Co-instruct on at least one QINOpactic 1 module

#### 3, Working actively with QINOpactic Medicine as their main job for at least 3 years

#### 4, At least 120 QINOpactic case studies

(in addition to the 60 that were required as per your certification)

#### 5, Be a member of the International QINOpactic association for 3 years.

#### 6, Be a member of a separate professional association in your home country and have adequate insurance for treating patients/client.

After all this you can apply for the title "Master of QINOpactic Medicine"

## QINOpactic Medicine: Beyond Sports Massage



**It's all about Performance...**

**... Peak Performance..**





## Key Notes:



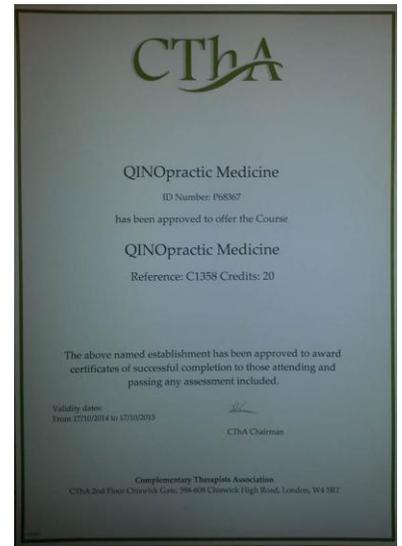
### First international course...

The very first course in QINOpractic Medicine took place in 2013. During this international course we had 7 participants from all over the world: Australia, USA, Belgium, Finland, Slovakia and England... 3 Doctor of Chiropractic and 4 Sports Massage Therapist.



## CONGRATULATIONS

"Each year, the US Institute for Advancement of Trade & Commerce (USIATC) panel identifies British firms that have demonstrated excellence in their respective fields and achieved commercial recognition. Kinopractic LTD and the European College of Qinopractic Medicine has been selected this year. This award exemplifies that distinguished accomplishment."



## Some underlying thoughts / Philosophies

