

A child's behavior is an outward expression of their neurological integrity. Understanding a child's neuro-expression will give you a window into the developmental state of their brain.

M. Buerger

One in six children in the United States are said to have a neurodevelopmental disorder, **one in five** are said to have a mental health disorder and approximately **one-third of children** in this country are said to have a chronic health disorder. The chiropractic profession has been growing in popularity with regards to working with the pediatric population; especially those children that are struggling with neurodevelopmental challenges. Many parents seeking alternative care for their children will rely solely on the Doctor of Chiropractic as their “primary care” doctor. Given this paradigm shift, it is important that those Doctors of Chiropractic working with children be well versed in potential neurophysiological and mental health consequences of autonomic dysregulation as the result of vertebral subluxations. In addition to being able to detect and correct vertebral subluxations, chiropractors should be competent in determining normal vs abnormal development, what this may be a sign of, if left unresolved how might it manifest later in life and how to best manage/co-manage these cases. **The DMU curriculum is set within a subluxation based model with the course material designed to be practical and easy to implement across multiple practice paradigms without having to change the course of your dream practice!**

Rather than having to intervene when a child is already struggling, **the mission of this program is to prevent disease in the unborn child, promote optimal neurodevelopment in the newborn and create a life of optimal wellbeing for all!** This begins prior to conception and should be supported throughout life. However, given the nature of the current health climate, developing MINDS will also address intervention strategies and care plans for the neurodevelopmentally challenged child.

In order to serve more families and children and to help you become as successful as possible, **we have thought about everything!** Not only will you get an incredible academic program, you will learn from leading experts on how to take this information to the public as well as other health professionals in order to generate solid referrals. Within the program, you will also have access to professionally curated materials- ready to use and easy to implement for maximum success in YOUR community. A sample of which are:

- Practice implementation guides, forms and hand-outs!
- Our “Early Intervention: Prenatal Prep” workshop!
- Our signature “Brain Building and Bonding”: Creating healthy brains through play™ in-office and community outreach classes focusing on fun neurodevelopmental movements and games for various age groups designed to optimize neurodevelopment in infants and toddlers- great for practice building!
- Our Precision NeuroIntegrative Protocols™: reflex and sensory-motor programs for individual care (home or office), group classes and sensory camps!
- Our CONNECT! protocols: Combining Optimal Neurology, Nutrition, Exercises and Chiropractic Together!
- More incredible tools to create your legacy and brand yourself as the expert in your community!
- A future phase will include patient Apps for a self-based “Brain Building and Bonding”™ programs and Precision NeuroIntegrative Protocols™

About DMU

THERE IS NO OTHER PROGRAM LIKE THIS!

developingMINDS University was born from hundreds of social media tags, e-mails, calls and other ways that doctors from all around the world have reached out to Dr. Buerger for help with various levels of pediatric cases. developingMINDS is a one-of-a-kind **mentoring** and **certification** program in **Childhood and Adolescent Neurodevelopment** that takes **30 years of Dr. Buerger's clinical experience, research and teaching and incorporates it into one INCREDIBLE** program with other expert instructors such as: **Dr. Heidi Haavik, PhD; Dr. Amy Haas, DC; Bonnie Horsburgh, LCSW; Dr. Nicole D. Lindsey, DC; Dr. Janet Lintala, DC; Dr. Elizabeth Mumper, MD; Maureen McDonnell, Pediatric RN, and Susan Quam-Weinstein, Educator.**

In order to **minimize travel costs** and time away from your practice and family, the program is designed as a self-paced on-line curriculum with the option of an accelerated one-year tract or the traditional two-year tract. In addition, there will be **monthly live on-line Clinical Rounds classes that are invaluable**, a private Facebook forum for clinical care conversations and questions and the added caveat of one live intensive module. The live "functional assessment" module is designed to help "pull all the pieces together" as well as ensure that students have a full grasp of the on-line content and have the practical skills to be successful. The live functional assessment class will allow students to fine tune their skills learned from the on-line curriculum and is one of the most invaluable features about this program. Having the opportunity to learn the material on-line and start to implement it in a practical setting while also having a mentor to guide you through "pot holes" along the way and then meet with Dr. Buerger for an intensive gathering to hone your skills even more and work out any "kinks" is hands down the most optimal learning opportunity!

A final exam will also be required in order to obtain certification in **Childhood and Adolescent Neurodevelopment**.

Additional Benefits:

- Private Facebook forum for collaboration and case discussion
- Live interaction with Dr. Buerger during monthly Clinical Rounds
- Dr. B at your fingertips to help you navigate difficult cases
- **Chiropractic CE's with certain modules while learning this amazing cutting-edge information!**

This program is open to: Doctors of Chiropractic, chiropractic students in their second year or higher, chiropractic assistants, Naturopaths, Osteopaths, Occupational Therapists, and Nurse Practitioners. (CE's only granted for DC's)

Course Curriculum

Module 1: Derailed: The Hijacking of our Children's Neurodevelopment (8 hrs on-line CE's available; \$50)

Chapter 1: The Developing Brain

- An overview of brain development and functional regions of the brain and the potential role chiropractic care can play in proper brain development.
- Brain regions associated with neurodevelopmental disorders and, if affected, how this might be expressed in children.
- What signs/symptoms the Doctor of Chiropractic should be aware of in a clinical setting.

Chapter 2: Behavioral Neuroscience: How mother's stress resilience capacity affects neurodevelopment

- The role maternal stressors play in neurodevelopment and the role chiropractic care can play in minimizing prenatal stress.
- Epigenetic Inheritance: How emotional toxins affect DNA of the offspring
- The neurobiology of disease and the potential physical and mental health consequences that can occur later in life.

Chapter 3: Turning the Tide: Early Intervention Strategies

- Fundamental preconception considerations including diet, lifestyle, environment, mindfulness and chiropractic care.
- Fundamental prenatal considerations including diet, lifestyle, environment, mindfulness and chiropractic care.
- Fundamental chiropractic considerations to help optimize the health and neurodevelopment of the newborn during the first year of life.
- Pediatric "Red flags" to consider in the clinical setting.

Instructor: Dr. Monika Buerger

*Includes associated workshop, "Derailed: The Hijacking of Our Children's Health"

Module 2: Preconception Prep A to Z

Chapter 1: Methylation biochemistry

- The Folate Cycle
- The Methionine Cycle
- The Biopterin Cycle
- The Arginine Pathway and Pre-Eclampsia

Chapter 2: Mitochondrial function

Chapter 3: Metabolism and endocrine function

- Functional nutrition
- Functional lab testing
- HPA axis
- The “Four Rooms”: Gut, Sleep, Blood Sugar/Adrenal & Oxygen

Chapter 4: MOM: Microbiome of Mother

- Psychosocial considerations
- Nutritional considerations
- Developmental effects of offspring

Chapter 5: Putting it into Play

- Considerations & Implementation Strategies for Chapters 1-4

Instructor: Dr. Monika Buerger

*Includes associated workshop, “Conceivable: Early Intervention Strategies for Healthy Mom and Baby”

Module 3: Conceived

Chapter 1: Prenatal considerations for optimal neurodevelopment

- Neuronutritional considerations
- Psychosocial considerations
- Functional lab testing
- The COVID Generation: How prenatal stress affects the unborn child and HOW we can TURN THE TIDE (special edition course)

Instructor: Dr. Monika Buerger

Chapter 2: Postnatal considerations for optimal neurodevelopment

- Post-partum depression and nutritional considerations and how they affect the neurodevelopment of offspring
- The importance of bonding

Instructor: Dr. Monika Buerger

Module 4: "Parental Presence: Promoting Healthy Development and Attachment Through Mindfulness and Self-Compassion"

Chapter 1: The "WHY" and "HOW" of Mindfulness and Self-Compassion for Parents

- Learn concrete skills for managing stress via mindfulness to thoughts, sensations, and emotions
- Learn self-compassion practices, which are proven to increase adherence to healthy behaviors and lifestyle choices to optimize healthy neurodevelopment in the offspring

Chapter 2: The Role of Parental Mindfulness and Self-Compassion in Facilitating Healthy Development and Attachment

- Create a parenting plan to optimize the well-being of the parent and child
- Bonding and relationship building with baby
- Skills for parents to learn how to optimize developmental attachment and healthy emotional regulation in their children

Chapter 3: Parent Workshop: *Mindfulness and Self-Compassion for Parents*

Instructor: Bonnie Horsburgh, Licensed Clinical Social Worker and Mindfulness Expert

Module 5: Special Considerations

Chapter 1: The truth about TOT's: Tethered Oral Restrictions

- Potential contributing factors
- Overview of tongue, lip and buccal ties and their implications on neurodevelopment

Chapter 2: Neuronutritional considerations for picky eaters

- The potential WHY behind the picky eater
- Successful family strategies to change eating

*Includes a parent/community workshop

Chapter 3: Pre/Post immunization considerations

- Immune support protocols
- Detoxification considerations

Chapter 4: PANDAS/PANS/AE

- Signs, symptoms and the sensory connection
- Potential pathogens
- Management Considerations

Instructor: Dr. Monika Buerger

Module 6: MOB: Microbiome of Baby

Chapter 1: Blueprints of the Biome Brain

- Intestinal Development and Neuroimmune Homeostasis
- Neurology of Gut-Brain-Immune Axis

Chapter 2: The Chiropractic-Gut-Immune-Sensory Axis

- Understanding and Communicating the BIG Picture

Chapter 3: Biome Busters and Builders

- Nutritional Considerations
- Psychosocial Factors and Healthy Vagal Tone
- Antibiotics, the Annihilator
- Considerations for Colic

Chapter 4: Balancing the Biome

- Taking a “Mystery History”
- Specific “gut building” protocols and strains of probiotics for specific brain regions

Instructor: Dr. Monika Buerger

Mid-term Review & Clinical Cases (Modules 1-6)

Dr. Buerger will take you through short (15 min) review segments of Modules 1-6 and help tie pieces together for better understanding, certainty and application!

One clinical case per review module will be given to enhance critical thinking skills.

Module 7: Taking a “Red Flag” History and understanding the “Little-Big Things”

Chapter 1: Pediatric Preconception, Prenatal and Birth History

Chapter 2: Pediatric Postnatal History

Chapter 3: Pediatric Infant & Toddler History

Chapter 4: Pediatric Older Child History

Chapter 5: Sensory and Academic Profile

Chapter 6: Preconception/Adult History

Instructor: Dr. Monika Buerger

Module 8: Mastering Vagal Tone and Heart Rate Variability

Chapter 1: Adapt or Die: HRV and its Unique Possibility for Chiropractic

Chapter 2: Hitting the Gas: Using HRV in Practice

Chapter 3: HRV Research in Chiropractic & Developing an HRV Program for YOUR office

Chapter 4: Heart Rate Variability & Neurodevelopment

Instructors: Dr. Amy Haas (Chapters 1-3) & Dr. Monika Buerger (Chapter 4)

Module 9: Neuroscience for the Chiropractor Made Easy

(12 hours on-line CE's available; \$50)

Chapter 1: Neurobiology of the neurons

Chapter 2: Nerve cell membranes and the membrane potential

Chapter 3: The action potential

Chapter 4: The synapse and synaptic transmission

Chapter 5: Neurotransmitters

Chapter 6: Cortical Anatomy and Intro to Functional systems

Chapter 7: The sensory nervous system- Interoception, Exteroception and the Inner body schema

Chapter 8: Learning, Memory and Neural Plasticity

Chapter 9: Pain - The danger warning system

Chapter 10: The limbic system - the seat of our emotions

Chapter 11: The Autonomic Nervous System - The Sympathetic and Parasympathetic Nervous System

Chapter 12: The Neurobiology of Stress and Trauma

Instructor: Dr. Heidi Haavik, Neuroscientist, Chiropractor

Module 10: Perception-Response Disorders™: Sensory-Motor Assessment, Development, Function and Chiropractic Connections

Chapter 1: The Vestibular System: Evaluation & Precision NeuroIntegration Protocols™ across all age and stages

Chapter 2: The Proprioceptive System: Evaluation & Precision NeuroIntegration Protocols™ across all age and stages

Chapter 3: The Visual System: Evaluation & Precision NeuroIntegration Protocols™ across all age and stages

Chapter 4: The Auditory System: Evaluation & Precision NeuroIntegration Protocols™ across all age and stages

Chapter 5: The Tactile and Olfactory systems: Evaluation & Precision NeuroIntegration Protocols™ across all age and stages

Chapter 6: The Neurovisceral System

Chapter 7: Brain Circuit Training™

Chapter 9: Connecting with the Sensory Defensive Child

Instructor: Dr. Monika Buerger

Module 11: Developmental Origins of Health and Disease: The Neurodevelopmental Bases of Psychopathology

Chapter 1: Developmental Windows of Opportunity

- Critical and sensitive periods of affective development
- Neurodevelopment and Fear-extinction: The amygdala and prefrontal connection
- Chiropractic connections

Chapter 2: Frontal Lobe and Executive Functioning

- Understanding the signs/symptoms of Executive Functioning Disorders
- Neuroenhancement of Executive Functioning
- Chiropractic connections
- Specific exercises across all ages and stages

Instructor: Dr. Monika Buerger

Module 12: The Developing Years

Chapter 1: The First 1,000 Days

- Critical Windows of Neurodevelopment
- Potholes in development
 - Understanding and identifying typical vs atypical neurodevelopment: Cognitive, social, emotional & sensory-motor
 - Chiropractic connections
- Developmental concerns
- Quick screening protocols for developmental milestones
 - Cognitive, social, emotional & sensory-motor
- Fostering Optimal Neurodevelopment via our CONNECT!™ protocols: Combining Optimal Neurology, Nutrition, Exercise and Chiropractic Together!
- Primitive Reflexes
 - Evaluation and promoting integration in the first year of life

*Includes associated “Brain Building & Bonding”™ workshops for in-office and/or community outreach

Instructor: Dr. Monika Buerger

Chapter 2: Years 3-5

- Potholes in development
- Motor milestones associated with language development
 - Understanding and identifying typical vs atypical neurodevelopment: Cognitive, social, emotional & sensory-motor
 - Chiropractic connections
- Developmental concerns
- Quick screening protocols for developmental milestones:

- Cognitive, social, emotional & sensory-motor
- Fostering Optimal Neurodevelopment via our CONNECT!™ protocols: Combining Optimal Neurology, Nutrition, Exercise and Chiropractic Together!

Instructor: Dr. Monika Buerger

*Includes associated “Brain Building for Toddlers”™ and “Brain Building, the Preschool Years”™ workshops for in-office and/or community outreach

Module 13: Taming the Primitive Brain

Chapter 1: Primitive Reflexes in the Older Child

- Significance of primitive reflexes in the older child
- Evaluation of primitive reflexes in the older child & adult
- Chiropractic connections
- Integration protocols for the older child/adult
- Adaptive protocols for the difficult child and the special needs population

Chapter 2: Postural Reflexes

- Significance and evaluation of postural reflexes
- Chiropractic connections
- Neuroenhancement protocols across all ages and stages

Instructor: Dr. Monika Buerger

Module 14: Technology and the Developing Brain

Chapter 1: The effects of technology on the developing brain

Chapter 2: The effects of EMF's on the developing brain and special populations such as autism and ADHD

Instructor: Dr. Monika Buerger

Module 15: Trauma and the Developing Brain

Chapter 1: Whiplash, Concussion and Mild Traumatic Brain Injury

- Associated neuroendocrine disorders
- Associated psychiatric disorders
- Associated learning, attention & mood disorders/Secondary ADHD
- Management and Care Plans

Instructor: Dr. Monika Buerger

Mid-term Review & Clinical Cases (Modules 10-15)

Dr. Buerger will take you through short (15 min) review segments of Modules 10-15 and help tie pieces together for better understanding, certainty and application!

One clinical case per review module will be given to enhance critical thinking skills.

Module 16: Office Strategies & Implementation

Chapter 1: Implementation strategies for individual office paradigms

Chapter 2: The impACT Report: Giving a solid Report of Findings that leads to action!

Chapter 3: Waiting room and sensory room recommendations

Chapter 4: Developing successful individualized exercise plans for home or in-office

Chapter 5: Sensory camps and group classes

*Includes associated workshops for sensory camps and group classes

Instructor: Dr. Monika Buerger

Bonus Module: Success Strategies

Chapter 1: Neuroscience of Communication for Building a Waiting List Practice

Chapter 2: Communicating chiropractic neuroscience to the public

Chapter 3: Communicating chiropractic care for pregnant mothers, babies and children to other health professionals and stimulate strong referrals

Chapter 4: Connecting and communicating your message with schools

Chapter 5: How to successfully master social media marketing

Instructors: Dr. Monika Buerger (Chapter 1), Dr. Heidi Haavik (Chapter 2), Dr. Nicole Lindsey (Chapter 3), Susan Quam-Weinstein (Chapter 4) and TBD (Chapter 5)

Clinical Rounds

Clinical rounds classes will be held on the first Tuesday of every month (occasional changes may occur depending on Dr. Buerger's travel and teaching schedule) from 11:00 AM – 12:30 PM MST in a "live webinar" classroom setting. Each DMU student is required to submit at least two case presentations during their enrollment prior to certification. This time will be used to discuss cases, answer questions and/or present any new material or information that may be appropriate.

Classes will be recorded and available to all students for continued listening and learning! **The entire class curriculum will remain available for two additional years from anticipated finish date-** depending on tract schedule chosen.

Live Intensive & Functional Assessment (26 hours)

This class will be held approximately every 18 months. Location and dates TBD.

Functional Assessment of on-line curriculum material:

***Must attend for certification with exception to Intersect4Life Lifetime Achievement Doctors**

- Hands-on assessment, integration and implementation of primitive & postural reflexes learned through the on-line curriculum
- Hand on assessment of sensory-motor evaluations
- Hands-on Precision NeuroIntegration Protocols™
- Hands-on Brain Circuit Training™
- Open forum

Instructor: Dr. Monika Buerger

Neurodevelopmental disorders and chronic disease in children: Gut, Immune, and Bionutritional considerations for special populations:

- "Gut Rehab" 101
- Immune dysfunction 101
- The Cell Danger Response
- Mitochondrial considerations
- Managing cases: Labs vs No Labs

Instructors: Dr. Janet Lintala, DC; Dr. Elizabeth Mumper, MD; Maureen McDonnell, Pediatric RN

Tuition Investment for Live Intensive:

developingMINDS students:	\$449
General attendees:	599
Chiropractic CE's:	50

Open enrollment quarter start dates are January, April, July and October. You can sign up any time during the year, however modules will be released on a quarterly schedule based on your tuition tract (i.e. you can sign up in January, depending on your tuition tract, modules will be released that month. Or, if you sign up in March, your tuition will begin in April and modules will be released that month.)

See website for tuition and tract options.