

# **CURRICULUM / CONTENT**

## **Understanding Stress and the Scientific Osteopathic Approach of Stress**

### **1. Acute and Chronic Stress**

### **2. Stressors**

### **3. Stress Mechanism**

### **4. Different Forms of Stress**

### **5. Resilience**

### **6. Signs and Effects of Chronic Stress**

*6.1. Acne*

*6.2. Bags under the Eyes*

*6.3. Dry Skin*

*6.4. Rashes and Hives (Urticaria)*

*6.5. Wrinkles*

*6.6. Gray Hair and Hair Loss*

*6.7. Heart Attack & Disease*

*6.8. Depression, Memory Loss, Loss of Attentiveness, Fear and Phobia*

*6.9. Gastrointestinal Signs*

*6.10. The Endocrine System*

*6.11. Aging and Early Life Stress*

*6.12. Immunity*

*6.13. Pain*

*6.14. Muscle Pain*

*6.15. Anxiety Disorder*

*6.16. Pregnancy*

*6.17. Body Fat*

*6.18. Fertility*

*6.19. Menstruation*

*6.20. Premenstrual Syndrome*

*6.21. Male Reproductive System*

6.22. *Diabetes Type II*

6.23. *The Thyroid*

## **7. Treatment of Chronic Stress**

7.1. *Breathing Exercises*

7.2. *Cold Exposure*

7.3. *Lactate*

7.4. *Exercise*

7.5. *Techniques to Stimulate the Parasympathetic Nervous System*

7.5.1. Decoaptation of the Upper Cervical Region

7.5.2. Massage of the suboccipital muscles

7.5.3. Compression of the 4<sup>th</sup> Ventricle (CV4)

7.5.4. Cranial Base Release

7.5.5. Harmonizing the Cranial Membranes

7.5.5.1. Stretching the Dura Mater

7.5.5.2. Parietal Lift

7.5.5.3. Frontal Lift

7.5.5.4. Ear Pull

7.5.6. Body Adjustment or General Osteopathic Treatment (GOT)

7.5.6.1. The Foot

7.5.6.2. The Knee

7.5.6.3. The Hip

7.5.6.4. The Iliosacral Region and Pubic Symphysis

7.5.6.5. The Shoulder and Upper Extremity

7.5.6.6. The Cervical Spine

7.5.6.7. The Pelvis, Spine and Ribs (Prone)

7.5.7. General Techniques

7.6. *Techniques to Inhibit the Sympathetic Nervous System*

7.7. *Trigger Points*

## **8. Bibliography**

**ANNEX: The Perceived Stress Questionnaire (PSQ)**

**ANNEX: Depression Questionnaire (Patient Health Questionnaire (PHQ-9))**

**Acknowledgment**