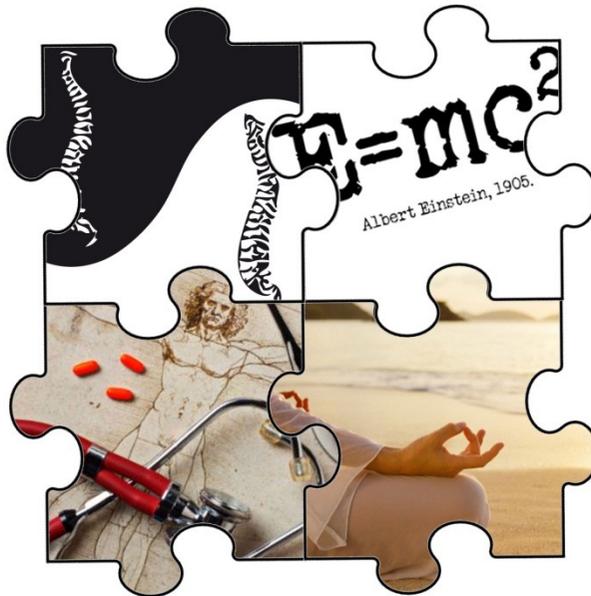


European College of QINOpractic Medicine

QINOPRACTIC



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



Providing unique and intriguing courses that provide you with a set of tools that will transform your clients outcomes.

Independent weekend seminars/workshops





The European College of QINOpractic Medicine (ECQM) specialises in courses for physical therapists, massage therapists, NMT and other healthcare practitioners. All courses are a direct result of clinical experience spanning over 28 years and we place considerable emphasis on the therapist as well as those being treated.

ECQM provides you a whole new way of treating clients/patients, with a much broader understanding of how the body works on multiple levels.

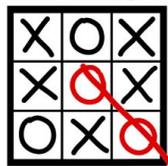
QINOpractic begins with the assumption that function, structure and emotion are interdependent and cannot be evaluated or treated separately. Problems, issues and conditions within our neuroskeletal structure and joints causes an imbalance in the overall function of the body and vice versa.



Our courses are designed to teach practitioners how to assemble the puzzle, to understand the greater picture, the underlying causes of pain, why issues occur and reoccur. We'll establish a protocol for long-term relief and healing, not just treat the symptoms.

QINOpractic is the unique sum and combination of knowledge, wisdom, and philosophy from Eastern Medicines and Chiropractic melded together with modified techniques from Kinesiology, Osteopathy and different European Soft Tissue and Massage Therapies (among them, Myofascial and Swedish) into a holistic, 'wholebody' treatment protocol.

**THINK
OUTSIDE
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.

Fuengirola, Spain 2022-04-03



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, (same as Continuing Education Units) and as a valid CPD course by other associations. Approved by Balens, Holistic Insurance and BGiUK for insurance. BGiUK also insures QM practitioners across Europe





What is QINOpractic Medicine?

QINOpractic Medicine is a complementary and alternative health care profession with the purpose of assessing and treating mechanical disorders.

QINOpractic uses a holistic treatment approach to recognise the body's innate neurological intelligence to organise, maintain and self heal.

Founder:

QINOpractic was founded by Dr Mike Dahlstrom in 2005.

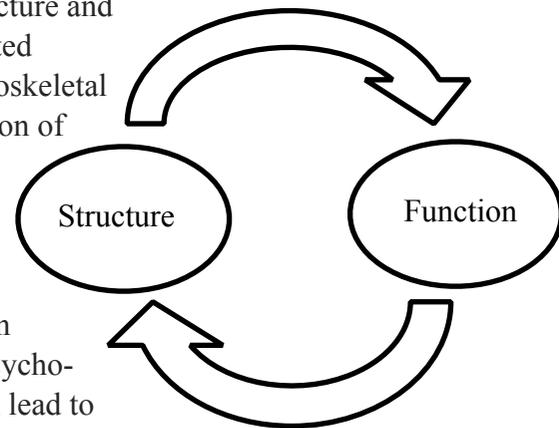


Philosophy and approach to healthcare/wellness:

The QINOpractic perspective reflects a holistic, wholebody treatment approach to healthcare.

QINOpractic is non-invasive and recognises the dynamics of lifestyle, environment, and health. This treatment appreciates the multifactorial nature of structural, chemical, emotional and psychological influences on the nervous system and indeed the whole body.

QINOpractic begins with the assumption that function, structure and emotion are interdependent and cannot be evaluated or treated separately. Problems, issues and conditions within our neuroskeletal 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 and psychological functions. Structural problems, in turn, can lead to

disturbances in nerve function and signal flow, resulting in biochemical changes and output of 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 all 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, very effective, techniques which can be used immediately after attendance. Techniques that 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 QINopractic 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.

QINopractic Treatment:

QINopractic 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.

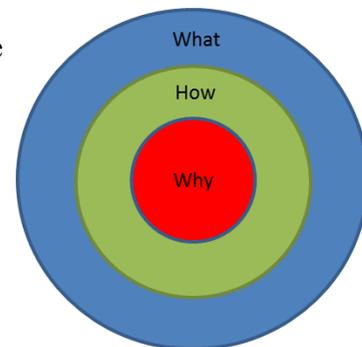
After the examination, a diagnosis of the problem is given, and a treatment plan is devised with the goal of normalizing the disturbances in range of motion, and any muscular imbalances. HOWEVER...



QINopractic Medicine operates from a different direction than other practitioners. While other therapists operate from outside and in - *What* to do, then *How*, we look at things from the other direction.

Why do they have this or that issue, then we move outwards to *How* can we help them, and then *What* technique is best suited for "*the Why*"?

This approach requires that you have a deep and thorough understanding of not only the physical body but also about emotional and mental aspects of healing, to re-write faulty patterns and of course a vast selection of techniques at your hand.



One of our pillars, don't worry, we will teach you.

All treatment plans are determined by diagnosed dysfunction.



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.QINopractic.com to read more the techniques we use.

QINopractic 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).

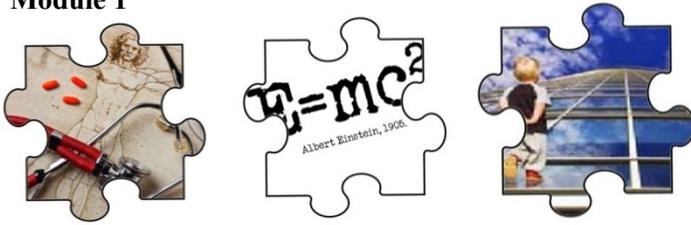




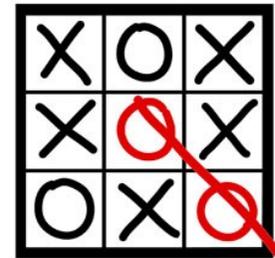
Different Levels in QM

There are now only one levels/titles in QINOperative Medicine: Certified practitioner.

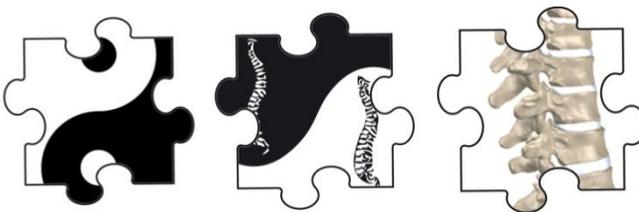
Module 1



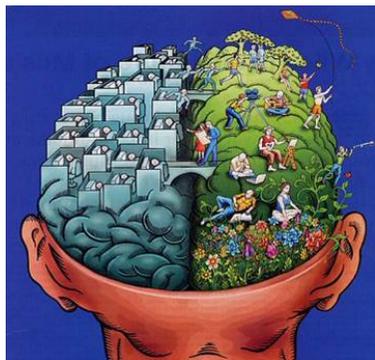
THINK OUTSIDE THE BOX



Module 2



Module 3



Certified QINOperative 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
- 3, You have to pass 2 written exams and 2 practical exams
- 4, You must have completed at least 120 case studies
- 5, You must be in agreement with QINOperative principles and ethics.

After this you will receive your Certificate in QINOperative Medicine.



From Module 1:

"A very heavy course finished a certificate received . The QINOperative medicine is the most fascinating thing I've done in a long time. Mentally exhausted would be an understatement but absolutely brilliant.

Thank you [Mike Dahlstrom](#) you are an amazing teacher."

Dawn Rothwell, Senior tutor at Active Health Group and over all horse wizard





Mental aspects of QINOperactic Medicine - Independent courses

QINOperactic Medicine is 3 different blocks, if you want to read about them, please visit www.qinopractic.com. This information PDF is about our independent weekend seminars/workshops, that are more geared towards mental/emotional issues and personal growth.

Independent weekend courses.

Rehab and Strain & Counterstrain.

Here you learn many great exercises for low back pain and some wonderful techniques, like Neuro-acupuncture and Atlas Release.

Neurological Calibration plus some Kinesiology techniques

The balance between different muscles is very important! But... also the body's ability to perceive position, balance, energy, and mental state are incredibly important components for our physical and mental well-being.

This course will teach you how to synchronize the left and right brain hemispheres, which is extremely important when it comes to achieving a long-lasting effect with your treatments.

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.

PSYCH-K, Brain Gym (Educational Kinesiology)

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

Applied Energetic Synchronization Therapy (EST).

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



If you want to know more about these courses, go to www.QINOperactic.com

QINOperactic Medicine: Beyond Sports Massage



It's all about Performance...

... Peak Performance..





Applied Strain and Counterstrain and QINopractic Rehab



On the QINopractic Rehab course, we focus a lot on home exercises and rehabilitation programs for your patients/clients. We learn a lot of "heavier" techniques (including Active Release Technique).

Applied Strain and Counterstrain (SCS) is a gentle form of treatment that aims to release blocks in the joints at the spine.

This applied SCS course focuses on treatment of the neck and primarily on Whiplash clients.

Take the opportunity to learn in a single weekend a technique with which you can change many people's lives for the better.

In this course, you will also learn no less than two different techniques to adjust a locked Atlas vertebra, how to release rib and thoracic spine locks, Active Release Technique, and we will top off the weekend with Neuro-acupuncture (only available with us), and of course lots of Rehab exercises.

Course Content:

Muscle test diagnostics, Kinesiology muscle testing, Applied Kinesiology, Physiology, Anatomy. Neuro-acupuncture, Atlas Release, Advanced Mobilization of the thoracic spine and ribs, QINopractic Rehab, Strain and Counterstrain theory and philosophy.

Treatment techniques:

QINopractic Rehab, Active Release Technique, Strain and Counterstrain, Atlas Release, Neuro-acupuncture, Advanced Mobilization.

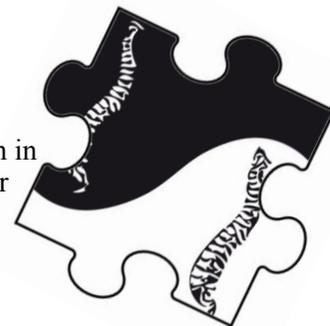
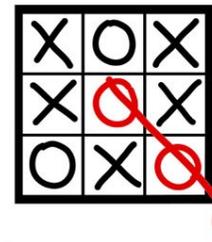
Course length:

3 days (9 am-5 pm)

Prerequisite:

- Some sort of minimum a soft tissue therapist that has the 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.

**THINK
OUTSIDE
THE BOX**



It is not until you get lost that you can find new paths...





Applied Neurological Calibration and Energy Synchronization



Musculoskeletal pain is becoming increasingly common. You could say that it is our new national disease. There are plenty of therapists and doctors trying to treat this "unfortunate" group, but unfortunately, the results of treatment are rarely permanent (partly due to the people themselves) and the problems keep come back again and again. Why?

The cells, and we, as cellular communities adapt to the prevailing conditions. So... IF a misalignment exists, we adapt to it. Humans as a species have come so far thanks to an incredible adaptability that allows the body to learn to perform certain "unnatural" movements. Monotonous and/or repetitive movements contribute to misalignment and overload.

The balance between different muscles is very important! But... also the body's ability to perceive position, balance, energy, and mental state are incredibly important components for our physical and mental well-being.

This course will teach you how to synchronize the left and right brain hemispheres, which is extremely important when it comes to achieving a long-lasting effect with your treatments.

Stress and/or trauma causes an imbalance in the body and simply shuts down those functions not related to survival. This natural defense is useful and crucial for our survival when we are, for example, in a car accident. But, unfortunately, sometimes this "numbness" (which creates imbalance and disharmony) persists long after the event and will cause problems on many levels in our body.

Course Content:

Including: Kinesiology muscle testing and diagnosis, Applied and Physiological Kinesiology, Neurophysiology, Philosophy, Theory, Core stability (treatment and home exercises), Basic Chinese Medicine, Differential diagnosis, Philosophy and theory of QINopractic, Kinetic Chain. Advanced Kinesiology.

Treatment techniques:

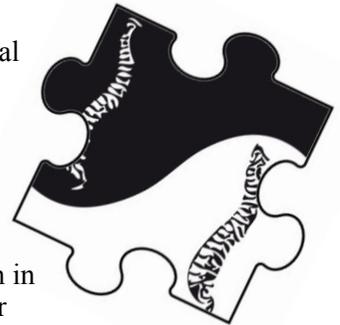
Craniosacral (Dura Mater) and Cranial treatment (Osteopathy), Synchronization of the Chinese Meridian System, Kinesiology and Chiropractic soft tissue treatment, Neurological Calibration and Emotional Neurological Calibration

Course length:

3 days (9 am-5 pm)

Prerequisite:

- Some sort of minimum a soft tissue therapist that has the 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.



It is not until you get lost that you can find new paths...





Emotional Release Technique and NLP



This wonderful weekend primarily focuses on personal development. These techniques are absolutely amazing and will strengthen you as individual and therapist, however at this stage, they are means to reinforce and empower you as an individual.

A very intense weekend, but also one of the best in your life. Here you will learn a great deal about what drives us towards or from success, what we should do to achieve success, on all levels.

This weekend, we'll put on our work outfit and thoroughly analyze ourselves, our strengths and weaknesses. This is not a technique course per se, above all its for you as a person, a mother, a father, a son, a spouse. For you to let go of your limitations and the roadblocks or boundaries that keep you from living your life to the fullest potential. NLP is a fantastic method, a bit odd sometimes but what weekend it will be.

"Faith can move mountains. Doubt can create them." Howard Wright

"We become what we think about all day long. The question is, what do you think about?"

Dr. Wayne Dyer

"You can have anything you want if you will give up the belief that you can't have it."

"A person who aims at nothing is sure to hit it."

ERT is an applied and moderated EFT (Emotional Freedom Technique). It is, however, not an EFT course.

Course Content:

Emotional Release Technique and Neuro Linguistic Programming. Applied Kinesiology, Stress Physiology, Goal Setting.

Treatment techniques:

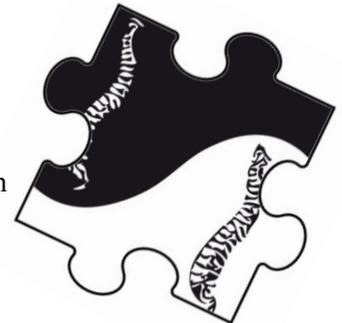
EFT, but a separate branch that we developed that we call: Emotional Release Technique (ERT) and Neuro Linguistic Programming.

Course length:

3 days (9 am-5 pm)

Prerequisite:

- Some sort of minimum a soft tissue therapist that has the 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.



It is not until you get lost that you can find new paths...





Psychological- and Educational Kinesiology



Thank you for your interest in QINopractic Medicine and the course that is called PSYCH-K, short for Psychological Kinesiology and our unique combination of Educational Kinesiology. Here is an invitation to this unique course.

This three-day course will forever change the way you think about the healing of the body, how things actually work. How can old patterns and fear affect our work as therapists?

Blocked, or stuck negative energy/thoughts can express itself in the form of depression, anxiety, distress or prevent you from experience love, happiness and success, but it can also manifest itself as physical pain. Body and Soul are integrated.

To release these blockages is a prerequisite for the body and mind to be able to heal.

I will during these days teach you how to synchronize the left and right brain hemispheres, on an ever deeper and more advanced level than the NC course. PSYCH-K is the preferred treatment to change old patterns (beliefs) by Dr. Bruce Lipton, one of my guru's that have shaped QM to what it is today.

Read Biology of Beliefs, by Bruce

“Your **Beliefs** become your **Thoughts**,
Your **Thoughts** become your **Words**,
Your **Words** become your **Actions**,
Your **Actions** become your **Habits**,
Your **Habits** become your **Values**,
Your **Values** become your **Destiny**.”
Mahatma Gandhi



Different brain waves:

According to neuro-science research, we have four different brainwaves: Delta, Theta, Alpha, and Beta. The first two are active in the subconscious part of the brain, the part that 99% of our capacity (and everyday life) is located. This part of the brain controls: blood pressure, which enzymes breaks down your breakfast, filters the blood via your liver and kidney, regulates pH-levels, and so on. This is also here healing takes place.

Unfortunately, it is also here that 99% of our fears, "truths about ourselves," stuck patterns are found, These "blockages" or "truths" about us and our own limitations prevent us from reaching our full potential.

This weekend we will learn how we can release these blockages/"truths" and to open up our senses and mind to live life to the fullest. ("Don't wish for fewer problems - wish for more skills").

Course Content:

Muscle Testing, Applied, Physiological, Educational and Neurological Kinesiology, Anatomy & Physiology, Neurophysiology, Analysis of brain functions and brain waves, Storing of memories and how this affects us later in life, Postural Reflexes, Physiology, Functional Neurology, Stress and Stress Reactions in the Body, Advanced PSYCH-K. Storing of information in the body and tapping into the subconscious part of the brain..

Techniques:

Different Psychological Kinesiology treatment techniques, Eye Movement Therapy, and Emotional Psychological Kinesiology treatment

Course length:

3 days (9 am-5 pm)

Prerequisite:

- Some sort of minimum a soft tissue therapist that has the 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.





Applied Energetic Synchronization Therapy



It's time to perform some miracles.

This is a fantastic technique, which I've named "Energetic Synchronization Therapy", or EST. This course is designed by myself and is not offered anywhere else in the world.

EST is a non-forceful, energy balancing technique and used to help re-establish the full healing potential of the body. The technique looks very different and will get your body (subconscious mind) to understand the problem and then solve it. Healing comes from within and here we will teach you how to tap into this source.

You, as a therapist, can only guide the patient into health. A technique that promises fantastic results, but looks completely different than anything you have seen so far in your life. If you want to work with this technique, you shouldn't be afraid to look outside the box and not worry about the naysayers who might call you a Witch).

These weekends primarily involves developing your personally. There will be an enormous number of "breakthrough's" during these weekends for you as a person, many wounds will be opened and healed, many tears and bad memories, but a lot more laughter and joy. Welcome to a new life.

Welcome to the future.

Course Content:

Energetic Synchronization Therapy

Treatment techniques:

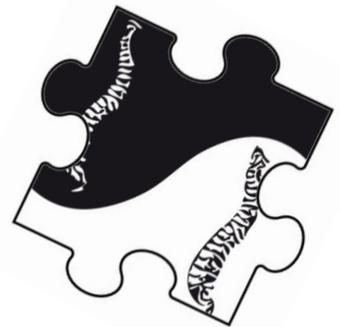
Energetic Synchronization Therapy

Course length:

3 days (9 am-5 pm)

Prerequisite:

- Some sort of minimum a soft tissue therapist that has the 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.



It is not until you get lost that you can find new paths...





Key Notes:



First international course...

The very first course in QINOpactic Medicine is now completed. 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.



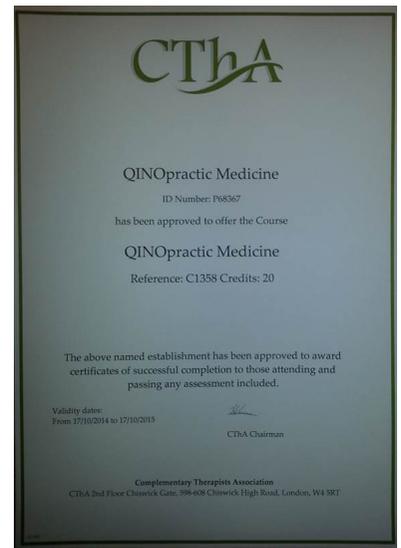
CONGRATULATIONS

"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."

Continuing Education Units in the UK



Insurance | Risk Management



Some underlying thoughts / Philosophies

