

# THE REASET APPROACH

## Course details for Sujata

### Objectives

1. To acquaint the student with an understanding of the development of the Reaset Approach, its relevance and its place in a fast-changing world.
2. By the end of this course, participants will have a better understanding of the importance of and how to reaset the autonomic nervous system.
3. The course will explore the rationale and methodology for using the Reaset Approach as an integral treatment foundation and solution in any clinical setting.
4. Expand the student's knowledge base through the application of new and previously learned techniques to specific disease examples.
5. At the end of the course, the students will have an integral, comprehensive and effective treatment protocol in which they can integrate all their existing knowledge and treatment techniques.

### Topics Covered

- History of the Reaset Approach and its application
- The effects of "change" on biopsychosocial and spiritual health and wellbeing
- The future of dis-ease, health and manual therapy
- Introduction to stress-related dysautonomia
- Understanding of the autonomic nervous system in the interrelationship between physical and mental health and wellbeing
- Introduction to the polyvagal theory and heart rate variability
- Reaset of the neurocranium and viscerocranium
- Reaset of articulations, the musculoskeletal and myofascial systems (full body)
- Reaset of the the lower back, sacrum and pelvic region
- Reaset of the spine through decoaptive reaset adjustments
- Reaset of the abdominal cavity and diaphragm
- Reaset of chronic whiplash syndrome
- Clinical application and relevance of the Reaset Approach in multimodal disorders and medically unexplained symptoms

## **Benefits for manual therapists**

- This course take the participant and their skills into the 21st Century.
- This course equips the participant for new and upcoming disease patterns including those for which current disease-by-disease treatment modalities are counter-productive and/or don't have the desired results.
- This course equips the participant to help patients with multimodal disorders and/or medically unexplained symptoms more effectively.
- The Reaset Approach can be used as the foundation on which the participants can integrate all their existing knowledge and treatment techniques, or they can integrate the "Reaset Approach" into their existing method of working and not only achieve better outcomes but also improve the speed of recovery of most, if not all, health problems.
- The Reaset Approach is versatile as it is based on a single metaprinciple which governs the application or underpins all other principles.
- The Reaset Approach is a full manual approach (no device needed) and can be applied anytime, anywhere and anyplace.
- The Reaset Approach is one of the few treatment modalities that has a balancing effect on the ANS that in turn improves quality of life, reduces symptom burden, and improves long-term patient health outcomes