

October 11, 2019

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that as Director of Parker Professional Programs, I have reviewed the speakers below and determined that they are post-graduate level instructors, through a curriculum vitae or resume, and they have knowledge, training and expertise in the topics to be covered for “The Prenatal Protocol”. The documentation appears to fall within chiropractic guidelines of the various state boards.

Parker University
Continuing Education
2540 Walnut Hill Lane
Dallas, Texas 75229
www.parker.edu

Courtney Gowin, DC

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at pfrase@parker.edu.

Sincerely,



Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING IN ONLINE ACTIVITIES

1. **Name of Course:** The Prenatal Protocol
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 1 Online
5. **Instructor(s):** Courtney Gowin, DC
6. Educational background and experience of instructor(s) is on file in the University offices.
7. **Attendance Verification Method and Certifying Officer:** FL Licensees are required to provide a valid driver's license to be awarded CE. The Online presentation is delivered via web pages in which the participant must review anatomy images, read supporting text, listen to audio instruction, and answer test questions. The time the participant spends on each page is logged and tracked. In addition, the test questions must be passed, or the participant cannot continue on to the following pages. The computerized log files that track the participant's access time and usage will be utilized to validate the attendance and participation. The instructors will be available for questions via e-mail. Upon successful completion, Parker University Continuing Education Department will maintain and distribute attendance records.
8. **Textbooks and/or Equipment Required:** Internet
9. **Outline of Material Covered:** Attached
10. **Location(s):** Computer/Internet Based
11. **Date(s):** Based upon date of actual completion

The Prenatal Protocol

Courtney Gowin, D.C

1 hour

Course Description

This class will discuss protocols to help your female patients through their trimesters of pregnancy. We will discuss each trimester and break it down into common experiences, natural remedies, nutrition, supplements and special considerations when adjusting.

Course Objective(s)

At the end of this course attendees will know:

- 1st trimester-common experiences, natural remedies, nutrition, supplements and adjusting schedules
- 2nd trimester- common experiences, natural remedies, nutrition, supplements and adjusting schedules
- 3rd trimester- common experiences, natural remedies, nutrition, supplements and adjusting schedules
- Preparation for birth

Course Outline

15 Mins:

- Tell us about yourself
- Why a prenatal practice
- 1st trimester
- Common experiences
- Natural remedies
- Nutrition
- Supplements
- Adjustments and schedule

15 Mins:

- 2nd trimester
- Common experiences
- Natural remedies
- Nutrition
- Supplements
- Adjustments and schedule

15 Mins:

- 3rd trimester
- Common experiences
- Natural remedies
- Nutrition
- Supplements
- Adjustments and schedule

15 Mins:

- Preparing for birth and the chiropractor's role

Courtney Gowin

4811 Broadway, Addison, TX 75154

(C) 325-665-3322 (E) drgowin@freetobechiropractic.com

Professional Summary:

Owner and Doctor of Chiropractic at Free to Be Chiropractic and the NEST. I specialize in empowering women on their journey to motherhood and help them achieve the birth they desire. Our practice specializes in supporting women throughout their pregnancy and postpartum and supporting the newborn baby into childhood with gentle adjustments to the spine.

Skill Highlights:

- Chiropractic Techniques: Diversified, Webster, SOT, Thompson, Activator, Flexion Distraction
- Yoga Instructor (6 years experience)
- Avid public speaker
- Lululemon Goal Guru and Mentor
- Networking and recruiting
- Extensive knowledge of health and healing
- Pregnancy Support
- Natural Fertility
- Clinical Nutrition
- Lifestyle Coaching
- Personal Training

Accomplishments:

- Doctor of Chiropractic
- Metrocrest Chamber of Commerce Ambassador
- Dallas School of Harmony (TSTEM Academy) Advisory Board Member
- UT-Southwestern Research Board Member for Perinatal Depression
- VA Hospital Chiropractic Intern
- Vice President of James W. Parker Philosophy Club
- Vice President of League of Chiropractic Women Club
- President of Chirogames Club
- Two time top 5 finalist of Talk the Tic
- PLC Board Review representative
- Founder and developer of Parker University's yoga program
- Two year captain of the Parker women's basketball chirogames team
- Currently teach yoga throughout the Caribbean and Central America, Crossfit gyms, Camp Gladiator, Telos, Trophy Fitness and corporations throughout DFW
- A distinguished speaker at Schubel Vision Seminars Dallas, Tx
- Lululemon goal & yoga guru; develop and inspire ambassadors and studio owners in the DFW area to create vision and passion in their lives

- First Place winner for the Compassion for the Community award for my chiropractic business plan
- NCAA women's basketball tournament finalist

Professional Experience:

- August 2015-Present: **The NEST Addison**—Owner/Clinic director
- March 2014-Present: **Free to Be Chiropractic**—Owner/Doctor of Chiropractic
- January 2014-Present: **Telos, Summit Rock Climbing, Trophy Fitness**—Yoga Instructor
- October 2013-December-2013: **VA Hospital**—Chiropractic Intern
- July 2012-Present: **Lululemon athletica**--Dallas, Tx. Educator/Goal Guru/ Yoga and community Guru
- April 2008-July 2010: **Everfit**--Abilene, Tx. Bootcamp instructor/Personal Trainer/Yoga Instructor/Nutritional Counselor

Current Advisory Board Positions:

- Dallas School of Harmony (TSTEM Academy)
- UT-Southwestern Pre-D (Preventing Perinatal Depression)

Education & Training:

- 2010: Abilene Christian University- Abilene, Tx USA. Bachelor of Science: Health Promotions with a minor in Chemistry. Women's Basketball Team.
- 2013: Parker University- Dallas, Tx USA. Doctor of Chiropractic. Balanced and well versed in the art, science, and philosophy of chiropractic.