

CURRICULUM & CONCEPT MAP

for STREAM EVERGREEN YR I

STREAM IS PROVOCATIVE EDUCATION

YR I MODULE ONE: THE PRIMACY OF THE AUTONOMIC NERVOUS SYSTEM
MODULE ONE THEME: WHAT DOES BEING NEURO-FLEXIBLE MEAN FOR YOU?

Chapter 1 Up from the Swamps: How We Became Neuro-Flexible Beings
Chapter 1 TAKE-HOME: The Evolution of Our Nervous System Holds Keys to Lasting Change

Lesson 1 - Evolution of the N/S • YR I • M1 • Ch 1

Lesson 2 - The Brain is a Ramshackle House • YR I • M1 • Ch 1

Lesson 3 - Sex & the Central Nervous System (CNS) • YR I • M1 • Ch 1

Lesson 4 - Neuroplasticity & the Peripheral NS (PNS) • YR I • M1 • Ch 1

YR I MOD ONE

Chapter 2 Growth, Protection, and Trauma

Chapter 2 TAKE-HOME: Our autonomic nervous system expresses as states of being, of which we can become conscious

Lesson 1. Cellular Growth & Protection • YR I • M1 • Ch 2

Lesson 2. Animal Medicine: Protection Behaviors • YR I • M1 • Ch 2

Lesson 3. Animal Medicine: Growth Behaviors • YR I • M1 • Ch 2

Lesson 4. Science & Safety • YR I • M1 • Ch 2

YR I MOD ONE

Chapter 3 What is Nervous System Regulation?

Chapter 3 TAKE-HOME: Do you have self-agency? We have to build this with ourselves first, then we're ready for co-regulation

Lesson 1. Social Engagement & the ANS • YR I • M1 • Ch 3

Lesson 2. Self, Regulation, and *YOUR* ANS • YR I • M1 • Ch 3

Lesson 3. Is Regulation a Function of Rhythm? • YR I • M1 • Ch 3

Lesson 4. The Regulation Game Called Life • YR I • M1 • Ch 3

YR I MOD ONE

Chapter 4 Touch and Co-Regulation

Chapter 4 TAKE-HOME: Boneholding initiates state change - manually

Lesson 1. Bony Landmarks of the Upper Pole • YR I • M1 • Ch 4

Lesson 2. Bony Landmarks of the Lower Pole • YR I • M1 • Ch 4

Lesson 3. About Holding Bones • YR I • M1 • Ch 4

Lesson 4. Unwinding Stress • YR I • M1 • Ch 4

YR I MODULE TWO EMBODIED HEALTH HAS FOUR DOMAINS

MODULE TWO THEME: WHAT HAPPENS WHEN YOU LIVE THE FOUR DOMAINS - IN PART, THEN TOGETHER AS A SYSTEM?

Chapter 1 Emotions, Gesture & Posture

Chapter 1 TAKE HOME: Question: Why read emotions into posture?

Lesson 1 - What *Are* Emotions? Why Emotional Mapping? • YR I • M2 • Ch 1

Lesson 2 - Your Emotional Core • YR I • M2 • Ch 1

Lesson 3 - Why Your Psoas is *THE* Muscle • YR I • M2 • Ch 1

Lesson 4 - Stored Emotions Where Legs & Pelvis Meet • YR I • M2 • Ch 1

YR I MOD TWO

Chapter 2 Biomechanics vs Biotensegrity: Density & Structure

Chapter 2 TAKE HOME: Reframing our postural perception opens us up to health we can feel in our bodies

Lesson 1 - Intro to Biotensegrity • YR I • M2 • Ch 2

Lesson 2 - Pelvic Tilt, Torque & Angle • YR I • M2 • Ch 2

Lesson 3 – Legs & Pelvis - Just Pulleys, Levers & Rotators? • YR I • M2 • Ch 2

Lesson 4 – Intrapelvic Nerve Compression & Prolapse • YR I • M2 • Ch 2

YR I MOD TWO

Chapter 3 Biochemistry: Clean-Up on Aisle Nine!

Chapter 3 TAKE HOME: We can't hope for happiness in our moods, digestion, or attention until we attend to the relationship between our ANS & gut flora

Lesson 1 - The Abdominal Muscle Tour • YR I • M2 • Ch 3

Lesson 2 - Meet Your Guts • YR I • M2 • Ch 3

Lesson 3 - Love Your Guts • YR I • M2 • Ch 3

Lesson 4 - Sphincters Rule Your World • YR I • M2 • Ch 3

Bonus Lesson: Biochemistry, Emotions & CT • YR I • M2 • Ch 3

MOD TWO

Chapter 4 Scars: The Missing Link Conventional Medicine Ignores

Chapter 4 TAKE HOME: Knowing the biodynamics of connective tissue permits the right actions for scar resolution

Lesson 1 - Connecting to Connective Tissue • YR I • M2 • Ch 4

Lesson 2 - Connective Tissue Density & Immunity • YR I • M2 • Ch 4

Lesson 3 - Scars Spread from Local to Distal Over Time • YR I • M2 • Ch 4

Lesson 4 - Pelvic Scars? Let Me Count the Ways • YR I • M2 • Ch 4

Lesson 5 - The Magic of Castor Oil • YR I • M2 • Ch 4

MOD THREE: WHAT LIMITS ACCESS TO FULL BODY HEALTH?

MODULE THREE THEME: EXPERIENCE FULL-BODY INTELLIGENCE AFTER YOU FIND & CORRECT YOUR RATE-LIMITING VARIABLES

Chapter 1 Emotions & Conditions of Collapse; Poor Nutrition Creates Tissue Loss

Chapter 1 TAKE HOME: The Four Domains Must Work Together for Tissue Integrity

Lesson 1 - Emotional habits affect tissue integrity • YR I • M3 • Ch 1

Lesson 2 – Nutrition & Density Two Sides of the Same Coin? • YR I • M3 • Ch 1

Lesson 3 - Breath's Role in Abdominal-Pelvic Health • YR I • M3 • Ch 1

Lesson 4 - Diastasis Recti: How Do We Work with It? • YR I • M3 • Ch 1

MOD THREE

Chapter 2 Connective Tissue: Does Density = Destiny?

Chapter 2 TAKE HOME: The quality & density of our CT determines how scars form & spread in our body

Lesson 1 - What is Fascia, Actually? • YR I • M3 • Ch 2

Lesson 2 - Tensegrity vs Biotensegrity • YR I • M3 • Ch 2

Lesson 3 - Assessment Stretches Tell the Story • YR I • M3 • Ch 2

Lesson 4 - Flexibility & CT Density: Don't be Fooled! • YR I • M3 • Ch 2

MOD THREE

Chapter 3 Scars Are Made from Fibrosis which can be Reversed!

Chapter 3 TAKE HOME: Work with your liver to improve its function for scar resolution

Lesson 1 - The Liver's Role in a Healthy ECM • YR I • M3 • Ch 3

Lesson 2 - When Your Liver is Compromised • YR I • M3 • Ch 3

Lesson 3 - How to Love Your Liver • YR I • M3 • Ch 3

Lesson 4 - Inflammation: What It Is; How it Harms • YR I • M3 • Ch 3

MOD THREE

Chapter 4 Pelvic Scar Tissue: Relieve Pain, Prolapse, Incontinence & More

Chapter 4 TAKE HOME: Effective exercises address scars, promoting tissue integrity and relieving collapse. Learn them in YOUR body first for your own benefit, then teach clients effectively!

Lesson 1 - Biotensegrity, Scars, and Prolapse • YR I • M3 • Ch 4

Lesson 2 - Bowels, Prolapse, Pain & Scars • YR I • M3 • Ch 4

Lesson 3 - ACP: Your Pelvic Rotator Cuff in Motion • YR I • M3 • Ch 4

Lesson 4 - ACP: How & Why It Works • YR I • M3 • Ch 4

MODULE FOUR: MAPPING OUR WHOLE-BODY HEALTH

MODULE THREE THEME: MAPPING CHANGE OVER TIME IS HOW STREAM WORKS

Chapter 1 Mapping as Methodology

Chapter 1 TAKE HOME: The accurate mapping of our bodies and psyches helps us to stay clear and present as humans & practitioners.

Lesson 1 - Mental & Physical Maps: We Need Both! • YR I • M4 • Ch 1

Lesson 2 - Meta-Mapping: Brain, Body, & Genitals • YR I • M4 • Ch 1

Lesson 3 - Map Your Rate-Limiting Variables • YR I • M4 • Ch 1

Lesson 4 - Mapping the Primacy of the ANS • YR I • M4 • Ch 1

MOD FOUR

Chapter 2 Mapping the Abdominal Area

Chapter 2 TAKE HOME: The abdomen can be a sensitive location – attain trust before exploring.

Lesson 1 - Food Diary Intake Interview DEMO! • YR I • M4 • Ch 2

Lesson 2 - Hands-on Abdominal Assessment DEMO! • YR I • M4 • Ch 2

Lesson 3 - Abdominal Health Meets the Emotional Body • YR I • M4 • Ch 2

Lesson 4 - Abdominal Mapping & Scar Remediation DEMO! • YR I • M4 • Ch 2

MOD FOUR

Chapter 3 External Pelvic Mapping

Chapter 3 TAKE HOME: The sex education most of us never got can be crippling. We educate by mapping to remediate this vital information deficit.

Lesson 1 - What is Full Vulva Arousal? • YR I • M4 • Ch 3

Lesson 2 - Mapping the External Vulva & Pelvic Floor • YR I • M4 • Ch 3

Lesson 3 - Engorgement & Erectile Tissue • YR I • M4 • Ch 3

Lesson 4 - The Truth About Lubrication • YR I • M4 • Ch 3

Lesson 5 - Vulva Mapping DEMO! • YR I • M4 • Ch 3

MOD FOUR

Chapter 4 Internal Pelvic Mapping

Chapter 4 TAKE HOME: The STREAM approach to internal work sets it apart from other modalities due our respect for primacy of the ANS.

Lesson 1 - C-Section & Round Ligament DEMO! • YR I • M4 • Ch 4

Lesson 2 - Organ Adhesions DEMO! • YR I • M4 • Ch 4

Lesson 3 - Anal Work DEMO! • YR I • M4 • Ch 4

Lesson 4 - Internal Anal Work DEMO! • YR I • M4 • Ch 4

Lesson 5 - Peyronie's Penis, & Prostate • YR I • M4 • Ch 4