



# Swiss Chiropractic Sports Council

The Jolly Organizers present the  
**2019 Learn and Ski Seminar**

**ALL WOMEN KILLER KEYNOTES**



## **Dr Donna Strachan**

**BSC(hon) MSc(Chiro) DC, Chiropractic**

Co-designer and developer of Kinnective, Donna predominantly spends her time in private practice and on a consultancy basis for sports.

## **Dr Sarah Dion**

**DC, DACBR, FCCR**

Doctor of Chiropractic, Diplomate of the American Board of Chiropractic Radiology, and Fellow of the College of Chiropractic Radiology (Canada)

## **Dr H el ene Bourhis-Bois**

**Docteur en science de l' ducation**

**Psychop dagogue**

Dr in Education Sciences, World-Renowned Specialist in Somato Psycho-Education, Trainer and Researcher at the CERAP, Auxiliary Pr at UFP, former Nurse and Masseur-Physiotherapist

**Wednesday March 6 to Saturday March 9, 2019**

SCSC and ChiroSuisse

approved 16 hours Continuing Education Credits



**Accommodation and venue**

**Hotel Ferienart, Saas-Fee, Wallis, Switzerland**



Dr Roger Picard DC, ICSSD  
SCSC Social & Sport commission



Dr Philippe Roulet DC  
SCSC Social & Sport Commission

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fax: 024 426 05 22



# Accommodation and Venue



## Hotel Ferienart Resort & Spa \*\*\*\*\*

Dorfweg 1, CH-3906 Saas-Fee, Wallis

Tel. +41 (0) 27 958 19 00 Email: reservation@ferienart.ch

www.ferienart.ch

www.ferienart.ch/en/home/



*Per day - breakfast and 5 course evening meal included*

Standard Single room: 230.-

Double room Rainbow: 330.- (165.- per person)

Alpine chic + 100.- per room and day

Alpine Suit + 150.- per room and day

The local taxes are CHF 8.05 per person per day

**Make your reservation directly with the hotel  
mention Chiro sport seminar**



You are looking to the following included services:

- Overnight stays
- Welcome Drink at the lobby & water in your room
- Generous breakfast buffet
- 5 course dinner in the evening in the main restaurant Cäsar Ritz
- Free entry into the 1200 m<sup>2</sup> huge wellness oasis Paradia Spa, adventure pool, rock whirlpool, various saunas, hot spa and a modern gym
- Pick-up service with our green electric taxi at arrival and departure

### TRAVELLING BY TRAIN

Please contact the hotel before you are in Saas Fee. The portier with an Electric Taxi will pick you up free of charge. Passengers traveling by train have to change in Visp main station to the bus in direction of Saas Fee.

### TRAVELING BY CAR

Saas Fee is a car free village.

Please note that a public parking garage can be used at the entrance of Saas-Fee. You can unload your luggage in the unloading zone A or B of the car park and contact the Hotel. Electric taxi shuttle to and from the car park on arrival and departure is free of charge.



# Programme



## Donna Strachan



Graduated from the AECC in 2001 with a Master's in Chiropractic. Donna began working with the English Institute of Sport in a lecturing and consultancy capacity in 2009 which was her introduction into Sports Chiropractic. Since then she has experienced a number of sports including England Rugby, British Athletics, England FA and British Skiing. Donna worked at the Polyclinic within the Athlete's Village at the London 2012 Olympics and the Polyclinic within the Athlete's Village at the 2015 Baku European Games. Donna's particular areas of interest are Instrument Assisted Soft Tissue Manipulation (IASTM) and Taping Technique. In 2007 Donna was approached to teach for Graston Technique and subsequently for FAKTR within the UK and Europe. In 2010 Donna developed the I-Assist Instrument and then in 2012 the Kinnective Instrument and Course alongside Sports Chiropractor Kay Pearce and Sports Physiotherapist Mike Chisholm. Donna lectures Nationally and Internationally in IASTM, Taping, Manipulation and Exercise & Injury Prevention. In clinic Donna works from her Merseyside based practices which house Physiotherapy, Chiropractic in-house Strength and Conditioning.



All lectures English Spoken

## Sarah Dion



is a graduate from the Université du Québec in Trois-Rivières in 2013. She then completed a full-time three-year residency in diagnostic imaging at the Canadian Memorial Chiropractic College in Toronto, where she acquired an extensive clinical experience during several orthopedic and chiropractic placements in different hospitals. Dre. Dion has observed several chiropractic, medical and musculoskeletal radiologists, mainly in Canada, the United States and Australia. She graduated as a chiropractic radiologist (DACBR) in September 2016. Since September 2017 she works as a full-time professor at the Institut Franco-Européen de Chiropraxie, in France, where she teaches courses in radiology.



## Hélène Bourhis-Bois



is a Prof. at the UFP (University Fernando Pessoa, Porto), where she is the head of the education department for somatic psycho-education. As a practitioner of DBM and as a former nurse, masseur-physiotherapist, she is now an internationally recognized specialist in the field of somato psycho-education. She holds a PhD in Education Sciences, thesis in 2012 : « Toucher manuel de relation sur le mode du Sensible et intelligence sensorielle » and is a researcher of the CERAP (Center for Study and Research of Perceptual Psychoeducation). She will talk to us, among others, about DBM (Danis Bois Method) fasciatherapy: a soft tissue manual therapy, as well as aspects of the body/mind integrated approach of somatic psycho-education. DBM fasciatherapy improves physiotherapists effectiveness on physical pain and mental suffering.





# JO 2019 Programme

## Wednesday 06.03

15:00 - 17:00

SARAH DION  
Radiology

17:00 - 19:00

DONNA STRACHAN  
Kinnective IASTM Introduction & Basic Technique

## Thursday 07.03

08:00 - 10:00

SARAH DION  
Radiology

10:00 - 11:00

HÉLÈNE BOURHIS-BOIS  
DBM fasciotherapy

11:00 - 12:00

HÉLÈNE BOURHIS-BOIS  
The effects of the movement on tensions (pain relieving effects)  
Relation between the body, movement, perception and thought part 1



## Friday 08.03

08:00 - 10:00

SARAH DION  
Radiology

10:00 - 12:00

DONNA STRACHAN  
Kinnective Spinal Techniques



## Saturday 09.03

08:00 - 09:00

HÉLÈNE BOURHIS-BOIS  
The effects of movement on tensions (pain relieving effects)  
Relation between the body, movement, perception and thought, part 2

09:00 - 11:00

HÉLÈNE BOURHIS-BOIS  
Significance of perception in sensoriel rehabilitation of the movement  
introduction to the Relational Touch (in sitting position)

11:00 - 12:00

DONNA STRACHAN  
Kinnective Peripheral Techniques



All lectures English Spoken

# SCSC JO WINTER SEMINAR 2019



SEMINAR FEE

REGISTRATION

|                      |           |
|----------------------|-----------|
| SCSC member          | CHF 550.- |
| Non SCSC member      | CHF 650.- |
| SCSC - Assistant     | CHF 200.- |
| Non SCSC - Assistant | CHF 250.- |
| Student              | CHF 100.- |

Those particularly favorable hotel rates have been reached under the understanding that participants stay at the hotel. Under special conditions, including locales, family reasons and students statutes, outside participants may be accepted. The hotel will charge them a CHF 20.- fee per day to cover the cost including the conference room and the coffee breaks.

Title: SCSC member: Yes No

L.Name, F.Name:

Street:

NPA Town:

Country:

Office phone, FAX, Mobile:

Email:

Submit this form either by:

Filling out the form by typing directly in the pdf, save in your directory and:

- send the pdf by email: [roger.picard@bluewin.ch](mailto:roger.picard@bluewin.ch)
- print and fax to 032 323 66 63 or send to  
Roger Picard,  
rue de Flore 32, 2502 Biel/Bienne, Switzerland or

Places are limited, register as soon as possible

Payment to:

Banque Raiffeisen Broye - Compte 10-351-5 - 1530 Payerne  
CH03 8047 9000 0162 4586 1 The Jolly Organizers 2502 Biel/Bienne

SWIFT-BIC: RAIFCH22

Nb CB SIC: 0479

Registration is not valid until payment is received.  
All cancellations will incur a CHF 50.00 administration fee  
No refund with cancellation after February 6, 2019

