Dr. Thomas Woodman D.C., B.C.N.

120 East Ave, Norwalk, Connecticut 06851 | (203) 316-8212 | BrainAndBodyofNorwalk@gmail.com

**Experience**

**Doctor of Chiropractic - Specific Chiropractic Health Center –** Providing comprehensive musculoskeletal assessments **2005-present**

that lead to individualized treatment plans that combine deep muscle work, stretching techniques and skeletal and extremity adjustments. This is all aimed to help patients overcome both acute and chronic musculoskeletal complaints, alleviate pain, and improve functional outcomes.

**Owner/Partner -Specific Chiropractic Health Center (Now *Brain and Body of Norwalk)* 2008-Present**

**Partner/Director** –**BrainCore Neurofeeback of Norwalk (*Now Brain & Body Wellness of Norwalk*) –** providing advanced **2010-present**

 qEEG-based neurofeedback services to area residents since 2010

**Instructor** – Continuing Medical Education (Grand Rounds) Norwalk Hospital  **2019**

**Instructor** – Continuing Education Seminars for Social Workers, Psychologists and Therapists  **2018**

**Panel Expert** – represented neurofeedback for panel discussion held by Acadia Healthcare on supportive therapies  **2017**

utilized at their in-patient treatment facilities

**Post-Graduate Faculty – Life University -** teaching Continuing Education Seminars on Functional Brain Development, **2016 - present**

Neuroplasticity and Neurofeedback.

**POST-DOCTORATE EDUCATION**

Amen Clinics

Amen Clinic Certified Brain Health Coach 2022

Biofeedback Certification International Alliance

Fellow - Neurofeedback 2016

Biofeedback Certification International Alliance

Board Certified Neurofeedback 2012

New Mind Academy

36-Hour Neurofeedback Didactic Training Course 2011

University of Bridgeport

Neurological Dysregulation and Neurofeedback 2010

**EDUCATION**

Life Chiropractic College West

Doctor of Chiropractic – Graduated *Magna Cum Laude, Honors Intern Status* 2005

University of Connecticut

B.S. Natural Resource Management – New England Scholar Recipient 1995

**Seminars – Lead instructor role**

Brain Development, Neuroplasticity and Neurofeedback: Clinical Applications for Mental Health Conditions and Chronic Pain. 2021

A 6-hour Continuing Education Seminar that explains functional brain development, neuroplasticity and discusses the clinical applications of neurofeedback with respect to various mental health conditions, chronic pain and more.

Using qEEG-Based Neurofeedback to Help Improve Outcomes and Long Term Recovery in Addiction Populations 2020

Continuing Education Seminar that looks at the clinical utilization of neurofeedback with respect to addictions and substance abuse, as well as how it has been shown to improve long term recovery outcomes.

Grand Rounds – Norwalk Hospital –Norwalk, Connecticut 2019

How Neurofeedback Can Help the Therapist in Life AND Practice 2019

Continuing Education Seminar for nurses, psychiatrists, social workers, and psychologists that looked at the clinical utilization of neurofeedback for their own benefit, and for that of their patients.

**Panel Expert** – represented neurofeedback for panel discussion held by Acadia Healthcare on supportive therapies utilized  **2017**

at their in-patient treatment facilities.

Neuroplasticity:  The Key to Addressing Chronic Neurological Conditions in the Chiropractic Office 2016

Continuing Education Seminar that provides a review of brain development and neuroplastic changes from prenatal formation through adulthood, and discussed the increase in chronic neurological conditions such as ADD/ADHD, concussions, chronic pain, insomnia, anxiety, migraine and tension headaches, learning disorders, memory loss and more. Reviewed brainwave patterns as seen on qEEG evaluations that are associated with these various conditions, and the reviewed many therapies provided by the chiropractor that can help decrease the effects of these symptoms. Charleston, SC; Columbus, OH; Denver, CO; Atlanta, GA.