

# DR. THOMAS WOODMAN D.C., B.C.N.

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

## EXPERIENCE

|  |                       |
|--|-----------------------|
| <b>Owner – Specific Chiropractic Health Center</b>   | <b>2005-Present</b>   |
| <b>Partner/Director –BrainCore Neurofeedback of Norwalk (Now Brain &amp; Body Wellness of Norwalk) –</b> providing advanced qEEG-based neurofeedback services to area residents since 2010 | <b>2010-present</b>   |
| <b>Clinical Director – Next Level Neurofeedback –</b> oversees case management of individuals and families doing at-home neurofeedback training through our Norwalk-based office.          | <b>2019-Present</b>   |
| <b>Instructor –</b> Continuing Medical Education (Grand Rounds) Norwalk Hospital   | <b>2019</b>           |
| <b>Instructor –</b> Continuing Education Seminars for Social Workers, Psychologists and Therapists   | <b>2018</b>           |
| <b>Panel Expert –</b> represented neurofeedback for panel discussion held by Acadia Healthcare on supportive therapies utilized at their in-patient treatment facilities                   | <b>2017</b>           |
| <b>Lead Instructor – DCSEminarsInfo -</b> teaching 12-18 hour CE Seminars on Functional Brain Development, Neuroplasticity and Neurofeedback.  | <b>2016 - present</b> |

## POST-DOCTORATE EDUCATION

|   |             |
|---|-------------|
| Amen Clinics  |             |
| <b>Amen Clinic Certified Brain Health Coach</b>     | <b>2022</b> |
| Biofeedback Certification International Alliance    |             |
| <b>Fellow - Neurofeedback</b>                       | <b>2016</b> |
| Biofeedback Certification International Alliance    |             |
| <b>Board Certified Neurofeedback</b>                | <b>2012</b> |
| New Mind Academy                                    |             |
| <b>Neurofeedback Didactic Training Course</b>       | <b>2011</b> |
| University of Bridgeport                            |             |
| <b>Neurological Dysregulation and Neurofeedback</b> | <b>2010</b> |

## EDUCATION

|   |             |
|---|-------------|
| Life Chiropractic College West  |             |
| <b>Doctor of Chiropractic –</b> Graduated <i>Magna Cum Laude</i>        | <b>2005</b> |
| University of Connecticut   |             |
| <b>B.S. Natural Resource Management –</b> New England Scholar Recipient | <b>1995</b> |

## SEMINARS – LEAD INSTRUCTOR ROLE

|   |             |
|---|-------------|
| <b>Brain Development, Neuroplasticity and Neurofeedback: Clinical Applications for Mental Health Conditions and Chronic Pain.</b>   | <b>2021</b> |
| 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.   |             |
| <b>Using qEEG-Based Neurofeedback to Help Improve Outcomes and Long Term Recovery in Addiction Populations</b>  | <b>2020</b> |
| An hour long 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.  |             |
| <b>Grand Rounds –</b> Norwalk Hospital – February 20, 2019 Norwalk, Connecticut   |             |
| <b>How Neurofeedback Can Help the Therapist in Life AND Practice</b>  | <b>2019</b> |
| An hour long Continuing Medical 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.  |             |
| <b>Panel Expert –</b> represented neurofeedback for panel discussion held by Acadia Healthcare on supportive therapies utilized at their in-patient treatment facilities.   | <b>2017</b> |
| <b>Neuroplasticity: The Key to Addressing Chronic Neurological Conditions in the Chiropractic Office</b>  | <b>2016</b> |
| 12-hour 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. |             |