



*With* Samantha Parker  
MS, C-IAYT, E-RYT 200, CPT

This workshop will introduce and provide deeper understanding of what Kinesiophobia is, and the importance of addressing this for optimal client/student care. Learn the role of Kinesiophobia and the relationship to chronic pain, how to address the real underlying reason for chronic pain, and how to address the symptoms of client/student chronic pain. Gain insight on how to create a safe space and environment during a class, addressing individual and group Kinesiophobia. Learn to make Kinesiophobia applicable to everyday life, so clients/students are able to move forward in their journey to a healthy, happy life.

**Neuroplasticity:** \_\_\_\_\_  
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**Kinesiophobia:**  
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**Catastrophizing:**  
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**Cognitive Restructuring:**  
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**Biopsychosocial Approach:**  
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### **Fun Facts:**

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## Additional Resources:

- **Dr. Daniel Wolpert:** The real reason for brains

<https://www.youtube.com/watch?v=7s0CpRfyYp8>

- **Escape Fire:** This documentary looks at a U.S. healthcare system designed to profit on disease not health, reward quantity over quality, and promote high-tech over high-touch.

[https://www.youtube.com/watch?v=Q6n4o3gyumd&list=PLhvp0MTuNzTXFKG0QhfhVmWMIfa94Qtt\\_&index=4](https://www.youtube.com/watch?v=Q6n4o3gyumd&list=PLhvp0MTuNzTXFKG0QhfhVmWMIfa94Qtt_&index=4)

- **Understanding Pain in less than 5 minutes, and what to do about it!** This short video helps bring understanding to what current research has been saying about chronic pain—that it's not a joint or muscle problem, rather a 're-wiring' of the brain's perception of itself.

[https://www.youtube.com/watch?v=C\\_3phB93rvI&list=PLhvp0MTuNzTXFKG0QhfhVmWMIfa94Qtt\\_&index=3&t=93s](https://www.youtube.com/watch?v=C_3phB93rvI&list=PLhvp0MTuNzTXFKG0QhfhVmWMIfa94Qtt_&index=3&t=93s)

- **Lorimer Moseley-Why Things Hurt**

<https://www.youtube.com/watch?v=gwd-wLdIHjs&t=229s>

## References:

- Adolph's, Ralph. "The Biology of Fear." *Current Biology* 23.2 (2013): R79–R93. Web. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181681/>

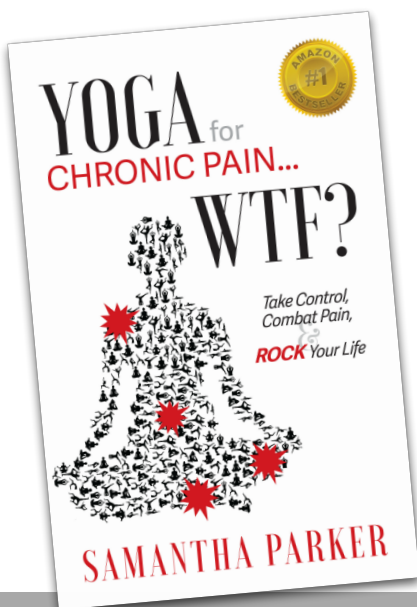
# Samantha Parker

MS, C-IAYT, E-YT 200, CPT

Samantha Parker holds a B.S. in sports and exercise science, and will earn her master's degree in kinesiology in 2019. A certified personal trainer, she has taught over 6,000 hours of yoga on three different continents, treating thousands of patients.

Samantha is the CEO of Neoteric Movement Systems®, the creator of YoMo® and a bestselling author. For four years, she served as the first Chief Yoga Therapist for the DoD, working with U.S. Special Forces, military and veterans suffering from polytrauma. She developed, managed and researched the first yoga program addressing kinesiophobia to reduce chronic pain and opioid medications, and improve function. In addition to working with military servicemembers, she has also worked with professional athletes from football players to elite ballet dancers.

She speaks, trains and develops programs to address kinesiophobia and advises leading government officials on the newest functional movement practices.



Sam's book is available on Amazon in paperback and Kindle editions.



SCAN TO LEARN MORE

## STAY IN TOUCH WITH SAM!



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