



| Fascial Counterstrain (FCS)

FCS Foundations (F1)

[Mar 15-17](#)

Frederick, MD

San Diego, CA



Portland, OR



St. Paul, MN



[Aug 2-4](#)

Frederick, MD

Kennewick, WA



San Diego, CA



St. Paul, MN



FCS Lymphatic-Venous System 1: Peripheral (LV1)

[Apr 19-21](#)

San Diego, CA

Waynesboro, VA



Whidbey ISL, WA



[Sept 6-8](#)

San Diego, CA

Portland, OR



Waynesboro, VA



St. Paul, MN



FCS Lymphatic-Venous System 2: Spinal (LV2)

[Oct 25-27](#)

San Diego, CA

Portland, OR



Waynesboro, VA



St. Paul, MN



FCS MSK System: Spinal Ligaments & Myofascia (MSK-SL)

[Apr 12-14](#)

Frederick, MD

St. Paul, MN



Portland, OR



San Diego, CA



FCS MSK System: Periosteum (MSK-P)

[Jul 19-21](#)

Frederick, MD

San Diego, CA



Portland, OR



St. Paul, MN



FCS MSK System: Cartilage & Superficial Fascia (MSK-C)

[Oct 18-20](#)

Frederick, MD

San Diego, CA



Whidbey ISL, WA



FCS Diagnostics (DX) [Apr 5-7](#)

Frederick, MD

San Diego, CA



Portland, OR



St. Paul, MN



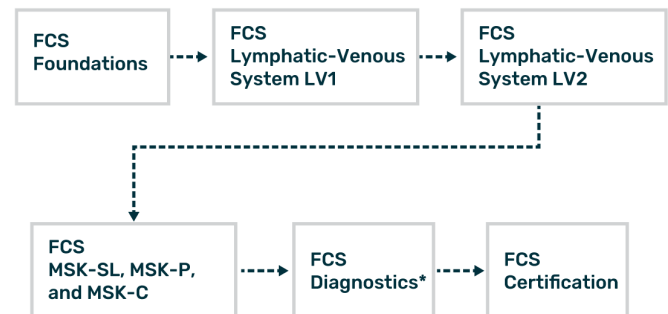
FCS Certification

[Nov 8-10](#)

Frederick, MD

Click on your desired course date to register

RECOMMENDED CURRICULUM FLOW



*This course is recommended to be taken after F1, LV1, LV2, and at least one MSK course. It is a pre-requisite for FCS certification.

Course details may be subject to change.

Please visit jicounterstrain.configio.com for the most current information.

 Satellite courses feature live streamed lectures with a certified lab instructor on site.



| Fascial Counterstrain (FCS)

FCS Arterial System (AR)	<u>Aug 23-25</u>	Frederick, MD	
		San Diego, CA	
		St. Paul, MN	
		Kennewick, WA	

FCS Visceral System (VC)	<u>May 17-19</u>	Frederick, MD	
		San Diego, CA	
		St. Paul, MN	
		Kennewick, WA	

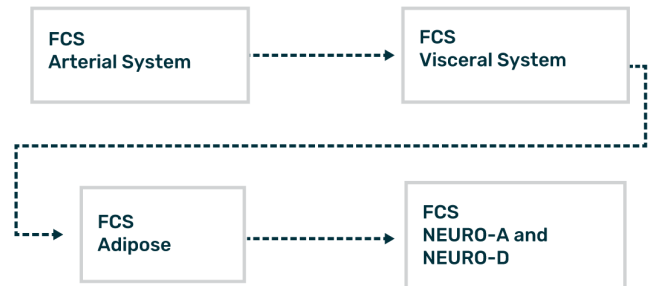
FCS Adipose (ADP)	<u>Feb 23-25</u>	Frederick, MD	
		San Diego, CA	
		St. Paul, MN	
		Portland, OR	

Click on your desired course date to register

FCS Nervous System: Autonomics and Cranial Nerves (NEURO-A)	<u>Sept 20-22</u>	Frederick, MD	
		St. Paul, MN	
		San Diego, CA	
		Portland, OR	

FCS Nervous System: Dura and Somatics (NEURO-D)	<u>Nov 15-17</u>	Frederick, MD	
		San Diego, CA	
		Portland, OR	
		St. Paul, MN	

RECOMMENDED CURRICULUM FLOW



Course details may be subject to change.

Please visit jicounterstrain.configio.com for the most current information.

 Satellite courses feature live streamed lectures with a certified lab instructor on site.



| Fascial Counterstrain (FCS)

FCS Neural Crest Sensitization (NCS)

Jun 28-30

Frederick, MD

San Diego, CA

St. Paul, MN

Poulsbo, WA



FCS Spinal Cord and Global Sensitization (SCG)

Oct 4-6

Frederick, MD

San Diego, CA

Poulsbo, WA



Click on your desired course date to register

RECOMMENDED CURRICULUM FLOW

FCS:
Neural Crest
Sensitization



FCS: Spinal Cord and
Global Sensitization

FCS Sensitization courses can be taken in any order. To be eligible for NCS and SCG, you must have completed FCS prerequisites F1, LV1 and LV2 (or LV prior to 2023), MSK-SL, MSK-P, MSK-C, DX, AR, VC, ADP, NEURO-A, and NEURO-D.

Course details may be subject to change.

Please visit jicounterstrain.configio.com for the most current information.

 Satellite courses feature live streamed lectures with a certified lab instructor on site.



SCS | Strain Counterstrain (SCS)

SCS Complete Body	Apr 26-28	San Diego, CA
	Jul 26-28	San Diego, CA
	Oct 11-13	San Diego, CA

SCS Cranial	Sep 27-29	San Diego, CA
-------------	---------------------------	---------------

SCS Certification	Nov 2-3	San Diego, CA
-------------------	-------------------------	---------------

Click on your desired course date to register

SCS RECOMMENDED CURRICULUM FLOW



18-24 months

Course details may be subject to change.
Please visit jicounterstrain.configio.com for the most current information.

 Satellite courses feature live streamed lectures with a certified lab instructor on site.



Gross Anatomy & Cadaver Dissection

Anatomy Dissection:
Multi-System [Apr 29-May 3](#) San Diego, CA

Anatomy Dissection:
Pelvic Floor [May 2-3](#) San Diego, CA

Anatomy Dissection:
CNS Brain [May 3-5](#) San Diego, CA

Click on your desired course date to register



GROSS ANATOMY & CADAVER DISSECTION

RETURNS TO SAN DIEGO IN MAY

Strengthen your Counterstrain practice through the exploration of over 1,000 anatomical structures including the pelvic floor and brain! Gross Anatomy and Cadaver Dissection features:

- ✓ Fresh, untouched cadavers for better tissue visualization and manipulation.
- ✓ Adjunctive embalmed pelvic sections and brains for easier neurovascular dissections.
- ✓ Low 6:1 student to cadaver ratio to maximize your dissection time.
- ✓ Gorgeous SoCal setting just minutes from the beach!

Course details may be subject to change.

Please visit jicounterstrain.configio.com for the most current information.

 Satellite courses feature live streamed lectures with a certified lab instructor on site.