TLC
COACHING

2026 CE PROGRAM GUIDE

TLC'S CONTINUING EDUCATION PROGRAM

Providing relevant, researched classes on health subjects that, if applied in practice, will transform the practice to be healthier from the inside out.



TRANSFORMATIVE LEADERSHIP FOR CHIROPRACTORS

THE TLC DIFFERENCE

HOW UNIQUE IS CE DELIVERED BY TLC TRAINED TEACHER FACILITATORS?

01 RELATABLE

CE content to bring back to real-time practice, delivered by DCs with decades of active practice.

02 INTERACTIVE

CE class sessions that will stimulate you through visuals, drills and spoken words to meet all learning styles.

03 REFERENCED

CE classes with all the resources shared so participants can do a deep dive into topics of interest.

04 ENGAGING

CE classes that give Drs and CAs opportunities to learn, relearn and engage together.

WHAT HOSTS AND ATTENDEES SAY

"We were excited to have Dr. Stephen Genthner present the Wellness Revolution at the Maryland Chiropractic Association Annual Fall Convention. He is an excellent speaker and highly adept at keeping the audience engaged. The Wellness Revolution is an impactful seminar that everyone can benefit from. Thank you TLC!"

CAROL FRONTERA, EXECUTIVE DIRECTOR
Maryland Chiropractic Association

"I love how TLC stands strong for chiropractic in their continuing education. This CE event specifically empowered me to look at all the morbidities in the case management of our practice members and prepare care plans with a mindset that it takes many, many more visits than we tend to estimate as chiropractors to actually see them move the needle from long-term spinal pathology to actually a state of optimal well-being when it pertains to chiropractic."

ERIK VAN SLOOTEN, DC

OUR REACH · 2009 TO PRESENT

130 CITIES COVERING THE CHIROPRACTIC PROFESSION WITH INNOVATIVE CE TALKS



Each pin marks a city where CE has been delivered by our TLC speakers.

"TLC programs instill confidence in your practice by giving practical knowledge and strategies you can immediately implement into your practice. Implementation is the most valuable effect of continuing education."

DAVID SMITH, DC

"I love the research on the cervical traction and how, when doing traction, it can increase your blood flow at least 20% and decreases the chance of getting dementia or Alzheimer's."

TAMMY, CA



01 1 CE HOUR

STRESS SIGNS, SYMPTOMS & SOLUTIONS

Stress is omnipresent. This class digs into Hans Selye's General Adaptive Syndrome (G.A.S.) and how, as chiropractors, we recognize signs of stress and teach people to live reducing the negative effects of stress. Detecting the cumulative effects of stress in and on the body through consultation, examination, and thorough documentation builds the rationale for care beyond symptom relief.

YOU WILL WALK AWAY WITH

1. Current research on how chiropractic care reduces negative effects of stress.
2. Prevalence data on how stress is affecting us all.
3. General Adaptive Syndrome (G.A.S.) from Hans Selye.

02 1 CE HOUR

THE SCIENCE OF LONGEVITY - Q & Q OF L

QUALITY & QUANTITY OF LIFE

Chiropractic care adds years to your life. It is true there are unending benefits of ongoing chiropractic care. Longevity for people is of paramount importance. We want to live long with optimal quality of life. This course will provide research, science, and practical application to combat neuromuscular aging.

YOU WILL WALK AWAY WITH

1. Data on how the body is designed for longevity.
2. The specific detriments and enhancers to our bodies' adaptation mechanism.
3. The answers to combat neuromuscular aging - add backs.

03 1 CE HOUR

BEST PRACTICES OF CHIROPRACTIC CARE

If the chiropractic profession had a best practice guideline to standardize our delivery of care producing optimal patient outcomes, how would that alleviate your clinical uncertainties? This best practice class will give you the best practice standards to reduce pain, improve function and enhance mental health. All three of these outcomes will be explored through current research, relevant science, and practical clinical application.

YOU WILL WALK AWAY WITH

1. The established, researched best practices of chiropractic care.
2. Research validating how chiropractic care is successful at reducing pain, improving function, and enhancing mental health.
3. Addressing patient expectations of care with certainty.

04 1 CE HOUR

MOBILITY & MECHANICS

This mobility mechanics class is a hands-on, workshop-style class designed to be a practical application of tests that raise awareness of the ongoing benefits of chiropractic care that improve mobility. Research is replete revealing the prevalence of falls. The significance of the chiropractic care you provide in reducing mortality should compel you to take this workshop.

YOU WILL WALK AWAY WITH

1. Practical tests to measure mobility, strength and flexibility in your patient exams.
2. Mortality statistics that we as chiropractors can and should be reducing because of growing patients' mobility.
3. The differences in normal and abnormal movement defined by the physiology and function of joints.

05 1 CE HOUR

X-RAY SAFETY

The harm of x-rays is a pervasive fear in our culture. Dispelling that fear with the facts of the health benefits of x-rays taken in the chiropractic office is a giant focus of this class. Research data confirms that x-rays taken improve our expression of immunity.

YOU WILL WALK AWAY WITH

1. Knowledge of what the real risks and benefits of x-rays taken in chiropractic clinics are.
2. Assessment of the value of x-rays as a diagnostic tool in the practice of chiropractic.
3. Red flags visualized on x-rays that would have been missed without imaging, and the potential harm caused by not taking the x-rays.

06 1 CE HOUR

TRAUMA EVALUATIONS

Be a trauma detective. Learn the steps to uncovering traumas and their effect on the body. This is essential for people to own their problem of subluxations. Establishing the connection between traumas and complications that impact the length of care recommended is vital for doctors and CAs to focus on. This class is filled with practical patient care tools that grow your compliance and adherence to the recommended care.

YOU WILL WALK AWAY WITH

1. Ways to uncover traumas people have encountered that are contributing to their current health status.
2. Micro and macro traumas' cumulative effects and impacts on healing.
3. Connection of traumas to comorbidities and complicating factors affecting their health outcomes.

07 1 CE HOUR

FIX ME - LIMITATIONS OF MATTER

Fix me - do we really want someone else to fix us? If it means we don't have to do anything or spend any money, then YES. Realistically communicate the proper expectations to set patients up to succeed with their care.

YOU WILL WALK AWAY WITH

1. Establishing realistic expectations of the care recommended, considering the patient's own comorbidities, history of traumas and complicating factors.
2. Physical limitations of matter affecting the patient's progress with care.
3. Case studies of patients' recommended care objectives and expectations considering their particular limitations of matter.

08 1 CE HOUR

SAFETY AND RISKS OF CHIROPRACTIC CARE

We know chiropractic is safe, but do they know that? This class will focus on what the risks are and how we are positioning and communicating the benefits of chiropractic care for lifetime care. Positioning the care options for people to weigh the best option that suits their objectives is essential and will be a big part of this class.

YOU WILL WALK AWAY WITH

1. Comparison of care options for pain reduction, mobility, and strength for optimal patient outcomes.
2. Knowledge of what the risks of chiropractic versus medical options are.
3. Confidence about the efficacy of chiropractic care.

09 1 CE HOUR

NERVE HEALTH

The consequences and enhancements of nerve function and their impact on the quality of life will be explored in this class. Don't take for granted the connection between chiropractic and the nervous system. Attend this class to better communicate how optimizing nerve health is what we do in chiropractic.

YOU WILL WALK AWAY WITH

1. Consequences of compromised nerve flow present in our bodies - whether we feel it or not.
2. Factors we can take to optimize nerve health and impact our longevity.
3. How chiropractic care enhances and maintains the ideal functioning of the nervous system.

10 1 CE HOUR

DISC HEALTH

How-to's of disc health: how to maintain disc health, how to not destroy disc health, and how to proactively address disc health. In this class we will be reviewing the anatomy of the disc to better understand the forces on the discs. Force, matter, and time will be addressed with specific applications in patient care.

YOU WILL WALK AWAY WITH

1. Etiology of pain relative to discs detailed.
2. Force and matter - focused on protection or destruction of the discs.
3. Reversibility of patient outcomes with compromised disc health scenarios.

11 1 CE HOUR

BONE HEALTH

What influence can we have on bone health? It depends on our knowledge of bones as living, dynamic structures. There are definite consequences of the impact of gravity on our bones that we must realize and modify if we don't like the effects. This class will review the osteo anatomy and will grow our knowledge to better communicate how to optimize bone health.

YOU WILL WALK AWAY WITH

1. Understanding that bone is a living organism - how bones are nourished and degenerated.
2. Explore the connection between compromised nerve flow and bone health.
3. Stress on bones is inevitable, whether it is a positive stress to grow the bones or negative stress triggering degeneration.

12 1 CE HOUR

COMPLIANT FROM THE START

Reframing compliance to not be a bad word is what this class is all about. Learn to utilize compliance to deliver realistic expectations. Starting with the end of patients choosing lifetime care, to day-to-day patient note taking and exam documentation, compliant from the start is our theme.

YOU WILL WALK AWAY WITH

1. Standards of care provide the framework for realistic expectations.
2. Adherence to care plans and the impact of following the recommended care.
3. Advocacy in the decision-making process for ideal outcomes.

13 1 CE HOUR

COMPARING COMORBIDITIES

What we don't ask, we won't know. What we don't know will not fuel the ownership of the problem and the realistic expectations of the care. This class will raise our awareness of the extent of comorbidities that exist and the vital importance of communicating those comorbidities.

YOU WILL WALK AWAY WITH

1. Patient history storytelling explored to uncover comorbidities which complicate a patient's progress.
2. Comorbidities impacting realistic expectations of care.
3. Relevant case studies reviewing the trajectories of outcomes of care provided with varying amounts of comorbidities.

14 1 CE HOUR

CODING COMPLIANCE

Practice without fear of audits. What must match? The code to the diagnosis, to the procedures performed and to the note taking. Assess your degree of compliance and grow your value of documentation. In this class you will frame compliance in coding to enhance your ability to connect with people throughout the course of their care.

YOU WILL WALK AWAY WITH

1. Documentation examples that are compliant.
2. Time increments and requirements of who is performing the service.
3. Matching the codes selected to the services provided.

15 1 CE HOUR

COMMUNITY WELLNESS

Community matters to our experience of health. Longevity comes from living connected to people. Integrate community in practices and see longevity increase.

YOU WILL WALK AWAY WITH

1. Prevalence of mental health illnesses in our communities and how to bridge the benefits of chiropractic care to mental health.
2. Relevance of social isolation, loneliness, and living alone on longevity.
3. How to utilize community-based tools to demonstrate how chiropractic care enhances physical and mental health.

16 1 CE HOUR

WORKPLACE WELLNESS

90,000 hours on average we spend at work in our lifetimes, which equates to approximately half of our lives. This should get our attention to attend this class and help people learn to adapt their work environment to enhance - not detract from - their health.

YOU WILL WALK AWAY WITH

1. Ergonomic audit of your workplace for detecting enhancements and risks to functionality and efficiency in your work environments.
2. Discover the multitude of negative stresses on our bodies in our workstations.
3. Create a plan to optimize your work environment for your physical longevity of the work demands.

17 1 CE HOUR

HEALTH CARE OUTCOMES

We can change the trajectory of our health care outcomes. One choice at a time, living in community connected to each other.

YOU WILL WALK AWAY WITH

1. Health requires community. We become healthy through education plus implementation.
2. Status of corporatization of health care.
3. Actions to take to improve health care outcomes.

18 2 CE HOURS

COMMUNITY IS IMMUNITY

This class explores the history of immune research and compels you with the confidence to express the data to people now to make better choices impacting their health now and for generations to come. Filling in the gaps of understanding immunity through the science and data, this workshop class is a deep dive into practical application of immunological research in relevant patient care today.

YOU WILL WALK AWAY WITH

1. Research over 40 years validating the knowledge of where immunity comes from.
2. Social stresses which impact our immunity and our genetic expression.
3. Tools to communicate the significance of the chiropractic adjustment and its influence on immunity.

19 1 CE HOUR

ERGONOMICS

Making our work environments help, not hinder us, is the objective of this class. Gaining efficiency in using our body's mechanics to our advantage is the outcome we will achieve together.

YOU WILL WALK AWAY WITH

1. Assessing an individual's work environment.
2. Risk analysis of the activities in the work environment.
3. Targeted recommendations for modifications that minimize negative effects and optimize positive results of a work environment designed for individual health objectives.

20 1 CE HOUR

STRENGTH AND MOVEMENT

Accelerated aging no one wants. This class empowers you with how to reduce strength losses, decreases in flexibility and better pain management with practical exercises. It is a research-driven class with practical tests demonstrating the how-to's of individual assessments.

YOU WILL WALK AWAY WITH

1. Research validating benefits of movement and impact of reducing inflammation.
2. Pain reduction benefits of exercise.
3. Prevalence of loss of strength, mobility and flexibility with advancing age.





MEET THE TEACHERS

TLC TEACHER FACILITATORS



DR DEAN DEPICE



DR JEN DEPICE



DR STEPHEN GENTHNER



DR LEN SISKIN



DR MATT REYES



DR ANNIE REYES



DR MARK DAVINI



PAUL ANDREWS

"Dr. Dean DePice and the entire TLC team are exceptional educators. Their deep knowledge and engaging presentation style make chiropractic concepts easy to understand and apply. Their abilities to connect with the audience and provide real-world, practical insights have left a lasting impact on our attendees. We are grateful to have such passionate and dynamic presenters as part of our Continuing Education program!"

ARACELLY MARTINEZ, EXECUTIVE DIRECTOR
The Florida Chiropractic Society

"Drs Dean and Jen DePice always deliver an inspiring presentation. Offering deep insights into the core principles that drive a successful practice, their passion and expertise provide a refreshing perspective, empowering attendees to align their practices with foundational values for greater impact and patient care. It is always a pleasure to work with Drs' DePice!"

LISA LOVE-SMITH, MEMBERSHIP & PROGRAM DIRECTOR
Michigan Association of Chiropractors





WHO TEACHES WHAT

TLC FACILITATORS' IDEAL CLASSES TO TEACH



DR DEAN DEPICE

Stress signs, symptoms & solutions · Best practices of chiropractic care · The science of longevity · Trauma evaluations · Community wellness · Workplace wellness · Health care outcomes



DR JEN DEPICE

Best practices of chiropractic care · The science of longevity · Nerve health · Bone health · Disc health · Community wellness · Health care outcomes



DR STEPHEN GENTHNER

Stress signs, symptoms & solutions · Best practices of chiropractic care · The science of longevity · Mobility & mechanics · Fix me - limitations of matter · Safety and risks of chiropractic care · Coding compliance



DR LEN SISKIN

Stress signs, symptoms & solutions · Best practices of chiropractic care · Mobility & mechanics (practical) · X-ray safety · Fix me - limitations of matter · Nerve health · Bone health · Disc health · Compliant from the start



DR MATT REYES

Stress signs, symptoms & solutions · Mobility & mechanics · Trauma evaluations · Workplace wellness



DR ANNIE REYES

Mobility & mechanics



DR MARK DAVINI

Best practices of chiropractic care · X-ray safety · Safety and risks of chiropractic care · Compliant from the start · Coding compliance



PAUL ANDREWS

Coding compliance

WHAT'S NEXT

If what you've read and seen here is attractive to you:

01

Email us where and when you are looking to have a CE instructor deliver hours at your upcoming event.

02

Pick the CE subjects that best fit your organization, and an instructor if you have a preference.

03

TLC will respond back to you to plan how we can meet and exceed your needs.

EMAIL US

HELLO@TRANSFORMWITHTLC.COM