



FM/NMIM and has worked as faculty at the Corewell Health Family Medicine Residency program since 2010. She has completed training Integrative

Medicine and Regenerative Medicine, serving as the Faculty Liaison for the Integrative Medicine track residents. She has taught for several years at a national level in topics like Exercise Prescription, OMT treatment after injury, OMT in systemic disease, Stress Management, OMT in oncology patients, and Autonomic Imbalance. She recently opened her own private OMT clinic and continues to run the Osteopathic curriculum for the Family Medicine Residents. It is one of her personal goals to continue to keep OMT alive in the primary care setting.

Sympathetic Overdrive: OMT for Stress Management and Self-Regulation Techniques

Stress can often present as several somatic complaints. We see it all too often in primary care, and within ourselves as busy clinicians. This lecture addresses the importance of the Gut-Brain Axis and the concept of "sympathetic overdrive", which we will review how to clinically identify using anatomic