

WATSON HEADACHE® INSTITUTE

EDUCATING HEALTH PROFESSIONALS ABOUT CERVICOGENIC HEADACHE AND THE ROLE OF
C1-3 CERVICAL AFFERENTS IN PRIMARY HEADACHE SINCE 1994

'Cervicogenic Headache and the Role of C1-3 Cervical Afferents in Primary Headache' (Assessment of Competency in the Watson Headache Approach)

Level 3 Certification Headache Course

Theory and Practicum

Dean Watson Ph. D, Course Author and Presenter

1. Introduction:

This 4 day Program is the culmination of the Level 1 and Level 2 'Cervicogenic Headache and the Role of C1-3 Cervical Afferents in Primary Headache.'

2. Aims and Structure of the Course:

The primary aim of this 4 day program is to assess delegates' clinical and academic competency in the Watson Headache® Approach.

Prior to the Program delegates receive and complete a 'Patient Headache Journal' to record examination and management of 5 patients over 5 consults. This includes reflective reasoning for each consult.

The Program commences with revision and comprises delegates conducting initial (60 minutes) and (1) subsequent (40 minutes) examinations and management of an unseen patient, presenting a (10 minute) tutorial prior to the subsequent consult. Over the course of the Program delegates will also undertake a 20 minute examination of application of techniques, a 2 hour theory paper, and also present a 30 minute tutorial after considering an unforeseen question for 20 minutes.

3. Learning Outcomes of the Course:

On completion of the course delegates will have achieved either a satisfactory or unsatisfactory result.

Irrespective of the outcome delegates receive feedback outlining areas of strength and those requiring more work.

4. Course Numbers:

Maximum 9 (no exceptions unless Dean Watson is assisted by an authorised Watson Headache® Institute Clinical Tutor)

Dean H Watson Ph.D. Director, Watson Headache® Institute & Watson Headache® Clinic;
Founder of the Watson Headache® Approach; Principal Teacher, Watson Headache® Institute

5. Assessment:

Delegates will be assessed on:

- **Headache Journal** i.e., examination and management of 5 patients over 5 consults
- **Patient Tutorial**
- Unseen **'Question' Tutorial**
- **Practical Techniques** examination
- **Theory paper**

6. Course Program:

The timetable of the Program varies depending on the number of delegates.

Generally on Day 1, 50% of delegates will conduct their Initial Consults, the remainder completed on Day 2.

Time is allowed on Day 2 usually for practice of techniques in readiness for the Techniques Examination.

On Days 3 and 4 subsequent consults are completed, preceded by Patient Tutorials. The Theory Paper is usually completed on Day 3 along with the Question Tutorial. The Techniques Exam is completed on Day 3 or 4.