

Elizabeth A Laubach DC

2551 Rt. 611, Scotrun Plaza, Scotrun, PA 18355

Phone: 570-629-9507

Fax: 570-629-9705

bethfoland@yahoo.com

<http://www.back2healthfamilywellness.com>

SELECTED OCCUPATIONAL HISTORY

Clinic Director, Chiropractor, Laubach Family Chiropractic dba Back 2 Health Family Wellness Center, Scotrun, Pennsylvania, 2006-Present

Chiropractic Assistant, Kubasko Chiropractic, Raleigh, North Carolina, 2005-2006

Radiology Technician Assistant, Palmer College of Chiropractic, Davenport, Iowa, 2005

EDUCATION AND LICENSURE

Doctor of Chiropractic, Licensed in the State of Pennsylvania, License #DC009537, 2006-Present

Adjunctive Procedures, Licensed in the State of Pennsylvania, License #AJ009335, 2006-Present

Doctorate of Chiropractic, Palmer College of Chiropractic, Davenport, Iowa, 2005

Internship, Kubasko Chiropractic, Raleigh, North Carolina, 2005

Clinic Abroad, Palmer College of Chiropractic, Manaus, Brazil, 2005

Internship, Palmer College of Chiropractic, Rock Island Clinic, Moline, Illinois 2004-2005

National Board of Chiropractic Examiners, Part IV, 2005

National Board of Chiropractic Examiners, Part III, 2005

National Board of Chiropractic Examiners, Part II, 2004

National Board of Chiropractic Examiners, Physiotherapy Examination, 2004

National Board of Chiropractic Examiners, Part I, 2003

Bachelor of Science in Exercise Science, Focus in Exercise Physiology and Kinesiology, Mesa State College, Grand Junction Colorado, 2001

Physical Therapy/Occupational Rehabilitation Internship, Mesa State College, Grand Junction, Colorado, 2000-2001

Athletic Training Internship, Mesa State College, Grand Junction, Colorado 1998-2000

Undergraduate Studies in Biology, Anatomy and Physiology, Scottsdale Community College, Scottsdale, Arizona, 1997-1998

SELECTED POST-GRADUATE EDUCATION AND CERTIFICATIONS

Certification Webster Technique – Perinatal Care, Techniques, case management and evidenced based practice for pregnancy, birth and infancy. Hands on demonstrations and application of specific adjusting techniques in pregnancy with biomechanics of the female pelvis. Common disorders in pregnancy and the chiropractic co-management with other birth care providers. Safety, efficacy and contraindications. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

The Active Child – Spectrum of normal. Understanding ADHD, ADD, PSD, PDD and other behavior disorders and how to manage them from a wellness standpoint. Nutritional recommendations as well as when to incorporate occupational therapy, physical therapy and counseling services. . International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2014

Chiropractic Family Wellness-Introduction to family care including technique overview for children: full spine, upper cervical. Analysis: motion and postural. Demonstration of various chiropractic exam techniques and the application to the pediatric patient. Adjustment: diversified, SOT, Gonstead, activator and the low force adaptations for the child. Report of findings. Addressing parental concerns. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

Neuroimmunology: Patterns of Interference - Review of normal and abnormal immunology. Current immunological research pertaining to the child. Literature review: vaccination concepts and controversies. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

Research: Review of the Literature and Case Study Writing. Overview of current published research: understanding the various types of research: essentials of the case history. Application of current research and its relevance to case management in the family practice. Participants will be introduced to the methodology of preparing a case study for publication. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

Transition to Wellness -Taking a complete case history of the child. Evaluation and management of the common symptoms and cases in a pediatric practice. Co-management with medical providers. Documentation. Creating the paradigm shift from symptom care to functional health care. Nutritional considerations and the lifestyle wellness approach. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

The Challenged Child- Differential diagnosis for the challenged child. Review of various challenges and specific chiropractic adaptations to the analysis and adjustment of challenged children. Safety, efficacy and contraindications relevant to these conditions. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

Practical Neurology: A Proposed Model of the VSC and its Clinical Application. The five component model of the Vertebral Subluxation Complex (VSC) broken down. Potential causes of the VSC, and it's proposed neurological implications on the human body are described in a clear and concise manner, giving the doctor a practical understanding of the material. The neurological model presented will outline the VSC's proposed aberrant effect on proprioception, nociception, immunity and the ANS. The neurological effects will be detailed at the site of subluxation, as well as the potential global effects on the human body. In addition to the neurology, an in depth consultation and demonstration on Advanced Thompson Analysis for children, will implement a very large practical component to this weekend. Full spine analysis, detection and adjustments will be practiced within the seminar, providing a hands-on learning environment. The effects of each adjustment will be tied back to the neurology of the VSC, ensuring practical understanding of all topics covered. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

Sacro-Occipital Technique – Spinal advanced exam, assessment and adjusting for the child using SOT protocols. Demonstrates spinal SOT technique. Safety, efficacy and contraindications for full spine adjusting. Hands on workshop. International Chiropractic Pediatric Association, Philadelphia, Pennsylvania, 2012

Benefits of Spinal Manipulation, The medical literature and trials concerning the benefits of spinal manipulative therapy. Pennsylvania Board of Chiropractic Examiners, University of Western States, Portland, Oregon, 2010

Risks of Spinal Manipulation, The current medical literature concerning the risks associated with spinal manipulative therapy. Pennsylvania Board of Chiropractic Examiners, University of Western States, Portland, Oregon, 2010

Variants & Atypical Spinal Anatomy, Atypical anatomy and variants on cervical x-rays that can mimic trauma. Pennsylvania Board of Chiropractic Examiners, University of Western States, Portland, Oregon, 2010

Radiology of the Lumbar Spine, Lumbar spine radiography including positioning, technique and interpretation. Pennsylvania Board of Chiropractic Examiners, University of Western States, Portland, Oregon, 2010

Whiplash Series – Physical Exam, *reviewing essential elements of in-office examination procedures of a whiplash patient.* University of Western States, Portland, Oregon, 2010

Spinal Cord Tumors and Myelopathy- *reviewing common and atypical spinal cord tumors.* University of Western States, Portland, Oregon, 2010

Dermatology in Chiropractic Practice, *An overview of the recognition of skin cancer, specifically for recognition during a routine chiropractic exam and or regular evaluation* University of Western States, Portland, Oregon, 2010

Introduction to Ethical Billing Practices. *An overview of how to practice in an ethical manner concerning billing for procedures rendered in a chiropractic office.* University of Western States, Portland, Oregon, 2010

Criminal Realities of Diagnostic Testing- *This course covers information that reveals some of the criminal realities of participating in questionable diagnostic testing schemes.* University of Western States, Portland, Oregon, 2010

Wellness State of Mind, Emotional Health, Eliciting Patient Lifestyle Change, *Scientific literature highlighting health promotion and illness prevention benefits of positive mental attitude and congruent belief systems. Identifying interactions of somato- and psycho- neuroimmunology and neurophysiology in health and illness.* International Chiropractic Association Council on Wellness Science, Life Chiropractic College West, Hayward, California, 2008

Wellness Physical Fitness and Spinal Hygiene, *Understanding physiological repercussions of sedentary patterns including brain function, body composition, and immune system integrity. Introducing exercise and training approaches for spinal hygiene, functional restoration and spinal health.* International Chiropractic Association Council on Wellness Science, Life Chiropractic College West, Hayward, California, 2008

Wellness Nutrition and Natural Health, *The physiological impact of the standard "Western Diet" with metabolic acidosis, insulin resistance, probiotic deficiencies, fatty acid metabolism, and other concerns. Research findings identifying health promoting and illness preventing benefits of innately balanced and sufficient nutritional choices.* International Chiropractic Association Council on Wellness Science, Life Chiropractic College West, Hayward, California, 2008

Scientific Validation of the Chiropractic Wellness Paradigm, *Review of referenced literature, identifying scientific evidence relating chiropractic's health promotion and illness prevention benefits in relation to chiropractic adjustments and optimizing spinal motion. Identifying structural and neurophysiological effects of vertebral subluxation in adaptive (stress) physiology and illness.* International Chiropractic Association Council on Wellness Science, Life Chiropractic College West, Hayward, California, 2008

SELECTED MEMBERSHIPS

Pennsylvania Chiropractic Association Member 2006-Present

International Chiropractic Pediatric Association Member 2012-Present

LaLeche League International, Member, Tannersville, Pennsylvania, 2010-Present

SELECTED HONORS AND AWARDS

Graduated Cum Laude, Mesa State College, Grand Junction, Colorado, 2001

SELECTED COMMUNITY SERVICE

Pocono's Chamber of Commerce, Member, Stroudsburg, Pennsylvania, 2006-Present

American Red Cross, Board Member, Stroudsburg, Pennsylvania, 2007