

The Human Design Advantage: A New Approach to Patient-Centered Care

Lona Cook & Diederik Rijkens

Objective: Explore how Human Design can be applied in a chiropractic setting to better understand patient behavior, communication preferences, decision-making processes, and motivation, leading to stronger patient relationships, improved compliance, and enhanced clinical outcomes.

Hour 1: Dr. Lona Cook will present the foundational principles of chiropractic philosophy, while Diederik Rijkens connects these principles to the Human Design system, showing how both disciplines share the same core approach to understanding human health and potential.

Hour 2 & 3: Diederik Rijkens will cover the four primary Human Design Types and their communication styles. Attendees will learn how to tailor communication and care strategies during consultations, examinations, ROFs, and ongoing patient interactions to increase patient understanding, adherence to care recommendations, and overall clinical outcomes.

Hour 4 – Practical Application (Non-CE)

- No continuing education credits — open, informal conversation
- Focus: human design applied to the chiropractor and clinic staff
- Topics may include:
 - Staffing — getting the right people in the right roles
 - Setting up the clinic effectively (workflow, layout, processes etc.)
 - How a chiropractor's own design should inform how they run their practice
 - Helping chiropractors focus their energy on what they're designed for (i.e., performing chiropractic services)