

the osteopath

The magazine for osteopaths

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General
Osteopathic
Council

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EVGENY ATAMANENKO / SHUTTERSTOCK

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i Want to know more? Look out for this symbol accompanying articles in each section of the magazine for links to further information



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Osteopathic
Council

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Tim Walker

Welcome to the new edition of

the osteopath



In our first edition of 2014, we are pleased to introduce new GOsC resources for osteopaths to help you promote public awareness of your registration and osteopathy's status as a regulated health profession. This also means that we will be retiring the 'Safe in our hands' Certification Mark. Go to page 4 to learn more and how you can use the new resources to good effect in your practice.

Are you a member of a regional group? If so, you will know that we are working closely with the groups to explore how the proposed continuing fitness to practise framework might work. On page 8 we answer your questions about continuing fitness to practise and suggest how you can get involved. You can also find out which regional groups we are meeting with in the near future, on page 9, should you wish to attend.

You will be well aware that the Francis Report on the serious failings of care at Mid-Staffordshire NHS Foundation had major implications for all healthcare professions, including osteopathy. On page 9, learn how we intend to address the report's recommendations and how this could affect you.

Finally, how do we ensure regulation is effective? An independent research team will shortly conduct anonymous interviews with osteopaths to determine if and how regulation needs to change. Go to page 10 to find out more.

We hope you enjoy reading this edition.

Suzanne Miller

Email: editor@osteopathy.org.uk

Tell patients and the public you're registered – our new range of resources, p4



the osteopath

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Promoting your registration

Raising awareness among patients and the public that osteopaths are well-qualified, regulated health professionals is now easier, thanks to new GOsC resources

New GOsC resources for osteopaths, to support you in promoting your GOsC registration, are to be launched this month. Our aim is to increase public and patient awareness that osteopaths are regulated health professionals, and we hope you will use the resources to reinforce public confidence in you as an osteopath. These new resources are:

● An information guide for osteopaths

Promoting your status as a registered health professional: a guide for osteopaths sets out the new and existing resources available to help you make the most of your professional status, to the benefit of your patients and the public, who entrust their health to your care.

This leaflet is available to download from the new 'Promoting Registration' page, on the ● zone.

● 'I'm registered' Mark for individual osteopaths

A personalised 'I'm registered' Registration Mark, including your unique GOsC registration number. This Registration Mark (below) offers patients, the public and others (for

example, health service commissioners, private health insurers) an assurance that they can easily check your registration on the GOsC's Register of osteopaths.

You can display your Registration Mark on your practice stationery, marketing materials and signage. If you choose to display it on your website, it is especially helpful to patients if you use the Registration Mark as a hyperlink to the 'Search the Register' page on the GOsC website.

● 'We're registered' Mark for group osteopathic practices

Where two or more osteopaths work together within a practice, sharing a common website and practice stationery, we hope you will find it helpful to use this generic Registration Mark, designed for group osteopathic practices, which does not include individual registration numbers.

On your group practice website, you could display the Registration Mark as a hyperlink to the GOsC website to draw public attention to the standards

that underpin your practice. Both Registration Marks are available from the GOsC Communications team, with your agreement to their terms of use. These are outlined on the ● zone.

With the introduction of these new Registration Marks we will be withdrawing use of the current 'Safe in



our hands' device. You should aim to stop using this logo by the end of 2014.

● Practice posters

New public information posters, promoting osteopaths' status as registered health professionals and highlighting the benefits for patients, are available for display in your clinic, waiting rooms and other suitable public areas. The poster comes in two formats: one for use by individual osteopaths and one for group practices. These can be downloaded free from the ● zone or ordered, in A3 format (there is a small charge for post and packaging).

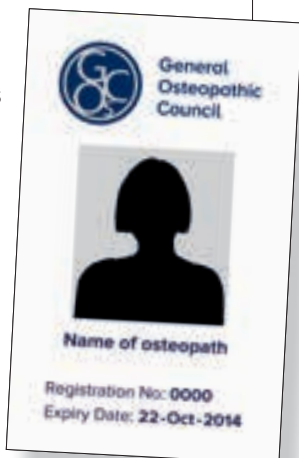
Displaying your registration certificate

Along with these new resources, it may be helpful to display prominently your GOsC

registration certificate in your practice. Every osteopath receives a GOsC registration certificate on first joining the Register and then annually on renewal. Patients tell us they welcome this clear reassurance of the currency of your professional status.

Showing your identity card

Voluntary identity cards for osteopaths are available from the GOsC on request. We encourage you to show your identity cards to reassure patients you are who you say you are – for example, when making home visits. For further information about GOsC identity cards, contact our Registration team on **020 7357 6655 x229** or email registration@osteopathy.org.uk



use your registered name, as it appears on the online Register, in conjunction with your unique GOsC registration number on official documentation, your practice stationery, leaflets, business cards or email communications. This minimises the potential for confusion if, for example, a patient wishes to check your registration status with the GOsC.

Providing information to patients and the public

The GOsC provides information leaflets that you can share with your patients, the public and other health professionals.

What to expect from your osteopath and Standards of osteopathic care can be used to assure the public that osteopaths are well-qualified professionals who meet high standards of competence and conduct. Patients tell us this is useful information in advance of their first visit and helps them to recommend an osteopath to family and friends, with confidence.

These leaflets are free to download from the GOsC websites or can be ordered in hard copy for a nominal charge, via the **o** zone, or by contacting our Communications team.



Further information

i To apply for your new Registration Mark, order copies of the poster or find out more about other resources, visit the 'Promoting registration' page on the My Registration section of the **o** zone. You can also contact the Communications team via info@osteopathy.org.uk or call **020 7357 6655 x242**.

Using your GOsC registration number and registered name

We would also encourage you to routinely



New registration guidance for EU applicants

The GOsC registration process is different for osteopaths who qualified overseas. This is because UK osteopathic education is quality-assured to ensure graduates meet our standards. Internationally-qualified applicants must undergo a three-stage process of assessment. This process is broadly:

- an assessment of the evidence of a qualification
- provision of additional written evidence about practice (a written questionnaire using analysis of actual cases)
- an assessment of clinical performance (carried out and moderated by GOsC-appointed registration assessors).

If an applicant has 'European mutual recognition rights' in law, they are entitled to a different registration process. In particular, rather than an assessment of their clinical performance, they can undertake a period of adaptation (usually with a UK osteopathic educational institution) to work on any significant shortfalls in practice before registration. In October 2013, we published guidance about periods of adaptation for consultation. This was communicated to osteopaths through our monthly e-bulletin, and to potential EU applicants through the Forum for Osteopathic Registration in Europe, as well as on our websites and through social media.

Responses were limited but generally supportive of the guidance. A more detailed report was considered by Council in January 2014 and is available here: <http://tinyurl.com/pemowe9> The *Periods of Adaptation Guidance* will be published shortly in compliance with European legislation.

i For more information, contact Marcus Dye on 020 7357 6655 x240 or email mdye@osteopathy.org.uk

Pay less to register from May 2014



U.ZIVANA / SHUTTERSTOCK

The registration fee for all osteopaths will be reduced as of 1 May 2014 and you will receive the reduction when you renew your registration after this date.

This was confirmed after a recent consultation to determine whether osteopaths wanted cost savings to be passed on in the form of a fee reduction, and that the reduction should apply to all registration fee levels.

The majority of you voted in favour of both of these initiatives and, as such, the fee levels will be adjusted as shown in the table below.

By implementing a fee reduction for the third successive year, the GOsC has fulfilled the challenge set in the 2011 government white paper Enabling Excellence, which required all healthcare

'We will still endeavour to be as cost-effective as we can'

regulators to identify significant cost savings over the next three years.

However, we will still endeavour to be as cost-effective as we can and to pass on any savings to osteopaths wherever possible.

You can read the white paper at: <http://tinyurl.com/ob762w2>

i For more information about the fee levels, contact Matthew Redford, Head of Registration and Resources, on 020 7357 6655 x231 or email mredford@osteopathy.org.uk

Registration levels	Previous fee	New fee (as of 1 May 2014)	Reduction
Year 1 (entry)	£340	£320	£20
Year 2 UK	£455	£430	£25
Year 2 reduced rate	£230	£215	£15
Year 3 UK	£610	£570	£40
Year 3 reduced rate	£340	£320	£20

Help graduates be ready for practice

We are asking for your views on guidance to help new graduates apply the *Osteopathic Practice Standards* (OPS) from their first day in practice

The Guidance for Osteopathic Pre-Registration Education explains how graduates can meet the *Osteopathic Practice Standards* by exploring in more detail what the different themes (Communication and patient partnership, Knowledge, skills and performance, Safety and quality in practice and Professionalism) mean in terms of what graduates do.

The Guidance was produced by a working group of representatives from the osteopathic educational institutions (OEs), patients and students, and was chaired by one of our lay members, Professor Colin Coulson-Thomas, who took over as chair of the group when Professor Ian Hughes stepped down.

The group reviewed the standards for undergraduate education for other health professions and also examined current research, including what patients expect from osteopaths and the readiness of osteopathic graduates for practice. Key reports such as the Francis Report were also considered.

We are now asking osteopaths, students, patients, the public and other stakeholders what they think. In particular, we are seeking views on the following key issues:

- **Outcomes** – are the four themes of the *Osteopathic Practice Standards* (Communication and patient partnership, Knowledge, skills and performance, Safety and quality in practice and Professionalism) the right structure to use for this guidance?
- **Leadership** – is the emphasis on aspects of leadership providing the right balance for osteopathic practice?
- **Mentoring and teaching** – is the incorporation of outcomes in relation to skills of mentoring and teaching appropriate?

- **Business skills and marketing** – does the incorporation of outcomes in relation to business skills and marketing provide the right balance for patients and practice?
- **Core presentations and techniques** – The Guidance uses a combination of outcomes, a range of presentations and a minimum level of clinical experience and techniques to suggest sufficient breadth and depth of knowledge, and sufficient skills to enable graduates to practise safely and independently.

The consultation is open now and closes **16 May 2014**. You can give your views by visiting the following website <http://tinyurl.com/p2vrba2>

i For more information, contact Fiona Browne on 020 7357 6655 x235 or at: psadmin@osteopathy.org.uk



Continuing fitness to practise – your questions answered

In the last edition of *the osteopath*, we shared the draft framework for continuing fitness to practise. We are proposing a three-year CPD cycle which will be primarily self-directed but contain the following elements:

- CPD which incorporates all aspects of practice – whether this is clinical, teaching or research practice – across all the domains of the *Osteopathic Practice Standards (OPS)*: Communication and patient partnership; Knowledge, skills and performance; Safety and quality; and Professionalism
- CPD in the area of communication/ consent
- CPD reflection based on collecting evidence from patients, peers, through clinical audit or through a discussion of a case with a colleague, and identifying areas of strength and areas of development
- A Peer Discussion Review with: a professional colleague (either an osteopath or other healthcare professional); a regional society or group; a member of the Osteopathic Alliance or other postgraduate CPD provider; an osteopathic educational institution (OEI) or an employer, or; the GOsC.

Since January 2014 we have met with many regional groups to explore how the system could work, and we are now working closely with groups in Northern Ireland, Cheshire and Cumbria to develop draft guidance and forms ahead of consultation. We have also undertaken seminars with the BOA Council and the OEIs, and we have plans to meet with others including the Osteopathic Alliance, other regulators, the Department of Health and the Professional Standards Authority. We will also meet with patients and the public to ensure that our plans are in line with their expectations.

Here are some of the questions we have received, along with our answers:

Is 'continuing fitness to practise' really going to happen?

An hours-based CPD scheme on its own is not sufficient for a statutorily-regulated



WAVEBREA/MEDIA / SHUTTERSTOCK

profession. Thus, some strengthening of the existing scheme is needed to ensure that osteopaths are meeting the expectations of government, other professionals and patients.

I'm worried about continuing fitness to practise. What if I fail?

The proposals are based on the principle of engagement – not on a 'pass/fail' system. It is about undertaking CPD in the area of consent, undertaking an objective activity, analysing data collected and reflecting on it, and having a conversation about this with another professional colleague or the GOsC. It also ensures that CPD covers the breadth of your practice and all four areas of the OPS.

If you are worried about aspects of your practice, the scheme encourages you to discuss these with others and get support to improve these areas.

But won't admitting that I can't do something well get me into trouble?

Taking on board constructive feedback, identifying areas of development in practice and seeking help are strengths and signs of good practice, and will enable practitioners to comply with the scheme successfully.

Where can I do CPD around communication and patient partnership, safety and quality in

practice, and professionalism and consent?

We are working with regional groups and other CPD providers to encourage provision of CPD across the breadth of the OPS, and there are already a range of resources available. In addition, some osteopaths are exploring these issues through case discussions.

How can I prepare for continuing fitness to practise?

The emerging proposals for a continuing fitness to practise scheme are subject to consultation. However, good ways to prepare are by involving yourself in regular CPD learning opportunities and case discussions with your local osteopathic group, or with other CPD providers. You could also consider learning how to do clinical audit or collect patient feedback, and about techniques for reporting methods, results and conclusions. Advice is available from CPD organisations and local groups.

I'm primarily involved in teaching and research – how might a new scheme apply to me?

We are working closely with OEIs and the National Council for Osteopathic Research to ensure that the scheme works for those involved in education and research, both of which are important parts of osteopathic practice.

How can I influence how these draft proposals might work in practice?

Contact your local regional group and attend meetings to learn more about the proposals and the work your regional group is doing to prepare. If you are in contact with OEIs or advanced practice groups, or with CPD providers (e.g. through the Osteopathic Alliance), get in touch with them and ask to get involved.

All osteopaths will be able to take part in a formal consultation later this year.



For more information, contact Gina Baidoo on 020 7357 6655 x238, or by email at: gbaidoo@osteopathy.org.uk

Keeping up with the regions

The GOsC's Chief Executive and Registrar, Tim Walker, is continuing his regular programme of engagements with regional groups throughout 2014. The aim of these meetings is to keep osteopaths up to date with GOsC activities – such as the development of the new continuing fitness to practise scheme – and also to keep in touch with issues affecting osteopaths in practice.

In the early part of 2014, regional meetings are taking place as follows:

- 30 January – Bristol
- 3 February – Sheffield
- 10 February – Isle of Man
- 13 February – Cambridge
- 8 March – Northern Counties
- 10 March – Suffolk
- 29 March – Hexham

For more details of times and locations of meetings, see the regional groups page on the **o zone**.

If you would like Tim or another GOsC speaker to attend a local group meeting then please contact Sonia van Heerden at: svanheerden@osteopathy.org.uk

If there is not a regional group in your area and you would like to set one up, please contact Sarah Eldred at: seldred@osteopathy.org.uk who will help to put you in touch with other osteopaths in your area.



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Responding to the Francis Inquiry

Following the publication of the report of the Francis Inquiry into Mid-Staffordshire Hospital (see *the osteopath* June/July 2013), the GOsC has been considering further how to respond to the report recommendations and the implications for the osteopathic profession.

In November 2013, the GOsC held a good practice seminar with representatives of the osteopathic educational institutions exploring the challenges for osteopathic education. The seminar speakers included Stephen Tyreman, a Professor of Osteopathy and Philosophy, and Hilary Jones, the Dean of the Faculty of Health at the University of Staffordshire. Ms Jones, who is also a nurse and midwife, has done a lot of work on the impact of the

Francis Report on nursing and midwifery education in Staffordshire.

At its meeting in January 2014, the GOsC Council considered an action plan that addressed a number of different aspects of the Francis Report. These included:

- Developing new guidance in relation to candour and reporting of errors
- Supporting the development and implementation by NCOR and the profession of online reporting and learning tools for adverse events (ODG project)
- Continuing to ensure patient input to our consultations and other work, including enlarging the Patient Partnership Group and establishing links with Healthwatch

- Improving the reporting of fitness to practise cases and trends through a quarterly reporting dashboard, an expanded annual fitness to practise report and through analysis of complaint data
- Seeking to work with systems regulators, relevant professional regulators and others on information sharing in relation to NHS-based osteopaths and dual-registered practitioners
- Continuing to work with the osteopathic educational institutions to promote patient-centred care and professionalism.

i The full paper presented to Council, which includes the action plan, can be found at: <http://tinyurl.com/nn6sgdv>

Is regulation effective?



MONKEY BUSINESS IMAGES / SHUTTERSTOCK

Regulation is about public and patient safety and ensuring quality of care. However, recent inquiries have shown that there is increasing public concern about 'tick box' regulation, and that regulators should develop forms of regulation that promote professionalism and standards of practice.

The GOsC has commissioned researchers from the Universities of Warwick, Nottingham and Oxford to explore these questions in the osteopathic context, with a view to influencing the future model of osteopathic regulation.

Professor Gerry McGivern of Warwick University and his team of researchers have outlined a variety of questions to understand effective regulation in the osteopathic context, as follows:

- How do osteopaths understand the *Osteopathic Practice Standards* and judge whether their own practice, and that of their colleagues, complies with these standards?
- Which regulatory activities most support or hinder better osteopathic practice, patient quality and safety?
- Which standards are more or less difficult to comply with, and why?
- How do patients and members of the public judge the effectiveness and usefulness of osteopathic treatment and its compliance with standards?

- How do osteopaths, the public and patients judge the effectiveness of osteopathic regulatory activities and standards?
- Are there any variations in respondents' views, and if so, what accounts for such variations?
- How do wider educational, organisational and regulatory activities affect compliance with standards and effective osteopathic practice?
- How can the GOsC evaluate and demonstrate the effectiveness of its regulatory activities on an on-going basis?

Interviews are currently taking place with a range of osteopaths sampled on the basis of educational modality, geography, years in practice as an osteopath, sole/group practice, age, ethnicity, sexuality, gender, etc.

Why should I be interested in this research?

Your views are critically important – as you are a regulated professional.

This research provides the opportunity for you to influence the future regulation of osteopathy to support, nurture and enhance professional behaviours, patient safety and patient care.

Will the GOsC know what I say?

The research team are completely independent. Results of surveys will be reported in total and anonymously so no participant will be identifiable to anyone reading the report. Individual responses will not be relayed to the GOsC.

Who else is being interviewed?

As well as osteopaths, the research team is interviewing a range of stakeholders including:

- Participants and assessors from the revalidation pilot held in 2012
- Osteopaths subject to a complaint considered by the GOsC
- Representatives from the Osteopathic Alliance
- Representatives from the British Osteopathic Association
- Representatives from all osteopathic educational institutions

- Representatives from other regulators (e.g. General Chiropractic Council, Health and Care Professions Council, General Dental Council)
- Osteopathic patients, and representatives of the public
- Wider stakeholders (e.g. osteopathic insurers, professional litigation lawyers, journalists) in osteopathic regulation.

How can I get involved?

If you would like to be interviewed for the effective regulation research, email Professor Gerry McGivern at:

Gerry.McGivern@wbs.ac.uk. You can also take part in an online survey which will take place in the summer.

Further information will be in a future edition of *the osteopath* and for more details about the research project, see the table below.

When is the research taking place?

The team will be undertaking the research in the following stages:

Date	Activity
January 2014	A literature review about the osteopathy profession, its practice and regulation (including about clinical regulation and revalidation more broadly)
January	A preliminary analysis of reports from the GOsC revalidation pilot project
January/February	Ethical approval (to ensure that participants remain unidentifiable to GOsC and those reading the report)
February	Semi-structured in depth qualitative interviews with a range of stakeholders as described above
June	Online survey for completion by all osteopaths
September	Analysis of data collected
September/October	Stakeholder seminar to share emerging results
November	Submit final report to GOsC
2015	Submit articles to academic journals

Any other questions?

Please contact Professor Gerry McGivern at:
Gerry.McGivern@wbs.ac.uk

In Council – key decisions

29 January 2014 – 82nd meeting of the General Osteopathic Council
Here are some of the outcomes from the meeting. The agenda and all papers can be found at: www.osteopathy.org.uk/about/the-organisation/meetings

GOsC awards two grants for development projects

Council agreed to award grants of £7,200 and £29,500 respectively to two initiatives aimed at developing the profession. As part of a project led by the National Council for Osteopathic Research to expand the evidence base for osteopathy, the first grant will pay for two websites for osteopaths and patients to report adverse events (see page 16 for more information).

The second grant will go towards developing a common framework for Advanced Clinical Practice, to help patients identify osteopaths who possess additional skills and qualifications. This project is being led by the Osteopathic Alliance and the Council of Osteopathic Educational Institutions.

Acting on recommendations of the Francis report

Council considered the GOsC's proposed actions following the government's response to the Francis Inquiry and its recommendations. For more information, see page 9.

Other decisions

In addition, Council approved the proposed business plan and budget for 2014-15 (see <http://tinyurl.com/pje2pz5>) and agreed to consult on the Guidance for Osteopathic Pre-registration Education (see page 7).



GENERAL OSTEOPATHIC COUNCIL

Future Council meetings

- Thursday 1 May
- Wednesday 23 July
- Thursday 6 November

Meetings take place at 10am, at Osteopathy House, and osteopaths are welcome to attend. Agendas and

papers are available before the meeting at: www.osteopathy.org.uk/about/the-organisation/meetings

i For further information, contact Marcia Scott on 020 7357 6655 x246 or email msscott@osteopathy.org.uk



ZIMMYTWS / SHUTTERSTOCK

New registrants: how did we do?

Did you register with us in 2013?

We want to find out what you thought of the registration process – what worked well, what didn't and, if you had a query, how was it dealt with?

Whether you registered with us for

the first time or were restored to the Register in 2013, we would like to hear your views.

You can use the online survey on the o zone at <http://tinyurl.com/nesptt> to tell us what you think. Your feedback

will help us to improve the registration process.

The survey closes at the end of April.

If you would like to be contacted about your feedback, please include your registration number when you respond.

A warm welcome to our new committee members

To protect the interests of patients and the public, and to give an osteopathic perspective, osteopaths sit on our committees and we have recently appointed three new registrant members.

Helen Bullen and **Caroline Guy** have been appointed to the Investigating Committee, which carries out the initial investigation of a complaint against a member of the profession. Both are osteopaths working in private practice – with additional

experience of clinical teaching of osteopathy – and both have been appointed to the committee for four years from 31 March 2014.

In addition, **Manoj Mehta** has joined the Osteopathic Practice Committee. Mr Mehta, who has been appointed initially until 31 July 2015, is an osteopath in private practice and also Head of Osteopathy and Clinic at the British College of Osteopathic Medicine.

He already has experience of working in osteopathic

regulation, having served on the GOsC Council from 2002 to 2007, during which time he was a member of the Education and Professional Conduct Committees.



Manoj Mehta



External lay member joins Audit Committee

Chris Shapcott has been appointed as the external lay member of the Audit Committee and will serve from 1 April 2014 to 31 March 2018. The Audit Committee advises Council on matters relating to internal and external audit, risk management and corporate governance. Mr Shapcott is a Member of the Chartered Institute of Public Finance and Accountancy, and an independent consultant. From 1976 to 2012, he worked for the National Audit Office in a variety of roles: from 2004–07, he was Director, Health Value for Money; from 2007–09 Director, Regulation; and from 2009–12 Director, Regulatory Reform.

Nine medical assessors appointed

The GOsC maintains a pool of medical assessors who give advice to the Registrar and fitness to practise committees. The current medical assessors were appointed in 1999 and it was felt that the existing pool should be refreshed to reflect the areas of expertise that are most likely to be required in current and future health cases. Nine new

medical assessors have been appointed for a period of four years, and their names and specialties can be found on the GOsC website.

i For more on the GOsC Council and Committees, see www.osteopathy.org.uk/about/the-organisation

Protecting the title of 'osteopath'

The title of osteopath is protected by law and can only be used by those who are registered with the General Osteopathic Council. Registration with the GOsC reassures patients that their practitioner is fit to practise, undertakes continuing professional development and carries appropriate professional indemnity insurance. Restriction of title in this way is an important measure for protecting the public and enhancing confidence in the osteopathic profession.

A person who is not

registered with the GOsC, but who describes him- or herself as an osteopath (or similar), may be committing a criminal offence. As a profession, osteopaths are very good at notifying us of individuals who may be unlawfully using the title. We very much welcome this and investigate the reports we receive.

We can often conclude a case by writing to the person concerned to inform them of the law and asking them to stop using the title. On occasion, the person may continue to use the title and

we will then consider prosecuting that person in the criminal courts. This decision will be based on the evidence available and whether we are satisfied that it would be in the public interest to prosecute.

We have successfully prosecuted people who have expressly described themselves as an 'osteopath' on their website, business cards, practice leaflets and clinic signs. However, the legislation includes any term that implies that a person is any sort of osteopath, such as 'osteopathic physician'.

We have also successfully prosecuted people who have misled the public by implication; for example, by including in their clinic advertising information about their previous osteopathic training and qualifications, or displaying these in their clinic.

i If you think a person is unlawfully using the osteopathic title, please let us know. You can contact us by email at: regulation@osteopathy.org.uk or by phone on 020 7357 6655 x249 or x224.

Frequently asked questions



GENERAL OSTEOPATHIC COUNCIL

Q I'm setting up my own practice. Do I need to register with the Information Commissioner?

A The *Data Protection Act 1998* requires every 'data controller' that is processing (including obtaining, recording and holding) personal data to register with the Information Commissioner's Office (ICO), unless they are exempt. According to the ICO, this includes 'a health record that consists of information about the physical or mental health or condition of an individual, made by or on behalf of a health professional'.

The requirement to register as a data controller is related to how your individual practice operates. The 'data controller' is the person who decides how and why personal data is processed; people who are data processors rather than controllers may not need to register. Guidance published by the ICO will tell you whether you are a data

controller and required to register (<http://tinyurl.com/qz4cq2x>).

If required, you must register before you begin trading. Visit www.ico.org.uk and complete and email the registration form. The ICO will then contact you to confirm your details and take payment. The annual fee is £35 and, according to the ICO website, once your payment has been received you will then be registered within a week.

Q What advice do you have about storage and disposal of patient records?

A According to D6.3 of the *Osteopathic Practice Standards*, patient records should be stored adequately and securely for a minimum of eight years after the last consultation or, if the patient is a child, until their 25th birthday. D6.1.5 states that patient information should be securely protected against loss, theft and improper disclosure.

Regarding disposal of records, the Information Commissioner recommends that physical confidential data always be shredded and electronic data deleted entirely so that it cannot be retrieved. For more information about data protection and disposal, see the Information Commissioner's website (www.ico.org.uk)

Further reading:

Deleting personal data

<http://tinyurl.com/ney34fo>

Deleting your data from computers, laptops and other devices

<http://tinyurl.com/p7txr8g>

Changes to osteopathic regulation in Isle of Man and Gibraltar

Osteopaths practising in the Isle of Man will soon be regulated by the GOsC following changes to their local laws. Meanwhile, a recent change in the law means that from October 2014, osteopaths in Gibraltar must be registered with the GOsC in order to practice where previously only key healthcare professions such as doctors, nurses, dentists and pharmacists were regulated.

There are a small number of osteopaths practising in the Isle of Man who are already registered with the GOsC but this change in the law will make it a legal requirement. The GOsC is in discussions with the Isle of Man Government on a memorandum of understanding covering regulatory matters.

Gibraltar is classified as a British Overseas Territory and, like the Isle of Man, has its own government and parliament. Again a number of GOsC registrants are working in Gibraltar and have been affected by the change. The Gibraltar Medical Registration Board will ensure that osteopaths are registered; the GOsC has made contact with the Board to establish a working relationship.

i If you are registered with the GOsC and work in the Isle of Man or Gibraltar and would like any further information, please email Sarah Eldred at: seldred@osteopathy.org.uk

Robin Kirk 1939-2014

We were shocked and saddened to hear of the loss of Robin Kirk who passed away suddenly on 3 February. Robin will

be remembered for his wide-ranging contribution to UK osteopathic education and the study of osteopathic history.



BOA becomes the Institute of Osteopathy

Maurice Cheng, CEO of the British Osteopathic Association (BOA), writes



'We have restated our purpose, not just to protect and serve, but to unite, promote and develop osteopathy'

I last wrote for *the osteopath* in June last year, with my early thoughts about where osteopathy in the UK was going. Thanks greatly to those who wrote to me or called me with their views.

Eight months on, the BOA has a new and clear vision, mission and strategy. We intend to achieve a Royal Charter for the profession within the next

five years. We have restated our purpose as an organisation, not just to protect and serve, but also to unite, promote and develop the profession of osteopathy. We will work with educators, regulators, regional societies and research centres to drive forward the agenda for recognition of osteopathy, publicly and professionally.

Another key strategy is

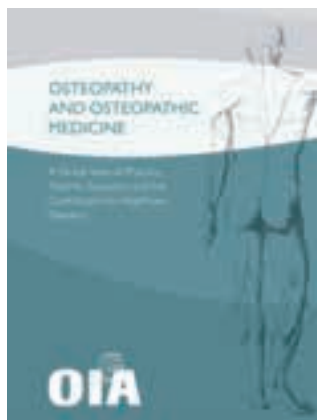
the active promotion of osteopathy as a brand, again, in collaboration with regional societies and osteopathic bodies. We are working on campaign designs which can be used by such groups to build public awareness, and are busy at present drawing up new plans for the BOA website (www.osteopathy.org) which will focus on patients. There will, of course, also be a portal for osteopaths to a safe space where professional issues can be discussed and views exchanged, with direct access to the project managers of the Osteopathic Development Group programmes as well.

As a public statement of our change of purpose, we will also be changing the name of the BOA. It's not just that, in multidisciplinary meetings, we were constantly being

confused with the orthopaedic surgeons – or the Olympic committee. When our Council and executive got deeply into the implementation of our strategic plan, we realised that we needed to reinforce the standing of osteopathy for patients and the public, and the term 'institute' is a much stronger statement of high quality than 'association'.

So over the next few months, after ratification at the AGM last year, the BOA will relaunch as the Institute of Osteopathy. Supporting the rebrand will be a new, patient-friendly website, as well as marketing and promotional materials for members to use.

i Drop me a line (maurice@osteopathy.org) if you want to know more.



OIA publishes 2014 Status Report

The Osteopathic International Alliance (OIA) has released its 2014 Status Report on the global osteopathic profession.

Osteopathy and Osteopathic Medicine: A Global View of Practice, Patients, Education and the Contribution to Healthcare Delivery builds on the World Health Organization's Benchmarks for Training in Osteopathy (2010). It describes the current status of the osteopathic profession globally, and how it functions within national health delivery systems across a range of countries. Chapter three focuses on education and regulatory models in particular.

To download or order printed copies of the report, go to <http://tinyurl.com/pfd8puo>

New route to registration in Australia

Want to practise in Australia? If you qualified after 2000, there is now a new path to follow

The Osteopathy Board of Australia (the Board) has introduced the competent authority pathway, an alternative to the existing standard pathway for UK-trained applicants.

While both application routes still involve a desktop assessment of qualifications by the Australian and New Zealand Osteopathic Council (ANZOC), the competent authority pathway does not require a written and practical exam, or a portfolio assessment. Instead, eligible candidates must complete six months' supervised practice before they can apply for general registration (see *Framework: Pathways for registration of overseas-trained osteopaths* <http://tinyurl.com/ppl4twc>).

In addition, both pathways now require completion of an open-book exam on *Information on the practice of Osteopathy in Australia – A guide for graduates trained overseas* (available at: <http://tinyurl.com/qxgbs3w>).

ANZOC's website (www.anzoc.org.au) sets out the qualifications that are eligible for the new pathway and what will be assessed. Any applicants who are deemed ineligible for the competent authority may be able to apply through the

standard authority pathway, and will be advised of this by ANZOC at the desktop stage of the assessment process. The standard pathway also remains an option for applicants who are eligible for the competent authority pathway.

i Further information is available on the Board's website <http://tinyurl.com/q5rotkh>

For more information about practising overseas, visit the o zone (<http://tinyurl.com/nnwzwl>).



OIA conference in Texas

The Osteopathic International Alliance (OIA) held its annual conference on 11-12 January in Austin, Texas, in conjunction with the annual US Osteopathic Medical Education conference. The conference was attended by over 60 representatives from 14 different countries.

There was a strong UK presence at the conference with, among others, Tim Walker, the GOsC Chief Executive and Registrar, and Dawn Carnes, Director of NCOR, speaking.

The theme of the conference was 'Osteopathy: a global presence' and it also marked the launch of a major publication by the OIA: *Osteopathy and Osteopathic Medicine – A Global View of Practice, Patients, Education and the Contribution to Healthcare Delivery*.

This publication was produced partly at

the request of the World Health Organization (WHO) and supported the WHO's new strategy on traditional and complementary medicine. The publication is found at: www.oialliance.org

Tim Walker spoke in a session on developments in continuing fitness to practise which are being followed closely in other countries. Dawn Carnes spoke in a session on research, talking about the work that NCOR is doing on practice-based research, including the development of Patient Reported Outcome Measures (PROMs) in osteopathy. One of the outcomes from the conference is the establishment of an international osteopathy research network, in which it is anticipated that NCOR will be a key player.

At the OIA Annual General Meeting

which also took place at this conference, the GOsC stepped down from the OIA Board as the reserved seat for a UK representative is now being taken by the British Osteopathic Association.



RANDALL STEVENS / SHUTTERSTOCK

Communicating risk and benefit

a new web resource for osteopaths

The National Council for Osteopathic Research (NCOR) has been working with a number of key stakeholders involved in the four adverse events studies commissioned

by the GOsC, to disseminate the findings from the research. More information and links to the full reports from the studies is available at: www.ncor.org.uk/adverse-events-studies

One of the projects we have been working on is a practitioner information resource for osteopaths, which focuses on communicating risk and benefit in osteopathic practice. The resource has undergone many changes and will undoubtedly benefit from further development.

The resource contains information and guidance in the following areas:

- Shared decision-making
- Communicating benefit and risk in osteopathy
- Consent
- Risk and patient incidents
- Dealing with patient feedback and complaints.

The information is mostly presented in a question and answer format, with some accompanying tables and example conversations where appropriate.

The practitioner information resource for communicating benefit and risk in osteopathy is available to view online at:

‘We hope that you will find the resource helpful, regardless of whether you are a student, educator or practising osteopath’



TANATAT / SHUTTERSTOCK

<http://tinyurl.com/o9wfcow>

We hope that you will find the resource helpful, regardless of whether you are a student, educator or practising osteopath. We are keen to ensure that our resources reflect the needs of the osteopathic community so we would be grateful for any feedback you have on this resource or any of our other resources. To give your feedback, go to www.ncor.org.uk/contact-us.

Introducing Tom Mars

We are delighted to welcome research assistant Tom Mars to the NCOR team.

Tom will be working one day a week and his primary role will be evaluating the OsteoMAP service currently being developed at the British School of Osteopathy (BSO).

After a successful career in industry and business consultancy, Tom graduated from the BSO with distinction in 2007. Since then, he has combined osteopathic practice and research and has been actively involved in a variety of significant osteopathic research projects.

He worked at Queen Mary University of London as a researcher on a systematic review of adverse events in manual therapy, and held the position

Join us on:

Facebook: www.facebook.com/NCORnews

Twitter: www.twitter.com/NCOR_UK

LinkedIn: www.linkedin.com/company/national-council-for-osteopathic-research

Contact us

You can get in touch with us via our website at: www.ncor.org.uk/contact-us

NCOR Research hubs

Information about our regional research hubs is available on our website at: www.ncor.org.uk/getting-involved/hubs. We currently have hubs in Bristol, Exeter, Haywards Heath, Leeds and Oxford.

If you would like to attend a hub meeting, please get in touch.

of research fellow at the BSO on the Clinical Risk, Osteopathy and Management (CROaM) project commissioned by the GOsC.

Recently, Tom has worked with the British Osteopathic Association and the Foundation for Paediatric Osteopathy to explore ways to extend the evidence base of cranial osteopathic techniques. His work with the BSO on their OsteoMAP intervention combines Acceptance and Commitment Therapy (ACT) principles and osteopathic techniques for those

with long-term musculoskeletal pain.

Tom believes that an appreciation of the value of research is essential in the development of osteopathic clinical decision-making, and has lectured at the BSO, the European School of Osteopathy and the Foundation for Paediatric Osteopathy. Moreover, Tom feels that the development of a dynamic research culture within osteopathy is essential for the further growth of the profession, and hopes that in his new role at NCOR he can make a positive contribution to that development.



The illusion of pain

Why do we feel pain in specific tissues and not in our heads? **Alan Smith** explores the complex processes involved in how humans interpret and experience pain



EVGENY ATAMANENKO / SHUTTERSTOCK

We have known for centuries that pain is a construct of the brain, but when we hit our finger with a hammer, why do we feel the pain in our finger and not in our head? Eminent pain neuroscientist Bud Craig tells us it's due to 'mental projection', while philosopher Max Velmans' 'perceptual projection' acknowledges the fact that all of our classical senses, including pain, work similarly – in so far as (extero) receptors transduce external stimuli (e.g. physical pressure, electromagnetic energy or acoustic energy) into electrical currents. These currents travel to those parts of the brain that can analyse them and generate sensation. The brain then has the phenomenal capability to project this sensation to the source of the stimulus, creating an interface – a sort of virtual reality – that enables us to interact with the external world of energy in which we live; for, in truth, there is no more colour or sound in the external, physical world than there is pain in the physical body.

The finger is wired to the sensory cortex by 'somatotopic' mapping.

Integrating this with proprioception, the brain can track where the finger is located within peripersonal space, and project 'pain' to the same coordinates, at any moment in time, by 'spatiotopic' mapping. The projection centre has been identified within the right posterior parietal cortex, adjacent to the sensory cortex. If somatopy and/or proprioception provide inadequate information, the brain can project pain to locations other than the source of the stimulus, giving us 'referred' as opposed to 'localised' pain. The brain can also project pain into free space, resulting in 'disembodied' or 'phantom' pain.

The illusion of pain is very convincing. Few of our patients would contemplate that pain is an output from the brain that can only exist within consciousness – patients will generally believe that their pain is contained within painful tissues, and that there is bound to be a cause within the tissues. Pathoanatomical training steers us to agree with this rationale and to ask the patient questions focused on a bottom-up search for tissue stimuli that may not exist, or that may contribute just a

small part to the patient's problem.

Pain has other dimensions additional to sensory-discriminative, such as cognitive-evaluative (perceived threat value) and affective-motivational (suffering and urge to escape). These are all interdependent and operate via amplifiers, suppressors, filters and switches throughout the central nervous system (CNS), making pain massively subject to modulation. The circuitry is responsive to 'psychosocial' factors that can present barriers to recovery and promote chronicity: this is best identified and tackled at acute and subacute stages before the CNS has time to remodel and 'learn' pain.

Counter-intuitive though it may seem, a more general approach to assessing a patient in pain is to ask the top-down question: "why is the brain beaming pain to this specific peripheral location?"

You can read this article in full at: www.ebmseminars.co.uk.

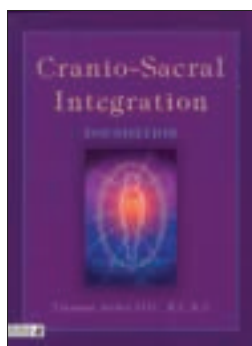
i Alan Smith is an osteopath and has a practice in Castle Donington. He lectures in pain theory and related subjects. For details of his upcoming events and seminars, see www.ebmseminars.co.uk



Bookshelf

A selection of illustrated reference books for osteopaths

Amanda King's light-hearted look at the osteopathic profession, *Down To Your Underwear, Please*, is now available on Amazon Kindle <http://tinyurl.com/pjvqkvs>

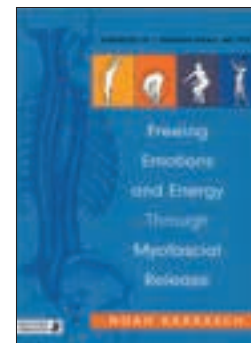


Crano-Sacral Integration

Thomas Atlee D.O., R.C.S.T.
Singing Dragon (2012)
ISBN 978-1-84819-098-6 464 pages
This foundation text covers the wide spectrum of approaches to crano-sacral therapy, and provides a broad and authoritative understanding of the discipline.

Freeing Emotions and Energy Through Myofascial Release

Noah Karrasch
Singing Dragon (2012)
ISBN 978-1-84819-085-6 224 pages
Written for bodywork and manual therapy practitioners from a whole variety of disciplines, Noah Karrasch's new book includes detailed explanations of myofascial release techniques.



● If you would like to review any of these titles (in exchange for a free copy) contact the Editor at: editor@osteopathy.org.uk

Book reviews

8 Steps to a Pain-Free Back

Esther Gokhale, Lotus Publishing (2013)
ISBN 978-1-905367-45-0,
227 pages

Reviewed by Susana Weiner,
Osteopath, PGCE

This book helps teach people who suffer from musculo-skeletal pain to re-learn how to sit, stand, sleep and walk for a pain free life. Gokhale claims that pelvic anteversion is the foundation of a healthy human frame, creating a curve in the lower lumbar region. This conflicts with current medical and lay

thinking that encourages a tucked, retroverted pelvis. The author also makes the distinction that a sway back causes the pelvis to tip forward, but it creates a curve in the upper lumbar, leading to the compression of the L5-S1 disc.

The book is well-written but I'm not sure a layperson could follow the detailed instructions without the help of a therapist familiar with the techniques. Fortunately, each chapter finishes with a recap which makes it easier to follow.

The theory of good posture is clearly explained mainly using well-known information such as elongating the neck, sitting on the ischia rather than the sacrum, and engaging the inner core.

Gokhale is undoubtedly popular with clients and professionals, but the number of testimonials throughout the book seems excessive. In addition, the large number of personal

photos of people in various positions is distracting.

The book could be useful to therapists wanting to increase their range of postural advice: the 'Recap' pages and the 'Optional Exercises' section have a good range of rehabilitative exercises, with clear explanations and photos.

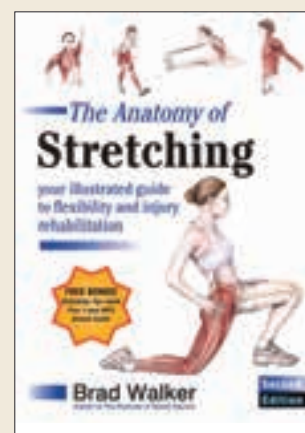
The Anatomy of Stretching

Brad Walker, Lotus Publishing (2011)
ISBN 978-1-905367-29-0,
192 pages

Reviewed by Susan Feetham,
BSc (Hons) Ost

The Anatomy of Stretching starts with a well-written illustrated chapter on flexibility, anatomy and physiology, followed by one on the principles of stretching. The rest of the book is arranged into the usual areas, with specific chapters on the quadriceps, hamstrings, adductors, abductors, upper and lower calves, and Achilles tendon.

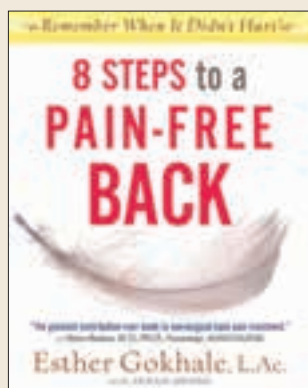
Each section starts with an overview of the muscles in that area of the body,



while each stretch has a reference number and is illustrated with a line drawing showing the targeted muscle in colour. Complementary stretches are also included.

The book is published in the UK but does seem to be aimed at the US market (although it mentions cricket and rugby). It also includes the top five stretches for each sport, which is where the colour-coding and reference numbers come into play.

Overall, this is a simple, nice-looking text for sports people and patients needing flexibility treatments or injury rehabilitation.



Courses 2014

Courses are listed for general information and inclusion does not imply approval or accreditation by the GOsC. For a more comprehensive list of courses, visit the CPD resources section of the o zone www.osteopathy.org.uk

March

1-2

Fluid systems

Speaker: Averille Morgan
Venue: Thoresby College, King's Lynn, Norfolk
Tel: 07570 418143
www.osteopathycpd.org

1-2 March

Orthopaedic assessment for massage therapists

Speaker: CPDO-Jing Collaboration
Venue: Whittington Education Centre, London
www.cpdaonline.com

2

'The miserable baby' part 2: further treatment approaches to the unsettled baby

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384592
osteokids@aol.com
www.mumandbaby-at-home.com/CPD

3

The transverse diaphragms revisited: the S.T.A.I.R.S. protocol

Speaker: Andrew Stones
Venue: London
Tel: 020 7483 0120
info@ccst.co.uk
www.ccst.co.uk

4-5-6

Foundation in advanced clinical massage techniques

Speaker: CPDO-Jing Collaboration
Venue: Whittington Education Centre, London
www.cpdaonline.com

5-6-7

Barral's advanced manipulative approach to the joints

Speaker: Jean-Pierre Barral
Venue: Whittington Education

Centre, London
www.cpdaonline.com

6-8

SCC The functional face

Speaker: Dianna Harvey Kummer
Venue: Stroud
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

7-8

Cranial fundamentals

Speaker: Giles Cleghorn
Venue: Hilton Hotel, Tewkesbury
Tel: 0117 9745084
info@integratedosteopathicstudies.com
<http://www.integratedosteopathicstudies.com>

8-9

Northern Counties Society of Osteopaths annual conference

Speakers: Mr Kenan Deniz (*Cervical Spine Surgery*); Ian Whyte (*Making Sense of the Shoulder*); Ashley Stafford (*The Voice*); Laurence Beckwith (*Visceral Osteopathy - A Practical Viewpoint*)
Venue: The Coniston Hotel, Coniston Cold, Skipton
For more details, see www.ncso.org.uk/conference

9

SCC The functional face - dental workshop

Speaker: Cherry Harris
Venue: Stroud
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

16

Complete clinical competence series Rapid Orthopaedics

Speaker: David Lintonbon DO
Venue: Warwick Hilton, Warwickshire
020 8504 1462
taoseminars@gmail.com

Muscle power techniques: day 2 of 9

Speaker: Dr Eedy
Venue: Warwick Hilton Warwickshire
020 8504 1462
taoseminars@gmail.com

30

Paediatric E.N.T.: a practical approach - treating ear, nose and throat disorders in children and teenagers

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384592
osteokids@aol.com
www.mumandbaby-at-home.com/CPD

April

2

Craniosacral therapy - introductory evening talk

Speaker: Michael Kern
Venue: Skylight Centre, London N5 1JT
Tel: 07000-785778
info@cranial.co.uk
www.cranio.co.uk

5

Craniosacral therapy - introductory day

Speaker: Thomas Attlee
Venue: London.
Tel: 020 7483 0120
info@ccst.co.uk
www.ccst.co.uk

5-6

Muscle energy techniques in management of spinal, respiratory and pelvic dysfunction

Speaker: Leon Chaitow
Venue: Whittington Education Centre, London
www.cpdaonline.com

6

Fascial unwinding - refining skills - postgraduate seminar

Speaker: Thomas Attlee
Venue: London.
Tel: 020 7483 0120
info@ccst.co.uk
www.ccst.co.uk

6

Spinal analysis

Speaker: Dr Ken Andrews
Venue: Warwick Hilton, Warwickshire
020 8504 1462
taoseminars@gmail.com

Spinal manipulation: day 3 of 9

Complete Manipulation Course
Speaker: Dr Eedy
Venue: Warwick Hilton Warwickshire
020 8504 1462
taoseminars@gmail.com

10-13

2014 Orthopedic neurology

Course Director: Maurice Bensoussan, R. Paul Lee
Venue: Holiday Inn, Lake Buena Vista, Florida
Tel: 00+1 (317) 581 0411
info@cranialacademy.org
www.cranialacademy.org

13

Bump to baby - treating the pregnant patient

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384592
osteokids@aol.com
www.mumandbaby-at-home.com/CPD

27

Complete clinical competence series

Rapid Neurology
Speaker: Michael Marino
Venue: Warwick Hilton Warwickshire
020 8504 1462
taoseminars@gmail.com

Muscle power techniques: day 3 of 9

Speaker: Dr Eedy
Venue: Warwick Hilton Warwickshire
020 8504 1462
taoseminars@gmail.com

29 April-2 May

Osteopathy in the cranial field: module 2 of 3

Speaker: David Douglas
Venue: Leeds
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

May

2-3

Integrated manual therapy and orthopaedic massage for upper body conditions

Speaker: James Waslaski
Venue: Westport, Co. Mayo, Ireland
Tel: 00 353 9850680
bdrummclinic@gmail.com

3-8

Birth, babies, children & mothers

Speaker: Thomas Attlee
Venue: London
Tel: 020 7483 0120
info@ccst.co.uk
www.ccst.co.uk

5-7

In reciprocal tension: module 5

Speaker: Michael Harris
Venue: Germany
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

10

Dynamic basicranium refresher day

Speaker: Liz Hayden
Venue: London
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

11

Spinal manipulation: day 4 of 9

Complete Manipulation Course
Speaker: Dr Eedy
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

The tools of the manipulative therapist

Speaker: Gary Lutz DO
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

15-19

WG Sutherland's approach

to the body as a whole: module 4

Speaker: Susan Turner
Venue: Stroud
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

16-18

Paediatrics level four (advanced)

Speaker: Giles Cleghorn
Venue: Edinburgh
Tel: 0117 9745084
info@integratedosteopathicstudies.com
<http://www.integratedosteopathicstudies.com>

18

Postpartum mum – treating the postnatal patient

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384592
osteokids@aol.com
www.mumandbaby-at-home.com/CPD

18

Complete clinical competence series: chest examination

Speaker: David Lintonbon DO
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

Muscle power techniques: day 4 of 9

Speaker: Dr Eedy
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

23-25

The speech of the embryo

Speaker: Dr Jaap Van Der Wal
Venue: Skylight Centre, London
Tel: 07000-785778
info@cranial.co.uk
www.cranio.co.uk

HEADACHE MORE COMMON THAN BACKACHE!

It is estimated that headache has a lifetime prevalence of over 90% (migraine 18%) in the UK. There is an overwhelming and largely unmet need to accurately diagnose and treat this common and debilitating condition. Osteopathy has much to offer these patients.

This one day (7.5 hour) course will familiarise you with the basic pathophysiology, varied presentation, differential diagnosis (including red flags) of the more common headache and migraine syndromes seen in practice, leading to effective osteopathic treatment.

Discussion of sample cases, specific osteopathic management and patient self-help strategies will be included (exercises, herbal/supplement protocols etc).

Comments from previous courses;

'This represented a major shift in my understanding of migraine; this stuff needs to get out there in the osteopathic community so please carry on the good work'

'Very interesting & useful. Full & comprehensive talks covering all aspects of headache & migraine.'



Date; Saturday 6th September. Venue; British School of Osteopathy. Course fee; £125
CPD hrs; 7.5 hrs. Lecturers; Richard Katesmark DO, Clifford Lomas DO.
For further information contact info@cheyhamlodge.co.uk

Head Trauma and Brain Injury - including the effects of impact sports and their ongoing implications

Presented by Prof Frank Willard

Saturday 8th to Sunday 9th March 2014 - £300 (inclusive of lunch and refreshments)

Further course details will be available shortly. Please visit the ESO website to book your place.



Foundations of Animal Osteopathy

Course Leader Dustie Houchin: Presented by a range of experienced animal osteopaths and professionals

Part 1: Saturday 5th to Sunday 6th April; Part 2: Saturday 10th to Sunday 11th May;

Part 3: Saturday 28th to Sunday 29th June - See ESO website for course and payment options

This fun and inspiring 3-6 day course offers plenty of hands-on experience, alongside the technical foundation required to work with animals safely and effectively. It is intended for osteopaths considering a career in animal osteopathy, who have minimal experience or would like to attend as a refresher. It will offer a chance not only to increase your knowledge of horses and/or dogs but also to experience the wonderful interactions possible when working with these lovely creatures. **Option 1:** Take all 6 days to achieve a certificate in the Foundations of Animal Osteopathy; **Option 2:** Follow three equine (or canine) days to achieve a certificate in the Foundations of Equine/Canine Osteopathy; **Option 3:** Take any one of the days independently and attain a certificate of attendance. NOTE: This programme will run for two consecutive years. If you cannot attend all 3/6 days during this academic year, you will be able to attend the missing modules during the next session (subject to pre-payment).



Pain Management & Electrotherapy

Presented by Prof Tim Watson

Saturday 12th April 2014 - £135 (inclusive of lunch and refreshments)

The aim of this programme is to consider some key issues and concepts in pain physiology and then to consider the 2 most widely employed electrotherapy modalities which influence the perception of clinical pain. A brief consideration of other electrotherapy modalities will conclude the session. Participants should be able to use immediately the information considered. Full documentary and handout support material will be provided.



Balanced Ligamentous Tension

Presented by Piers Chandler and Sue Turner

Saturday 26th to Sunday 27th April 2014 - £270 (inclusive of lunch and refreshments)

WG Sutherland's 'general' approach, Balanced Ligamentous Tension (BLT), is often referred to as an 'inherent force' technique, as are fascial unwinding and functional technique. However there are significant differences between BLT and these approaches, which engage the innate therapeutic potency within the patient. On this weekend we look forward to exploring this inspiring approach to the joints and fascial compartments of the body in a relaxed and supportive atmosphere.



Medicine for Osteopath - A Pharmaceutical Utopia?

Presented by Trevor Campbell

Part 2: Saturday 31 May 2014; Part 3: Saturday 13 September 2014

£135 each part (inclusive of lunch and refreshments)

These courses form part of a series designed to cover the main groups of medicines encountered by the working osteopath. Each workshop may be attended independently and covers a different aspect of modern prescribing. **Part 2:** The "modern epidemics" of cardiovascular disease and diabetes. The focus is given to the thought process behind the prescribing decision with the aim of enabling the practicing osteopath to get a greater understanding of the rationale for prescribing as well as the pharmacology of the medications themselves. **Part 3:** Begins with recent developments in the NHS and the opportunities and threats presented to the profession. The second half of the day focuses on CNS medications and the treatment of osteoporosis. Within this the concept of "lifestyle" medications is discussed as well as the pharmacology of the medicines themselves. The series concludes with a discussion on the future of osteopathy in a modern health environment.





CPDO 2014

Professional Development for Manual and Physical Therapists

☎ 0207 263 8551

cpd@cpdo.net

Date	Topic	Lecturer	Cost	Deposit	CPD points
28 Feb & 1-2 March	Functional neuromuscular Re-Abilitation (Starts Friday 17.00-20.00)	Dr. Eyal Lederman	£385	£200	20
5-6-7 March	Barral's advanced manipulative approach to the joints	Jean Pierre Barral	FULL		
29-30 March	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	FULL		
5-6 April	Muscle Energy Techniques in management of spinal, respiratory & pelvic dysfunction	Leon Chaitow	£275	£150	14
7-8 June	Clinical visceral management: persistent abdominal pain	Jo Crill Dawson	£245	£150	14
14 June	Sensitisation: how to identify and manage it	Philip Moulaert	£125	£125	7
20-21 Sept	Functional stretching	Dr. Eyal Lederman	£265	£150	15
11-12 Oct	Hartman's master class in manipulative techniques: lower body	Prof. Laurie Hartman	FULL		
31 Oct & 1-2 Nov	Harmonic Technique (Starts Friday 17.00-20.00)	Dr. Eyal Lederman	£385	£200	20
25-26 Oct	Fascia-related pain and dysfunction: research to practice	Leon Chaitow	£275	£150	14
1-2 Nov	Clinical visceral management: persistent back pain	Jo Crill Dawson	£245	£150	14
12-13-14 Nov	Advanced thorax, neck and diaphragm	Jean Pierre Barral	FULL		
14-15 Nov	Pilates & Yoga exercises in management of upper and lower limb conditions	Susie Lecomber	£265	£150	14
13-14 Dec	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	£295	£200	14

For more information, updates and booking: www.cpdo.net

For our extensive range of acupuncture & dry needling courses see www.cpdaonline.com

8 March	Acupuncture: the autonomic nervous system in focus	Moira Tunstall	£135	£135	7
8-9 March	Contemporary acupuncture in women's health	Jennie Longbottom	£485	£285	14
7-8 June, 21-22 June & 12-13 July	Acupuncture foundation course	Jennie Longbottom	£675	£350	42

Venue:

Whittington Education Centre, Whittington Hospital,
Gordon Close, off Highgate Hill, London N19

CPDO Ltd. 15 Harberton Road, London N19 3J5, UK / 0044 (0) 207 263 8551
e-mail: cpd@cpdo.net

50% discount available to students on most courses (see www.cpdo.net for further details)



IRISH ASSOCIATION OF
PAEDIATRIC OSTEOPATHS

Diploma in Paediatric Osteopathy (D.P.O.)

We have 3-4 places becoming available February 2014 on the D.P.O.
based in a stunning location in Co. Tipperary, Ireland.



This is a three year course consisting of:

6-7 Clinical days per year; with a 3-4 day residential course for
techniques and theory, per year.

Clinic days are at the Daisy Clinic Trust, a children's charity treating osteopathically
children with complex special needs and children/babies referred by the HSC.

For more information contact Ian Wright at: clonmelosteopaths@eircom.net
Tel: 00353526138800

ALSO COMING...



SYMBIOSIS presents

A 9 day course of 3 tranquil days per year providing time and space in which to develop palpation and perceptual skills, deepening our relationship with the underlying Health.

Through reference to the development of embryological fields and seams and accessing precise physiological process, we will explore our understanding of the stories written in the tissues including pre and post-natally, of illness, accidents, surgery and psycho emotional events.

We will look at physiological processes and pathways encouraging diagnostic accuracy, increasing the specificity of treatment and strengthening the patient practitioner relationship. This course is aimed at practitioners with some experience in working in Osteopathy in the Cranial field who wish to deepen their skill base and become more precise in the reading and working with complex disorders in children and adults and animals.

Course run at Tig Roy retreat center - a magical place in the Galtee mountains of Tipperary.

Dates: March 5-7 2014

This course is restricted places strictly on a first come first serve basis. The course will be run in London, Glasgow and Germany also.

Cost €750 including accommodation and food.

FACILITATORS:

Ian Wright- Ian has been teaching Osteopathy in the Cranial Field and Paediatrics internationally for 20 years. Ian set up the Daisy Clinic Trust - a charity based clinic in Ireland treating children with complex special needs and training Osteopaths with a Diploma in Paediatric Osteopathy.

Mary Bollingbroke- Has taught post and undergraduate Osteopathy for 20 years, specifically in Concepts of Osteopathy and Cranial Osteopathy. Mary also teaches on the Biodynamics/ Biobasics courses. Mary runs a weekly clinic in England treating horses and small animals.

For more information contact Ian Wright at: clonmelosteopaths@eircom.net Tel: 00353 52 61 38800



10th International Conference on Advances in Osteopathic Research

ICAOR 10

Brazil, Sao Paulo

7 to 9 November 2014

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Advanced Spinal Manipulation

Are you interested in both the theoretical and practical aspects of spinal manipulation? This course looks in detail at the effects and processes of manipulation, providing better information for you to make informed decisions in practice about when manipulation is indicated or otherwise. It is aimed at proficient manipulators who want to better understand techniques they already use and to add more advanced techniques into their repertoire.



Saturday 8 March
Course fee: £125 CPD: 7 hours



Lumbosacral Junction

Mobility at the lumbosacral junction is influenced by many factors and can have a huge impact on the body's function. This workshop will explore the integrative approach to assessing, treating and managing this joint. You will learn effective fascial and structural techniques that are applicable to the treatment of dysfunctions and easily implemented in practice. The hands-on approach will be combined with case history presentation and clinical management for easy implementation in practice.

Saturday 8 March
Course fee: £125 CPD: 7 hours

3D Sports Biomechanics and Muscle Chains

You will be introduced to "active palpation" and assessment in motion, and will explore the functional assessment of athletes at all levels. You will learn about active standing examination, leading onto evaluating 3D including stability, strength, symmetry and fatigue using the 3D squat. The course will provide you with the skills to map the engagement and recruitment of muscle groups and allow you to assess "core strength" and its global influences. Osteopath Robin Lansman runs this course as part of a series alongside Prescriptive Stretching and Functional Active Release.



Saturday 22 March / Saturday 17 May
Course fee: £125 CPD: 7 hours



Ergonomics For Manual Therapists

The course links the related disciplines of ergonomics and osteopathy, covering an introduction to ergonomics as well as applications relevant to osteopaths. Attendees leave with the ability to evaluate and train patients in relation to computer workstations and manual handling back in their practices. The aim is to provide knowledge and skills to give support to patients with injuries or problems related to their workplace environment.

Saturday 17 May
Course fee: £125 CPD: 7 hours

Visceral Osteopathy: Pelvis

This course reviews the visceral anatomy in a full integrated format, both in function and dysfunction. The workshop provides an opportunity to look at the ranges of visceral and structural osteopathic management in relation to the pelvis, including techniques, lifestyle, advice, referral mechanisms, and how and when these may need to be altered.



Saturday 7 & Sunday 8 June
Course fee: £250 CPD: 14 hours

Contact


For a full list of all our CPD courses or to book your place **today**, contact Sarah McLaughlin on 020 7089 5352 or cpd@bso.ac.uk.

Courses

- Sat 8 March**
 - Advanced Spinal Manipulation
 - Lumbosacral Junction
- Sat 22 March**
 - Anatomy, Dissection and Pathology **NEW COURSE**
 - 3D Sports Biomechanics and Muscle Chains
- Sat 22 & Sun 23 March**
 - Visceral Osteopathy: Thorax
- Sat 17 May**
 - Ergonomics for Manual Therapists
 - 3D Sports Biomechanics and Muscle Chains
- Sat 17 & Sun 18 May**
 - Osteopathic Refresher
- Sat 7 June**
 - Emergency First Aid
- Sat 7 & Sun 8 June**
 - Visceral Osteopathy: Pelvis
- Sun 8 June**
 - Challenging Patients: Overcoming Difficulties With Neuro-Linguistic Programming
- Sat 5 July**
 - Thoracic Outlet Syndrome and Shoulder Dysfunction
- Sat 5 & Sun 6 July**
 - Obstetrics & Osteopathy

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THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Courses

For more information visit: www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/

Post Graduate Certificate in Academic and Clinical Education

This unique programme is designed to equip you with the knowledge and skills to effectively support students in classroom and clinic-based settings.

The two modules; Education for Academic Teaching and, Education for Clinical Supervision and Teaching Technical Skills have a strong clinical and practical skill focus.

Each module involves a four-day course of lectures, seminars and practical workshops which are supported by assignments.



Start date: September 2014

Course Leader: Dr Jorge Esteves

Course fee: £2,350 per annum

Professional Doctorate in Osteopathy *A new level of osteopathic scholarship*

This programme, the first of its kind, blends teaching and self-motivated investigation that will allow you to make use of a range of specialists who are experts in a variety of disciplines.

You will be introduced to highly relevant, but not normally associated, subjects and will have the opportunity to work at the cutting edge of osteopathic theory and practice. The emphasis will be not just on understanding a theoretical body of knowledge, but on the nature of practice itself.

The course gives you the opportunity to investigate some of the key challenges facing the osteopathic profession today and develop the skills and knowledge to pursue the best interpretation, enhancing osteopathy's body of knowledge and skill.



Start date: 2015

Course Leader: Professor Stephen Tyreman

Course fee: £3,900 per annum

MSc Osteopathy *Achieving the next level*



This flexible programme is designed to develop your professional capability in clinical practice, education and research. It gives you the opportunity to develop and critically apply your knowledge and skills in the areas of business, practice management and professional leadership.

The course is structured to allow you to complete specific units of learning as CPD or undertake the full course of study. Each module will run one Saturday a month over four months, which will utilise a variety of teaching approaches including lectures, seminars and practical workshops, supported by assignments.

Start date: September 2014

Course Leader: Shireen Ismail

Duration: 3 years (2 units per year)

Course fee: £1,175 per 30 credit unit

To register your interest or for further information on any of the Postgraduate courses, please contact:

Shanaz Rahman on 020 7089 5357 or s.rahman@bso.ac.uk

Or visit our website:

<http://www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/>

New Course

Developing Osteopathy in Paediatrics

11th May, 2014 at 9.00 a.m.

The course is designed for osteopaths who wish to explore clinical examination of

7 Hours CPD



babies. It will also cover differential diagnosis of the unsettled baby as well as an osteopathic understanding of the effects of birth on the structure of the body and the resulting influence on function.

New graduates and final year students welcome. For more information check our website at www.occ.uk.com/education/other-courses or phone 020-8875-5293 e-mail cpd@fpo.org.uk.



Announcing

FOUNDATION FOR PAEDIATRIC OSTEOPATHY CONFERENCE 2015

The next conference is being planned for **spring 2015**

More details coming soon

For information about the conference go to:

www.fpoconference.org.uk

To keep updated, follow us:

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 <https://www.facebook.com/pages/The-Foundation-for-Paediatric-Osteopathy>



Diploma in Paediatric Osteopathy (DPO) 2014 Intake



Applications are being accepted for The Foundation for Paediatric Osteopathy's Diploma programme. The course provides an opportunity to work with leading practitioners in the field of paediatric osteopathy in a unique clinical environment.

This two-year course is designed to provide the necessary experiences, knowledge and skills to manage a wide variety of paediatric clinical presentations. Working within the Osteopathic Centre for Children will expose students to a diverse group of patients with conditions, from commonly presenting colicky babies to obscure genetic syndromes, as parents seek help from a clinic which is recognised internationally by families for its expertise in this field. The clinical work also includes the opportunity to treat very sick and premature infants in a hospital neonatal intensive care unit. Tutorials and seminars support clinical teaching.

At the end of this course, the Foundation expects that every DPO graduate will be both confident and competent to treat and manage the full range of paediatric presentations.

A prospectus and details of the application process are online at www.occ.uk.com.

Closing date : 23rd June, 2014.



A.T. Still Conference: 'Osteopathy into the future...'



'On June 22nd 1874 I flung to the breeze the banner of Osteopathy' so said Andrew Taylor Still (Autobiography of A.T. Still p 94)

On the 22nd June 2014 we are gathering together in London to celebrate the 140th Anniversary of this event and the continuing inspiration of Osteopathy.

Our conference speakers will be:

JOHN LEWIS - writer of the acclaimed authoritative biography of Dr Still 'A.T. Still from the dry bone to the living Man'. John will consider this legacy exploring the unique contribution of Dr Still to the world and will share his Osteopathic vision and inspiration.

SUSAN TURNER – Susan has made significant contributions to the development of Paediatric Osteopathy in Europe. She lectures in the USA, Australia and Russia as well as throughout Europe. Susan will consider WG Sutherland, a man of his time in the tradition of the philosopher scientist.

ROBERT LEVER - author of 'At the Still Point of the Turning World – the Art and Philosophy of Osteopathy'. Robert will reflect on the current dilemmas within and around the practice of osteopathy and will consider how we might heal this fragmentation and develop our Osteopathic future by reinterpreting our heritage.

MAXWELL FRAVAL – Maxwell has been working for many years exploring Osteopathic principles and has developed a particular understanding of the 'Rule of the Artery'. A renowned international lecturer, he joins us from Australia to turn a microscope on how science is beginning to validate many of the observations of Dr A.T. Still.

There will be time for discussion and questions.

This conference is a must for anyone who cares about and desires to participate in the future of Osteopathy.

On Saturday 21st June 2014, Maxwell Fraval will also present a workshop on his innovative thinking in the field of Osteopathy and his many years of exploration to understand what Dr A.T. Still meant by the phrase 'The Rule of the Artery'.

COST:

£120 for the conference day
with £60 for students

£100 for workshop on
Saturday 21st June 2014

BOOKINGS:

Please visit our website conference page at -

[www.sutherlandcranialcollege.co.uk/
why-us/events/still-conference/](http://www.sutherlandcranialcollege.co.uk/why-us/events/still-conference/)

Or, call the office to reserve your place.



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New for 2014

REGIONAL CRANIAL TUTORIALS ...in a box!

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- you provide a venue, e.g. your own practice*
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This unique CPD concept provides an ideal opportunity to consolidate the skills previously learned on an SCTF-approved 40 hour course, **which is a requirement for all participants.**


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Established by an existing team of highly educated, motivated and experienced teacher-practitioners in OCF, the Rollin E. Becker Institute blends philosophical traditions with developments in knowledge in the cranial concept. We aim to inspire newcomers to OCF, as well as those already practising, by delivering essential and expert knowledge, invigorating the way you work.

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www.rollinbeckerinstitute.co.uk
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As Principal of the LSO, working 3-4 days per week, you will maintain and develop the School's academic and clinical standing with a learning culture which stretches, inspires and supports staff and students in their personal and professional development and beyond this into the local community.

To be successful in this demanding role you will have a proven track record demonstrating the leadership and administrative excellence required to maintain the highest standards of an educational establishment. Preferably but not essentially an Osteopath, In addition to your professional knowledge and competence, you will have the commercial acumen to manage a turnover of £865,000 p.a., underpinned with the strategic vision and gravitas to work credibly with the Trustee Board and as part of the Senior Management Team lead the LSO forward to new heights.

Further particulars, including an information pack and application form, may be obtained by contacting The Registrar, Mrs Yasmin D'Souza at the following e-mail address: dsouza.y@lso.ac.uk

Classifieds

Animal Osteopathy Course, Wantage

The next one year course at the Osteopathic Centre for Animals using traditional osteopathic techniques, starts in July 2014. Learn how to treat horses and dogs without the use of sedation. Final year students welcome. Discounts available for new graduates and students. For course information please email Pat at: wantageclinic@msn.com or call Stuart McGregor at the O.C.A: 01235 768055

Mixed Professions Equine Seminar, Scotland

Ingliston Country Club, Bishopton, Renfrewshire, Scotland. Theory and practical sessions on both days. No previous experience necessary. CPD certificates will be issued. Contact Tony Nevin for details. Tel: 01242 221153 or e-mail tonynevin@blueyonder.co.uk

Associate Osteopath required: Ipswich Osteopathy

Associate Osteopath required to join expanding practice in Ipswich for one to two days per week. Would suit highly motivated new graduate looking to develop their core structural osteopathic skills with the benefit of regular mentoring. Please send CV to jonathan@ipswichosteopathy.co.uk with a covering letter stating particular areas of osteopathy you would like to develop.

Associate Osteopath required: The New Surgery, The New Forest

Female Osteopathic associate required (contractual reasons) for busy clinic in The New Forest. At present there are 2 Osteopaths with an increasing NHS and private list. Real potential for growth for the right candidate. Initially 1 day a week with genuine scope for more. We are growing and want someone who is keen to be an integral part of our expansion. Contact steven@thenewsurgery.com with CV and covering letter.

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Due to retirement D.O. has for sale ELECTRIC HYDRAULIC PLINTH - HUNTLEIGH AKRON, £325 or nearest offer. Please tel: 01803 329006 or email alanbrown@tiscali.co.uk

Practice for sale, Chorley

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Practice for sale: Mid Wales, York Osteo

Practice for sale: Mid Wales - fantastic lifestyle choice (mountains and coast). Established 10 years, 2 practices - Aberystwyth and Tywyn, 45+ patients per week - possibilities to grow, supports 2 osteopaths at the moment. Phone 07971 089215 or osteo@yorkoc.co.uk

Practice for sale or rent: Torquay, Devon.

Established 1988 as Physiotherapy Clinic. Well located with own car park. Space for an Osteopath. Has multidisciplinary opportunities. Please email for info to lyndaecullen@hotmail.co.uk

Structural Osteopathy Opportunity @ The White Hart Clinic, Barnes, South West London

The White Hart Clinic is a busy, friendly and well known multidisciplinary clinic, in a popular residential area by the Thames. One of our full time osteopaths, after 14 years of developing an extremely successful service, is leaving for an exciting challenge abroad. Consequently there is a fantastic opportunity for a dynamic and flexible self-employed osteopath with at least 5 years experience to take over this role within a vibrant and well integrated team environment. This

opportunity currently generates highly competitive earnings for the post-holder and there is extensive administrative and managerial provision within the clinic. Please email your CV in the first instance, with a covering letter detailing any points relevant to this application to practicemanager@whitehartclinic.co.uk For further information please visit our website: www.whitehartclinic.co.uk or call 0208 8769897 and ask for Christien Bird.

Treatment room for hire, Twickenham

Large, well-equipped treatment room with two car park spaces available for hire in well-established osteopathy clinic in Twickenham, £10.00 per hour, (minimum booking of half a day required). Please call Robert on 07880 199059 or email kuleszaosteo@tiscali.co.uk

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- For further details contact **Robbie Goodrum** on 07541 838651 or robphysio-osteopath@hotmail.co.uk www.robbugoodrum.com

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Up to 40 words – £40+VAT, thereafter 20p per word. Please call, email or post your copy to: Richard Walters or John Wheaton CPL, 275 Newmarket Road Cambridge CB5 8JE email: theosteopath@cpl.co.uk Tel: 01223 273555

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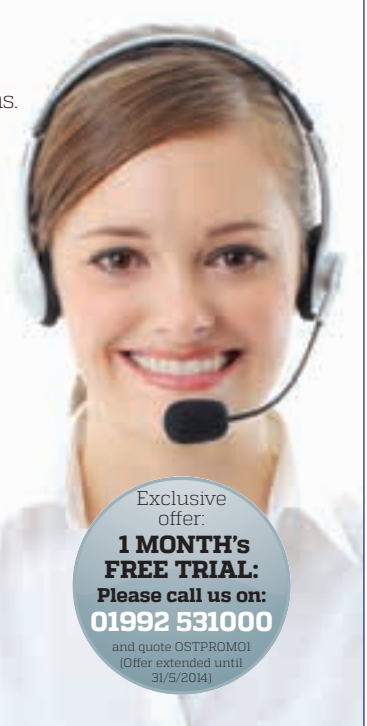


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A bit about Best Reception

Established in 2006, Best Reception have been providing services to Osteopaths and other private practitioners throughout the UK. Our dedication to customer service, close ties with our clients and our friendly yet professional service has resulted in phenomenal client retention and year-on-year growth, every year.



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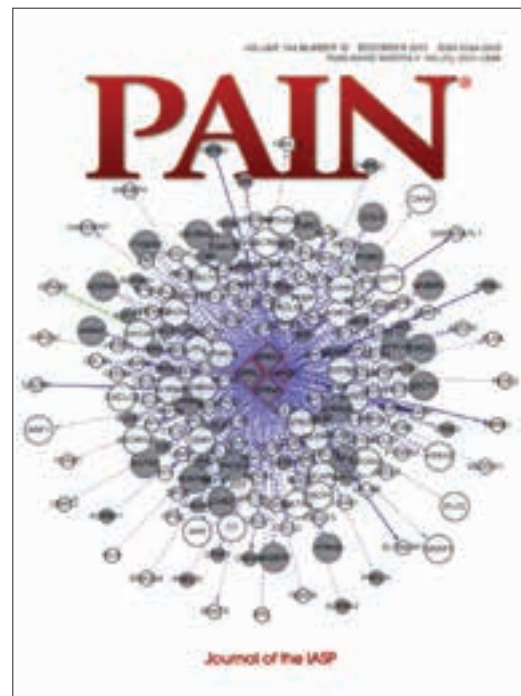
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