

the osteopath

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Local heroes

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General
Osteopathic
Council

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Half of the UK's osteopaths belong to local osteopathic groups and regional societies, whose importance to the profession is our focus this issue. Turn the page to see how being part of a local community of osteopaths can enrich your practice, and to learn how you can go about setting up a group yourself – you'll gain new skills and a valuable support network.

Representatives of local groups will be coming together in March at Osteopathy House to explore their role in current and forthcoming GOsC initiatives, including the new CPD scheme for osteopaths. In what is shaping up to be another busy spring for the GOsC, we are planning the rollout of the new CPD scheme as well as preparing public consultations on new guidance for students and educational institutions (described on page 7).

Additionally, this month we are launching our major review of the *Osteopathic Practice Standards*, looking at every standard and its supporting guidance to see where improvements can be made and additional resources provided. Please use your local group as a forum for discussing the current standards, and register your collective views – a valid CPD activity. You can find out more about the review on page 6.

Elsewhere in this issue, we explore the benefits of reflecting on your practice (page 11) and the practicalities of doing so through 'peer observation' (pages 12-13); present significant national and global developments in osteopathic research (pages 15-17); and ask two participants in the 2015 Osteopathic Leadership Programme about their experiences, just in time for you to apply for a place on this year's programme (page 9).

We hope you enjoy reading this edition.

Jeremy Pinel
Email: editor@osteopathy.org.uk

Can you send direct marketing emails
to your patients? see page 10

the osteopath

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Growing local groups



TONY LONGARETTI

Local osteopathic groups play a vital role in bringing the profession together, and they don't need to be big to be successful. If you lack opportunities to meet local colleagues regularly, why not set up a group yourself? A new guide explains how

As a profession consisting largely of independent practitioners, osteopaths are at real risk of isolation – and not only if they work alone. Even if you are part of a group practice, too often the pressures of work can limit your opportunities to talk to colleagues about clinical matters and other issues relevant to practice.

So where do you turn for advice on a challenging case or to test new ideas about developing your staff or business?

The obvious answer is to join or establish a community of local osteopaths. An environment where colleagues get to know one another, professionally and socially, can become a vital professional support network as well as a 'cell' for local and inexpensive CPD. Having trusted colleagues at hand to offer you advice and a safe space, and help when you need it, can be an invaluable ingredient for a successful and satisfying practice.

The Institute of Osteopathy (iO) census of 2014 found that half of osteopaths in the UK considered themselves members of regional osteopathic CPD groups. But *all* osteopaths can benefit from being active within a local network of colleagues.

More than just CPD

Local and regional groups are rightly regarded as trusted providers of quality CPD learning, but they can be much more than that. A well-run and well-resourced group can also, for example:

- act as a 'peer network' for sharing and seeking advice on clinical and business development issues – this can extend to setting up a directory of members' business (non-clinical) skills so that everyone knows where to find expertise in areas such as bookkeeping, the law and human resources

- provide professional networking and shared social activities
- create a 'trusted network' so that members can refer patients to one another if they are on holiday or sick leave
- coordinate joint business development activities to promote local osteopathic services
- support and mentor osteopaths who are new to practice or new to the area.

As the new CPD scheme for osteopaths (outlined on page 11) comes into effect, local groups are likely to play an important part in offering members a forum for undertaking their 'peer discussion review' – the new structured discussion which every osteopath will have at the end of each three-year CPD cycle. Developing this facility locally and regionally will be a topic for discussion for the Regional Communications Network when it meets in March; see the box below for details.

Getting involved

Providing these services requires organisation and management, but local groups are typically run on a voluntary basis by practitioners who – although motivated – may lack resources and experience.

The Osteopathic Development Group, which is spearheading the profession's development agenda (see page 20), recognises the importance of fostering osteopathic communities. To help practitioners forge and develop local and regional links, it has recently published *Regional Osteopathic Groups – A Guide to Setting Up and Sustaining a Vibrant Local Osteopathic Community*.

REGIONAL COMMUNICATIONS NETWORK

Periodically, representatives of local groups and regional societies are invited to development workshops and meetings of the Regional Communications Network.

Acting as a sounding board for new ideas and developments, the Network helps to shape practice, standards and policy from the earliest stages. And by gathering feedback and acting as a focus group, it can spread information to and from the profession quickly and effectively.

The Network's next meeting, on **Friday 18 March**, will cover the further development of the new CPD scheme, potential revisions to the 2012 *Osteopathic Practice Standards* (see page 6), furthering the osteopathic development agenda, and challenges in relation to osteopathic advertising. Details of this and previous meetings are on the **o zone** at: <http://bit.ly/ozone-rcn-meetings>

Further support

Through the Osteopathic Development Group, the GOsC and the iO, your local group can benefit from support including:

- its own dedicated **microsite**, to raise its profile and help members stay up to date – email Katie@osteopathy.org for details
- **'Speakers' Corner'** (www.osteopathy.org/speakers-corner), an online list of potential speakers for local group meetings
- a reduced-price ticket for a group representative to the iO's **annual convention**
- an entry on the GOsC's **directory** of local groups and regional societies on the **o zone** (<http://bit.ly/ozone-regional-groups>) – a reference for osteopaths, students and osteopathic organisations.

The guide, which is based largely on local group leaders' experiences, stresses that the most successful and sustainable groups tend to be run by a team of osteopaths working together. Local groups will succeed and flourish if all the members play an active role – so if you belong to a group, help it to develop by volunteering to assist with its management.

Where a group covers a wide geographical area, it may be difficult for members to meet often: if you are in this situation, consider forming a sub-group or a completely new group at a more local level. Some regional societies have scores of members, but different sizes of group may be better suited to different activities.

Although establishing and/or running a group involves a lot of work, it can benefit your personal and professional development in many ways: by opening up networking opportunities inside and outside the profession, for example, and building your skills in areas such as communication and media management, chairing meetings, public speaking and IT.

Many osteopaths also report that they derive great satisfaction from 'giving something back' and helping to consolidate the profession and develop osteopathic practice.

First steps

When forming a new group, the Osteopathic Development Group's guide advises, you must first decide what the group's purpose will be, and what gap you are seeking to fill. For example, will the group serve all osteopaths in a geographical area, or focus on a particular area of practice (such as a specific patient group)?

You can then contact other local osteopaths to:

- gauge their interest in joining the group
- discover what they want the group to

do, and where and when (including how often) they want it to meet

- find out which of them are willing to form a committee with you to set up and run the group.

The GOsC can email all osteopaths in your area on your behalf – to request this, email info@osteopathy.org.uk

Once you have this feedback, think about the management and administrative tasks that will need to be carried out. If your committee is large enough, aim to appoint

or elect people to be the chair, treasurer and secretary. The Osteopathic Development Group's guide describes these roles and lists some tasks that each will typically undertake.

Up and running

Other topics covered in the guide include:

- recruiting and retaining members
- finances (including whether to charge membership or event fees)
- linking up with other groups and helping to develop osteopathic practice.

The guide's value will undoubtedly increase as it expands in response to ideas and suggestions from more osteopaths who have set up and run local groups. Perhaps you could be one of them?

i You can download *Regional Osteopathic Groups – A Guide to Setting Up and Sustaining a Vibrant Local Osteopathic Community* from <http://bit.ly/io-odg-regional-guide>

For more information about the Osteopath Development Group's work to support local and regional groups, visit <http://bit.ly/io-odg-regional-support>

What makes a successful local group?

Last November, the Oxfordshire Osteopathic Network (OON) was declared 'regional society of the year' at the Institute of Osteopathy's annual convention.

"It's difficult to put your finger on exactly what makes a good regional society, or how you make one," says OON chair Jerry Draper-Rodi. "It probably starts with some local osteopaths (thank you Tina Darnell, Tom Bedford and Jim Ruddick for starting the OON!) who can plan the activities you should offer and can get together a committee – an absolute must to share workload, as we're all busy people and don't all have the same skills.

"This leads on

naturally to looking at the needs in your area. London osteopaths, for example, have more choice in CPD than most; some regions may find it more difficult to integrate with the NHS than others; and osteopathy may be less well-known and understood in some counties.

"Ask yourself why osteopaths would want to join your local group. The easy answer is for cheap, local CPD, but groups can offer a whole lot more. They're a friendly space where the often-solitary osteopath can exchange ideas with colleagues and talk about the professional problems they may be facing

in a non-threatening environment. And more and more possibilities seem to be emerging, including hosting peer discussion review sessions under the future CPD scheme, and enhancing mentorship of recent graduates.

"So please do join (or start!) a local group – they have much to offer, and you'll have a lot of fun."

On Saturday 19 March, the OON is holding a CPD day dedicated to neurology, with sessions on using pain theory in practice and neurodynamics (nerve gliding techniques). For details and to book a place, visit <http://bit.ly/oon-neurology-190316>

Are the standards of practice fit for purpose?

We are commencing a major review of the *Osteopathic Practice Standards*. This is your opportunity to tell us how you think the standards can be improved, so they work better for you and your patients in practice

The *Osteopathic Practice Standards* outline the safe, competent and ethical practice of osteopathy. Launched in 2012, they integrated the profession's previous *Code of Practice* and *Standard of Proficiency* into one document, arranging 37 standards of conduct and competence under four broad themes.

The standards – each of which is accompanied by supporting guidance outlining how the standard can be met – have become embedded in osteopathic practice and education curricula, and they underpin the structure of the new revised CPD scheme for osteopaths (see page 11).

Now we are looking to explore which of the standards and their supporting guidance can be improved, and whether more educational resources around certain standards would be helpful.

Please tell us where you think improvements can be made, as well as letting us know which standards you find useful and supportive in your practice.

The standards underpin every osteopath's practice, and we encourage the whole profession to make the most of this opportunity to review them.

Why are we doing this?

It is good practice for professional standards to be reviewed every five years or so, to ensure they remain up to date and fit for purpose. Ahead of this review, we have identified some areas where we are likely to make revisions to the standards – for example, to take account of the professional duty of candour (see <http://bit.ly/gosc-candour>), advertising standards and changes in the law relating to consent.

But the most important aspect of our review involves finding out what you, your

patients and other stakeholders think of the current standards.

In 2014, osteopaths interviewed as part of independent research into effective regulation said that they did not see how some of the *Osteopathic Practice Standards* were relevant to their practice. You can read the research findings in detail on the **o** zone at: <http://bit.ly/gosc-mcgivern-report>

We need to better understand these views and concerns. Please join in the conversation and help to ensure that together we develop standards that are fit for osteopathic practice and your patients.

Getting involved

We want it to be as easy as possible for busy osteopaths to contribute views and suggestions about what improvements to the standards will help them in practice, so we have created a small website where you can comment on individual standards and their supporting guidance.

The website enables you to make your comments publicly, so you can draw colleagues into a discussion, or privately.

Standards at a glance

The *Osteopathic Practice Standards* are grouped under four themes. Here is a reminder of the current standards under the first two of those themes.

Communication and patient partnership

'The therapeutic relationship between osteopath and patient is built on trust and confidence. Osteopaths must communicate effectively with patients in order to establish and maintain an ethical relationship.'

A1: You must have well-developed interpersonal communication skills and the ability to adapt communication strategies to suit the specific needs of a patient.

A2: Listen to patients and respect their concerns and preferences.

A3: Give patients the information they need in a way that they can understand.

A4: You must receive valid consent before examination and treatment.

A5: Work in partnership with patients to find the best treatment for them.

A6: Support patients in caring for themselves to improve and maintain their own health.

Knowledge, skills and performance

'Ethically an osteopath must possess the relevant knowledge and skills required to function as a primary healthcare professional.'

B1: You must understand osteopathic concepts and principles, and apply them critically to patient care.

B2: You must have sufficient knowledge and skills to support your work as an osteopath.

B3: Recognise and work within the limits of your training and competence.

B4: Keep your professional knowledge and skills up to date.

The next issue will list the standards under the other themes: *Safety and quality in practice* and *Professionalism*.

Don't forget, you can download the current *Osteopathic Practice Standards* from <http://bit.ly/gosc-standards-practice>



Between now and May, you can visit the website at: <http://standards.osteopathy.org.uk> to comment on any or every standard and its guidance.

All the feedback we receive will feed into our work this summer to redraft the *Osteopathic Practice Standards*, and the redrafted standards will be the subject of a full public consultation next year.

If you prefer not to review the standards on screen, please visit <http://bit.ly/gosc-ops-review> to download and print a PDF of the *Osteopathic Practice Standards*, which contains space for your handwritten comments.

Talk to colleagues

Please also take this opportunity to talk about the *Osteopathic Practice Standards* with other osteopaths in your practice and within your local group or regional society. Reviewing how you apply the standards in practice, and how they meet your patients' needs, represents valuable CPD.

We are also asking osteopathic organisations and representative groups for their comments on the standards: in March, for example, the review will be a topic for discussion at a meeting of the Regional Communications Network (see page 4).

'Osteopaths say they do not see some standards' relevance to their practice – we need to better understand these views and concerns'

Complaints about advertising claims

We are continuing to receive complaints from the public about unsubstantiated claims made on osteopaths' websites about their ability to treat certain conditions. Since the summer of last year, we have had to deal with 180 of these complaints.

Complaints about advertising risk damaging the public perception of osteopathy.

In recent months we have repeatedly advised the profession of the need for all advertising, online and elsewhere, to comply with the requirements of the Advertising Standards Authority (ASA).

We have also highlighted guidance from the ASA's Committee of Advertising Practice (CAP) on acceptable treatment claims.

If you have not already done so, please check that your own advertising complies with CAP's requirements, and do make use of CAP's free advice service. You can find out more on the **o zone** at: <http://bit.ly/ozone-advertising>

This will help to ensure that we can continue to focus our resources quickly and efficiently on dealing with those few osteopaths who may pose a risk to patient safety.

SUPPORTING EQUALITY

As part of our commitment to equality, the GOsC aims to ensure that disabilities and health conditions do not prevent people with potential from studying for careers in osteopathy. How can we best do this?

Osteopathic educational institutions have legal obligations towards their applicants and students who have disabilities or long-term health conditions, to help them train and qualify as osteopaths.

We publish guidance that helps these institutions meet their obligations, and encourages the widest possible participation in osteopathic education and practice.

Separate guidance for students and would-be students with disabilities and health conditions sets out the support that may be available to help them complete an osteopathy course successfully.

Both guidance documents are available

at: <http://bit.ly/gosc-student-health-disability>

We have recently been reviewing and revising both guidance documents, to bring them up to date and in line with recent developments in healthcare education. As part of the review, we are planning a focus group this spring.

We are particularly interested in hearing from osteopaths and students who have disabilities or long-term health conditions (or work with osteopaths or students who have them).

If you are interested in taking part, please email Sarah Eldred at: seldred@osteopathy.org.uk

The focus group will take place at Osteopathy House in London. We will provide refreshments and cover reasonable expenses.



European osteopaths face language checks

A change to the law means we can require all overseas osteopaths to prove their English language skills before allowing them to practise in the UK

Osteopaths from other European countries who were trained outside the UK must now provide evidence of their proficiency in English if they want to join the Register of osteopaths.

Until 18 January this year, any osteopath from the European Economic Area (EEA) – encompassing countries in the European Union plus Iceland, Liechtenstein, Norway and Switzerland – could apply to the GOsC for registration without needing to

demonstrate their command of English. We could not apply language checks to applicants unless they were nationals of countries outside the EEA.

Now, following implementation of a new European Directive on professional qualifications (Directive 2013/55/EU, available at: <http://bit.ly/eudir-201355eu>), all overseas applicants for registration will need to show that they have an acceptable level of English proficiency. They can do this by producing

evidence that they have scored 7.0 or above on the International English Language Testing System (IELTS) – or we will accept that the standard has been met if they have a recognised qualification from an osteopathic educational institution in the UK.

The new Directive also obliges registering bodies including the GOsC to alert other relevant authorities in Europe if a registrant's practice has been restricted or removed, even temporarily, in circumstances where they represent a risk to patients or the profession. In such cases, we must share the registrant's identity and the scope of the restriction or prohibition.

Under the same European legislation, osteopaths from the UK may have to pass a language assessment if they apply to register to practise in another EEA country. You can find more information about registration overseas at: www.osteointernational.uk

i To find out more about the GOsC's registration process for applicants who were trained abroad, see our public website at: <http://bit.ly/gosc-register-qualified-abroad>



CERBI / SHUTTERSTOCK

Seeking patients' perspectives

It isn't just osteopaths who can benefit from asking patients for their views and feedback: the GOsC also values the input of osteopathic patients and members of the public, to ensure that our work reflects the public interest. Would your patients be willing to help us?

The GOsC Patient and Public Partnership Group plays a vital role in helping

us develop our policy and communications around standards of osteopathic care. It functions mostly online, but we also hold focus groups in locations around the country.

Recently we have secured the agreement of bodies representing patients and the public across the UK – including the Healthwatch network in England, Welsh Community Health

Councils, Scottish Health Councils and the Northern Ireland Patient and Client Council – to promote membership of the Group in their local areas.

As a result, we are hearing from more people who are interested in joining the Group – but we are always on the lookout for new members. Perhaps your patients could be among them?

You can find out more about the Patient and Public Partnership Group on the GOsC public website at: <http://bit.ly/gosc-patient-partnership>

We can also send you a promotional flyer about the Group, for you to display in your practice so your patients can contact us. To request a copy, please email Sarah Eldred at: seldred@osteopathy.org.uk



Follow the leader

Applications are now open for the 2016 Osteopathic Leadership Programme. What did participants in last year's programme think of it?

Between July and October 2015, **Lucy Mackay Tumber** and **Oliver Thomson** were among 20 osteopaths on the first Osteopathic Leadership Programme – a partnership between the Osteopathic Development Group (see page 20) and the Open University, which combined e-learning with a group activity and workshops designed specifically for osteopaths.

Lucy practises in Kent and works at the London School of Osteopathy as Director of Clinical Studies.

Besides being the Clinical Director of a practice in north London, Oliver is a Senior Lecturer at the British School of Osteopathy, where he supervises research projects and leads the undergraduate and postgraduate research units.

What did you hope to get out of the programme?

Lucy: Just a better idea of how to 'do' leadership better!

Oliver: I've never had formal training in leadership, and I wanted to be taught some

of the skills and theories – the technical and theoretical aspects of leadership.

Did any aspects of the programme stand out in particular for you?

Lucy: It made me aware that there were so many different ways of leading, and in ways that didn't always seem to be overtly 'leadership' either. You don't have to be marching around and blowing a trumpet in order to lead others. It was really good to meet other osteopaths and talk about their experiences and the pitfalls to avoid.

Oliver: I liked the fact that the participants were from a range of backgrounds. The ability to share our experiences, or our lack of experience, was valuable. The group discussions were particularly useful: they enabled us to unpick times when we had displayed leadership, and how we'd done so. We also spent some time identifying and thrashing out the challenges facing osteopathy and the lack of leadership in the profession.

You completed the programme just a few months ago. What difference has it made to you so far?

Lucy: I certainly feel more comfortable in trying out different styles and less worried about when it doesn't work – just adapt it and try again! On a personal level and in my professional roles, I think I feel a bit more secure about taking on leadership and don't feel that sense of panic that I'm leaping out of my comfort zone.

Oliver: It's given me more confidence to take on leadership roles: when the opportunities arise, I'll go for them. Towards the end of the course, we each completed a feedback form, and I particularly welcomed the opportunity this offered to reflect on the impact the course had made on me.

Would you recommend the programme to other osteopaths?

Lucy: Yes, I would. It's a really good way to explore how you think and function – you don't always realise the preconceptions and patterns you have, and the programme helps you to see and learn to adapt them. It's a flexible way to learn – online and at your own pace – and the course material is really good.

Oliver: I'd recommend it to anyone who wants to develop their skills and knowledge of leadership so they may take on and lead tasks and projects with greater confidence.

The 2016 programme

This year's Osteopathic Leadership Programme will begin with a workshop on Saturday 14 May. Participants will then have five months to complete a 25-hour e-learning course as well as a group activity, before a second workshop concludes the programme on Saturday 22 October.

The programme is for osteopaths who want to apply leadership skills in clinical practice, a professional group, education or research.

The e-learning course costs £295, but participants will be entitled to a £150 bursary from the GOsC if they complete the programme.

To read more about the programme and access free learning resources for osteopaths, visit <http://info1.open.ac.uk/osteopathic-council>

You can find out how to apply at: <http://bit.ly/odg-leader-2016a>

The closing date for applications is Friday 1 April.

E-marketing: a misuse of your patient data?

Our new series on issues around data management explores what the law says about contacting your patients by email, telephone or text

When a patient has given you their contact details, you may be tempted to think that you can use the information to keep in touch with them on any topic, provided you do not share their data with anybody else.

But the law makes it clear that you must have a patient's express permission, in advance, before you can promote your services to them in emails, text messages or phone calls.

The Privacy and Electronic Communications (EC Directive) Regulations 2003 say that you must 'neither transmit, nor instigate the transmission of, unsolicited communications for the purposes of direct marketing' by electronic methods, unless the recipient has previously told you that they consent *for the time being* to receiving such communications from you.

The regulations spell out that you *can* carry out direct marketing by phone, email, text and so on if:

- you have obtained the recipient's contact details through 'the sale or negotiations for the sale of a product or service' to them, *and*
- the direct marketing relates only to your own similar products and services, *and*
- you give the recipient a simple way to refuse their permission for you to send them this direct marketing. You must give them this opportunity when you first collect their details and (assuming they have not previously refused permission) whenever you later communicate with them. And they must not need to pay to refuse permission, other than the cost of sending the refusal.

'Direct marketing' is defined in the *Data Protection Act 1998* (and hence in the regulations) as 'the communication ... of any advertising and marketing material which is directed to particular individuals'.

When do you need consent?

You do not need to have previously obtained a patient's consent in order to email them a reminder about their next appointment, or to inform them by text about changes to your practice's own contact details.



Guidance from the Information Commissioner's Office (ICO) – the independent public body responsible for ensuring compliance with data protection legislation – stresses that you must have the individual's explicit consent for *each* type of electronic communication that you want to send them. 'Consent to receive phone calls cannot be extended to cover texts or emails, and vice versa,' it warns. 'And a general statement of consent to receive marketing might be valid for mail marketing, but will not cover calls or texts.'

If a patient complains to the ICO that you have sent them unsolicited electronic direct marketing, the burden of proof is on you to show that you *did* have their consent.

As with a patient's consent to treatment, their consent to receive marketing is an ongoing process: consent is only ever given 'for the time being'.

Third-party lists

If you obtain a mailing list from somebody else, you should be aware that the rules on electronic direct marketing are stricter than those covering direct marketing by mail. Specifically, the regulations say that the recipient of marketing emails, texts and calls must have *notified the sender* that they consent to receive communications *from that sender*.

The ICO accepts that indirect consent (where someone tells one person that they are happy to receive electronic direct marketing from another specified person or type of person) 'might be valid in some circumstances, if it is clear and specific enough'. But it advises that, to follow best practice, you should 'only send marketing texts and emails ... if [you] obtained consent directly from that person'.

However, the regulations do require you to obtain patients' consent before sending them an email or text promoting a new treatment available at your practice, for example.

'You must obtain a patient's consent before sending them a promotional email or text message'

i The ICO's *Direct Marketing* guidance is at: <http://bit.ly/ico.direct-marketing-guide>

Take time to reflect

A new year signifies new beginnings – why not resolve to adopt a more reflective approach to your practice in 2016? Developing your understanding of reflective practice could make all the difference to the way you view and approach your professional development

In many healthcare professions, reflective practice is increasingly recognised as a crucial element of a practitioner's lifelong learning. It can help you to draw lessons from your professional experiences; develop your understanding of your beliefs, attitudes and values; and identify your strengths and areas for improvement.

For a start, it is important to recognise the learning opportunities that can arise in day-to-day practice. A challenging patient encounter or an interesting discussion with a colleague may present an opportunity for you to reflect on your practice, and generate a positive change. By recording this reflection, and considering how can be used to help your practice for the benefit of your patients, you can ensure that such experiences make an important contribution to your CPD.

Planning your CPD

A reflective approach is vital when planning your CPD activities for the year. Consider how your intended activities might map against the four themes of the *Osteopathic Practice Standards*, and record this in your CPD log. Are there any areas where you feel, after honest reflection, that you need to develop? It is tempting to stick to developmental activities that we enjoy – why wouldn't we? – while ignoring those more challenging areas that might in fact help us develop ourselves further.

There are some CPD activities that are designed specifically to help you reflect on your practice. These 'objective activities' – peer observation and feedback (see overleaf) or a patient feedback exercise, for example – can seem daunting at first, but talking them through with colleagues can be helpful. Osteopaths tell us that hearing about others' experiences helps them to learn about good practice and generates ideas for implementing it. Your local group and CPD providers may be able to provide help and advice, and you can ask us for advice and templates to help you undertake this kind of CPD.

New CPD requirements

The proposed new CPD scheme for osteopaths, which we consulted on last year (see the December/January issue of *the osteopath*, pages 4-5) will require you periodically to seek objective feedback from others on your practice, and you will be expected to ensure that your CPD

activities relate to all four themes of the *Osteopathic Practice Standards*.

Over the coming months we will work with osteopathic partner organisations to develop the new CPD scheme further, addressing the areas for improvement highlighted in the consultation feedback. An all-day workshop in March, involving representatives of regional societies across the country and osteopathic education providers, will provide a forum for addressing some of the practical issues (see page 4).

In the meantime, it isn't too early to get into the habit of following the new scheme's requirements when thinking about your CPD activities and your practice in general. You can find the draft guidelines for the scheme on our public website at: <http://bit.ly/gosc-new-cpd>

The new CPD scheme is an opportunity for osteopaths to build a supportive community of practice, helping each other to enhance the quality of care and ensure patient safety. Why not start now?

i If you would like advice on preparing for the new CPD scheme, please call Fiona Browne on **020 7357 6655 x239** or email fbrowne@osteopathy.org.uk

Principles of the CPD scheme

A total of 90 hours of CPD over three years

CPD must include activities relevant to all four themes of the *Osteopathic Practice Standards*

At least one activity must focus on communication and consent

Seeking objective feedback on your practice

Undertaking a peer review with a reviewer of your choice

'Right-touch regulation'

The Professional Standards Authority, which oversees the GOsC and other health and social care professional regulators, has published a revised version of its paper *Right-touch Regulation*.

The paper sets out the approach that the Authority encourages regulators to work towards, with the aim of 'ensuring that regulation has its most efficient impact on the problem being tackled'.

The proposed new CPD scheme for osteopaths is featured in *Right-touch Regulation* – which is available at: <http://bit.ly/psa-right-touch> – as an example of how this approach is being applied by regulators.

Watching brief

Peer observation is an objective activity where one osteopath observes and offers feedback on another's practice. Osteopath **Brian McKenna** explains how it works

The aim of peer observation is to give you insight into what you do in everyday practice, with a view to improving quality, upholding standards and improving performance. Probably the best thing is that you gain instant feedback and can begin to act on it immediately.

My first experience of peer observation was while working in the education sector, where having others observing your practice is encouraged. We thought we

would try a similar process at our clinic in Cardiff, and it has been a great success.

Being observed can be nerve-racking, especially if you are not used to it. On the other hand, it is reassuring to have a colleague look at your practice and say they thought it was good. Ultimately, being observed – and being the observer for someone else – gives you insight into your own practice that you wouldn't otherwise have.

We have used peer observation at our

clinic for nearly three years. Like most new procedures, it has been time-consuming to introduce – we had to develop guidelines, then train and encourage colleagues – but we felt that its potential to improve our practice and our service to patients was such that the time spent on research, development and trialling would be worth it.

In my experience, junior colleagues tend to worry about the process more, as they are less assured about their practice.

'Each time I learn something'

Brian asked colleagues past and present for their views of peer observation

Dan Woodward (registered since 2015)

"It's pretty rare that you get the opportunity to observe another practitioner treating a patient you've never seen. Seeing them go through the case history, medical history, examination, assessment and treatment is so beneficial because you see how people of the same profession do things differently to yourself.

"It can lead to new ways of thinking, assessing and treating. I went away with some things to think about:

- ways of phrasing certain questions
- making links between aspects of someone's life to the onset of discomfort
- variations in technique.

"Having a colleague observing me was reminiscent of my student days; hopefully this feeling will fade with time. However, the process helped me see my practice from someone else's perspective. It helped me to see where in certain situations I could have done things differently to make the patient feel more comfortable and at ease."

Louise Prosser (registered since 2015)

"Being the observer was of huge benefit: I could assess how colleagues approach the consultation, allowing me to think how I would deal with the same situation and what I could do differently to improve my questioning.

"Observing someone in the same profession has allowed me to improve my knowledge, see variations of treatment techniques and the different approaches that can be used for optimum treatment."

Louise Cooke (registered since 2001)

"For me, being observed is not too worrying: I regularly have other practitioners and students in with me and this is no different.

"I find the feedback to be very helpful: sometimes I wonder if my practice is getting stale, and it is nice to be reassured by another practitioner that what I am doing is within the norms of the profession.

"Each time I go through this process, I learn something – about how my actions could be perceived or my own posture when treating, for example.

"I was initially surprised how much I got from observing others. Seeing how they do things and comparing it to my own practice is really useful."

Frances Carey (registered since 2014)

"As a new graduate, I find observing more experienced colleagues is hugely beneficial. By listening and watching closely, you always learn something and take away ideas for your own practice; it is more difficult giving a senior osteopath advice on their practice.

"Being observed brings flashbacks of university examinations, but overall the feedback instils confidence in my practice. It is a great opportunity for both parties to learn different techniques, in an environment where both newer and more experienced osteopaths can develop.

"Having now moved on from the clinic, I realise peer observation is a great activity and should be included in many practices."

Arguably, though, more senior osteopaths derive greater benefit from it, as it is longer since they have had their practice scrutinised by others.

I don't want you to think that peer observation is something that we do every week; we aim for two to three times a year. Being in a group practice makes it easier, but if you work alone it should be possible to arrange for a friend or local colleague to observe you now and then, especially if you return the favour.

Besides ensuring confidentiality and gaining patient consent, the key to good peer observation is providing good feedback. This should be specific, timely and delivered in a positive way, designed to address any shortcomings (whether minor or major). It should also cover the positive things observed. Giving feedback is an art and the way to become good at it is with practice, so I suggest you get stuck in.

How do you go about implementing peer observation? The GOsC is making available our clinic's guidelines on the process we have adopted, advice on giving feedback, and the forms we use – including those that we fill out afterwards so we can claim the time spent observing, feeding back and reflecting as CPD.

We do not think these are perfect by any means – we add, change or remove things each time we use them – but they are a good starting point. You can find them on the **o** zone at: <http://bit.ly/ozone-peer-observation>



CPD spotlight: Group meetings



PRESSMASTER / SHUTTERSTOCK

Talking to others about topics relevant to your professional development – in a practice meeting or at your local group, for example – can be an excellent form of learning with others.

When recording a group meeting discussion on your CPD annual summary form, you should – as with any CPD activity – describe the learning that you derived from the discussion, and its value to your professional practice. It is also useful for you also to outline who the other meeting participants were.

Here are two informative group meeting descriptions, taken from osteopaths' annual summary forms:

'Multi-disciplinary meeting with discussions of case presentations from surgeons on recent patients with various shoulder issues. Very

useful to have radiologists there to read imaging as I feel my knowledge is a little limited in this. In discussions it was interesting to see how different professionals would approach the same presenting symptoms. Prognosis times and managing patients' expectations also a good reminder to ensure your expectations meet your patients.'

'Discussion of clinical notes and what other people think is significant about note-taking. I learnt that computerised notes could be beneficial, and I need to be more concise with the treatment plan (particularly for returning patients). Mapped against osteopathic standards C2, C8, D2 and D3.'

Be careful claiming CPD for discussions that take place in an informal

environment: ask yourself whether you derived enough learning and development from them. You will need to state clearly the learning you derived and its relevance on your annual summary form; our CPD Guidelines stress that vague claims such as 'General discussion with osteopathic colleagues at professional association social event' are unacceptable.

Acceptable forms of evidence from group meetings for your CPD record folder are the mutually agreed minutes or notes from the meeting, or a certificate listing all the topics covered and signed by the attendees.

i For more information about claiming CPD for different types of learning with others, see pages 11-17 of the *CPD Guidelines* (<http://tinyurl.com/gosc-cpd>)

Frequently asked questions

Q I would like to attend a training course in joint injection. The course description says it is for 'healthcare professionals who regularly carry out joint injections' and adds that past participants have included doctors, physiotherapists and extended role nurse practitioners; is it likely to be suitable for me?

A The right to prescribe and administer drugs is set out in legislation. Osteopaths currently do not have prescribing rights (unlike limited categories of nurses, physiotherapists and podiatrists, for example). This means that an osteopath is not allowed to inject prescribed drugs into a patient, except through a 'Patient Specific Direction' signed by an authorised prescriber for a particular



R. CLASSEN / SHUTTERSTOCK

patient. For more information about this, see: <http://bit.ly/nhs-psd-qa>

Standard B3 of the *Osteopathic Practice Standards* says that you must 'recognise and work within the limits of your training and competence'. If you do inject prescribed drugs through a Patient Specific Direction,

you need to be aware of the requirements around the care and disposal of sharps, and the safe storage of medicines, and the risks associated with injecting into the wrong sites.

In relation to the course that you would like to attend, you should ask the course provider for more details of what it involves and who

it is aimed at. As with any CPD activity, it is important to ensure that the course will be relevant to your osteopathic practice. If the course requires participants to have prescribing rights, for example, it is unlikely to be suitable for an osteopath. But if it enables you to extend the range of your knowledge, skills and practice (for example, through working with other practitioners), it may be an appropriate CPD activity for you.

Ultimately, this is a matter for your professional judgement. That said, as a general principle we welcome osteopaths engaging in CPD with other health professionals and practices; these can be a good way to enhance osteopathic practice and patient care, as the patient 'journey' often involves many different healthcare professionals.

Resources for your practice

Are you making the most of the resources available from the GOsC?

Public information leaflets

What to Expect from Your Osteopath is aimed at people who are considering osteopathy for the first time, while *Standards of Osteopathic Care* describes the high standards of training, professional skills and behaviour that are the hallmarks of an osteopath in the UK.

These leaflets were among our most-ordered resources in 2015. As well as making them available in their practices and giving them to new patients, osteopaths find them useful when talking to GPs and other health professionals.

Promoting your registration

The *I'm Registered* and *We're Registered* posters are part of our range of resources promoting osteopaths' status as

registered health professionals to patients and potential patients.

They accompany the GOsC Registration Marks, which have replaced the old 'Safe in our hands' Certification Mark. You can apply for your Registration Mark(s) on the **o** zone at: <http://bit.ly/ozone-reg-mark>

We will send you these posters in A3 format free of charge; you only pay for postage and packing.

Certificates and forms

Available in books of 100, the GOsC's *Statement of Fitness for Work* certificates can be considered as evidence of incapacity by an employer in the same way as the 'Med 3' note produced by the Department for Work and Pensions.

We also offer GP consent forms (in books of 50) for your patients to sign, so that you can ask their GP for copies of their medical records and test results, or just keep the GP informed about their progress.

Other resources available from the GOsC include additional copies of the *Osteopathic Practice Standards* and the *CPD Guidelines*.

Online shopping

All these resources (except the Registration Marks) can be ordered and paid for through our secure online shop, available on the **o** zone at: <https://members.osteopathy.org.uk/shop/>

Alternatively, you can place an order by phone on **020 7357 6655 x242**.

WHO seeks to promote osteopathic research



The World Health Organization has set up a working group to explore the best ways of researching traditional and complementary medicine. **Dawn Carnes**, Director of the National Council for Osteopathic Research, describes how she has been representing osteopathy on the working group

Following the publication in 2013 of its *Traditional Medicine Strategy 2014-2023*, the World Health Organization (WHO) is seeking to identify appropriate research methodologies for investigating traditional and complementary medicine (TCM).

Despite the widespread use of TCM worldwide, there is a lack of knowledge about its extent, variety and scope – and about its effectiveness, efficacy and safety.

The WHO wants to promote research and research quality in this field, so it is now developing a ‘technical reference document’ which will:

- address particular issues in applying pharmaceutical-based research methodologies to the investigation of TCM
- recommend appropriate methodologies for research into how efficacious, effective and safe TCM is. Investigating such methodologies has also been identified as a priority by the Osteopathic International Alliance (see page 17).

Consultation

The process for producing a WHO document involves lengthy consultation. First, a working draft is written by three experts. A working group then meets to discuss the document’s content, structure and wording. The document is redrafted accordingly and sent out for further review to a wider audience; comments are returned to the WHO team and, depending on the complexity of the feedback, the working group may be reconvened to agree the final content and structure. Finally, the document is edited by the WHO production team.

In November 2015, I went to Macao in China to represent osteopathy (on behalf of the Osteopathic International Alliance) on the WHO working group for the TCM technical reference document.

The other therapies represented were traditional Chinese medicine, acupuncture, ayurveda medicine, unani, hydrotherapy/balneotherapy, traditional Thai medicine and traditional Japanese medicine.

The working group comprises 16 representatives of these therapies, and three temporary advisers. In Macao, there were eight attendees from China (including Macao and Hong Kong); two each from the UK, Japan and India; and one each from Thailand, Pakistan and the USA. Invitees from Iran and Africa did not attend.

Having an osteopathic presence on the panel ensured that issues peculiar to research in osteopathy were included in the discussion, and in particular that the document will distinguish between therapies that prescribe medicinal products and those that do not. Research into TCM involving medicinal products can be carried out adopting many of the principles used in clinical trials to explore drugs’ efficacy and effectiveness. But therapies that do not involve medicinal products or devices require ‘real world’ or ‘pragmatic’ research techniques that reflect the diversity in delivery and implementation.

During the meeting, we explored the different research methodologies that are appropriate for investigating different questions, and looked at the alternatives to large and expensive randomised controlled trials. Recommendations were made about:

- non-randomised trials (such as ‘preference trials’, where participants choose their treatment)
- cluster trials, where groups rather than individual patients are randomised (for example, by practice)
- matched cohort studies, in which similar people are identified and ‘matched’, and researchers compare the outcomes for those exposed to a treatment and those not exposed
- prospective cohort studies, which involve following people over a period of time and monitoring them for a particular outcome.

Investing

The WHO estimates that the technical reference document will be published in late 2016. It will contribute to a growing ‘push’ from the WHO for policy-makers and governments to consider investing more money into research funding, which will help us to understand the full benefits and risks to patients of traditional and complementary medicine.

i The WHO’s *Traditional Medicine Strategy 2014-2023* is available at: <http://bit.ly/who-trad-med-strat>



Centre for Reviews will boost access to evidence

The National Council for Osteopathic Research (NCOR) has big plans for 2016, and there are plenty of opportunities to be involved and offer support. NCOR researcher **Austin Plunkett** unveils some of the developments to come in the next 12 months

Happy new year from NCOR! We're looking forward to starting several exciting projects, and continuing some of the groundbreaking work we began in 2015. Here's a quick tour of our major activities over the coming year.

NCOR Centre for Reviews

This new project for 2016 will help osteopaths gain access to peer-reviewed evidence for a variety of conditions and patient types. It will also keep our 'snapshot summaries' up to date, ensuring that they reflect the latest evidence; you can find these summaries online at: www.ncor.org.uk/research/snap-shot-summaries/

This evidence will include dissertations from final-year osteopathy students, which the Centre for Reviews will collect with the help of UK osteopathic educational institutions. All osteopaths and students looking for an overview of current evidence will find the Centre a valuable resource.

Already this year, NCOR has been recruiting volunteers to help write reviews of dissertations and of existing snapshot summaries. There may be further rounds of recruitment – if you are interested in volunteering, please email me at: a.plunkett@qmul.ac.uk, briefly summarising any relevant experience and explaining why you'd like to help with the project.

Review of paediatric treatments

In February 2015, we announced a campaign to raise funds for a systematic review into the treatment of babies and children. We were delighted and surprised by how far the word spread, and some of our largest donations came from osteopathic organisations abroad.

The paediatric review will go ahead this year, and will be the first large piece of work delivered by our new Centre for Reviews. We have advertised for and are now recruiting a part-time member of staff with experience in conducting systematic reviews.

PILARS and PREOS international

The international osteopathic community has also expressed an interest in our Patient Incident Learning and Reporting System (PILARS) and Patient Reported Experiences of Osteopathic Services (PREOS).

These online systems help us to understand the issues that osteopaths in the UK face in clinical practice, as well as our patients' experiences of osteopathic treatment and management, by enabling practitioners and patients to record their experiences completely anonymously.

NCOR regularly analyses the data collected from both PILARS and PREOS, and any trends and learning points identified are fed back to the profession. You can read about the types of issue discussed on PILARS in the December/January issue of *the osteopath*, pages 18-19.

In response to demand from overseas, we hope to launch similar services in several more countries during 2016. As well as ensuring that NCOR is a leading force on the international osteopathic stage, this will enable us to collect data from colleagues around the world, providing much wider insight into the challenges and rewards of clinical practice.

To find out more about PILARS, and to start using it to report any actual and potential adverse incidents that you encounter, visit www.ncorpilars.org.uk

Please encourage your patients to use the PREOS website (www.ncorpreos.org.uk). We have produced an explanatory leaflet for you to print out and give to your patients – you can download it from <http://bit.ly/ncor-preos-leaflet>

Talks to local groups

NCOR staff are available to deliver talks to local groups on research-related issues, and provide updates on all our projects.

We have already received several bookings for the early part of this year, so please email



me at: a.plunkett@qmul.ac.uk if you'd like us to visit your group.

NCOR conference 2017

In January 2017, we will deliver a conference highlighting the latest evidence-based thinking in osteopathic care and patient management. In line with the priorities given to us by UK osteopaths, the focus is likely to be on chronic pain.

There will be a full day of talks from various speakers, from the osteopathic profession and beyond.

Attendance will be limited to around 80 places, so watch out for more information later this year in *the osteopath* and on our social media channels. You can keep up to date with our news online at:

- www.ncor.org.uk
- www.twitter.com/ncor_uk
- www.facebook.com/NCORnews
- www.linkedin.com/company/national-council-for-osteopathic-research
- <http://bit.ly/ncor-google-plus>
- <http://bit.ly/ncor-youtube>

Help us to help the profession: give just £2 a month towards osteopathic research

None of these projects would be possible without funding. NCOR relies on contributions from the GOsC, the Institute of Osteopathy, the osteopathic educational institutions and the Osteopathic Educational Foundation. But there is always more we want to do, and there is always more that you want us to do.

Last year we asked you to donate to our paediatric review. This year we are asking for something far simpler: a monthly donation of just £2. That's the price of a cup of coffee.

If each UK osteopath gave us just £2 per month, we could launch more projects, validating the work done every day by osteopaths like you.

You can make a donation of any size at: www.ncor.org.uk/donate We can also provide help if you want to organise a fundraising event for NCOR. For more information, email info@ncor.org.uk or phone 020 7882 6131.

Setting global research priorities

The annual conference of the Osteopathic International Alliance (OIA) in September 2015 included a discussion of global priorities for osteopathic research.

After examining the research strategies of different national institutions and osteopathic representative bodies, delegates identified and agreed the common themes and priorities set out in the table below.

The OIA represents more than 75 organisations from 30 countries (including the GOsC and the Institute of Osteopathy in the UK), and more than 120,000 osteopathic practitioners. It works for global osteopathic unity and advocates for high-quality osteopathic healthcare.

The International Osteopathic Research Network (OIRN), chaired by NCOR Director Dawn Carnes, is part of the OIA. It will now work with the OIA's executive board to advance these priorities, in particular by:

- considering the introduction of research fellowships
- developing the OIRN section of the OIA website (<http://bit.ly/oia-research>) to spread information about international research initiatives

- exploring competencies and capabilities – initial research into osteopathic competencies and capabilities has been completed, and the next stage is to compare them with those in other professions
- sharing data on patients' reported outcomes from treatment – this is being driven by NCOR's work to develop a Patient Reported Outcome Measures (PROMs) app, and to use the information gathered to build a national database (see <http://bit.ly/ncor-proms>)
- establishing centres for systematic reviews relevant to osteopathy – NCOR is setting up the first of these (see left), which will be a blueprint for centres in other countries
- advancing research methodologies – see page 15 for details of how the OIA is working with the World Health Organization to recommend appropriate existing methodologies for investigating effectiveness and risk in manual therapies.

 For more information about the Osteopathic International Alliance, see <http://wp.oialliance.org>

Key research theme	Sub-themes
Condition-specific research	<ul style="list-style-type: none"> ● Chronic conditions ● Chronic pain ● Ageing ● Paediatric osteopathy
Outcome measurement	<ul style="list-style-type: none"> ● Patient-reported outcomes ● Specific outcome measures (for example, for children) ● Data collection and data sharing ● Skilling up and behaviour change
Role of osteopathy	<ul style="list-style-type: none"> ● Enhancing and promoting the profession ● Embracing complexity ● Research methodology advancement (for example, pragmatic research methodologies) ● Assessing the impact of osteopathy
Collaborating and fundraising	<ul style="list-style-type: none"> ● Committing resources (human and financial) ● Producing clear strategies with tangible projects ● Competencies and capabilities report ● Continued collaboration with the World Health Organization

Research on the go

Osteopaths now have improved access to journals in the 'IJOM Plus' package using their tablets and mobile phones, explains **Sarah Davies** from the publisher Elsevier

IJOM Plus is an online library of research journals published by Elsevier, which is accessible free of charge via the **o** zone. And it's easier than ever to read and navigate around articles in these journals on any device, as our ScienceDirect website has been 'mobile-optimised'.

The screenshot below shows the 'extras' you can get when reading a journal article on ScienceDirect. The website is also designed to be highly accessible by users with impairments and disabilities.

What's in IJOM Plus?

GOsC registrants and osteopathy students with an **o** zone account have full access to current and previous issues of seven journals.

The **International Journal of Osteopathic Medicine** (IJOM) is an official journal of the GOsC and five other osteopathic organisations worldwide. It publishes a broad range of research articles and review papers, with a particular emphasis on basic science research, clinical epidemiology and health social science in relation to

osteopathy and neuromusculoskeletal medicine.

Manual Therapy aims to improve 'the clinical understanding of appropriate care processes for musculoskeletal disorders'. Its articles cover topics including mechanisms of function and dysfunction, treatment methods, best clinical practice, and decision-making processes.

Featuring highly illustrated articles on therapeutic techniques and areas of professional debate, the **Journal of Bodywork and Movement Therapies** is aimed at everyone 'involved in the assessment, diagnosis, treatment and rehabilitation of musculoskeletal dysfunction'.

Clinical Biomechanics is an international multidisciplinary journal of musculoskeletal biomechanics, publishing research that helps to explain the causes of musculoskeletal disorders and contributes to improving clinical management.

The Spine Journal, another multidisciplinary journal, focuses on research and treatment related to spinal disorder and spine care, including basic

science and clinical investigations.

Dedicated to advancing chiropractic health care, the **Journal of Manipulative and Physiological Therapeutics** covers current developments in therapeutics, clinically oriented research and practical information for clinicians.

The Lancet is 'the world's leading independent general medical journal'. It publishes original primary research and review articles on all aspects of human health, as well as news and opinions from around the world.

The IJOM Plus package includes every issue of IJOM (and editions of its predecessor, the *Journal of Osteopathic Medicine*, dating back to 2004), as well as all issues since 2010 of the other journals. You can also read issues of the journal **Pain** published between 2010 and 2014.

Across the journals you'll find case studies, original research, research reviews, masterclasses, clinical guidelines, discussions and debates.

You can explore IJOM Plus today by logging in to the **o** zone at: <http://bit.ly/ozone-journals>

File or share articles by exporting them to reference managers

Evaluate the article's relevance and quality by seeing how often it is cited elsewhere

See figures and tables at a glance, with a 'pinch to view' function

Quickly call up references



View recommendations for other articles based on what other people are reading

Read about the authors and hear them explaining their research on 'audioslides'



Changin' times for osteopathy's past

The National Osteopathic Archive is on the move. Archivist **John O'Brien** explains what's in store, and calls for volunteers to give its history society a new lease of life



JOHN O'BRIEN

John O'Brien (seated, wearing glasses) and attendees at a NOAHS symposium in March 2015

Osteopathy's development in the UK, from fragile uncertainty to regulated status and unity, has been well-documented. Over the past decade, the National Osteopathic Archive (NOA) has gathered and preserved this unique material charting the history of the profession.

We have collected a vast, diverse and comprehensive archive from across England, Wales and Northern Ireland, and for the past five years the NOA has had a physical presence as a tenant at the British School of Osteopathy (BSO).

In 2013, after much discussion, the NOA's trustees reluctantly concluded that the Archive's future lay in being associated with – and transferred to – a professional national archive in central London. But this was easier said than done: it is difficult for external institutions to categorise osteopathy, as it is part of neither academia nor mainstream medicine.

We eventually found the right partner in the Wellcome Trust Library, opposite Euston Station. This year the collection will be moved to the Trust's storage facility in a Cheshire salt mine; it will be safe there from deterioration until, after re-cataloguing and re-boxing, it is made publicly accessible in three years' time.

History society

Launched six years ago and also based at the BSO, the NOA History Society (NOAHS) complements the archive through quarterly symposia exploring the evolution of osteopathy and its institutions.

NOAHS was initially a touch one-sided, with everyone singing from a similar hymn sheet. The symposia did not discuss substantive aspects sufficiently, nor address the views of colleagues who had reservations about relying solely on anecdotal evidence.

Professor Stephen Tyreman became an important mentor for the late Robin Kirk and me to develop a format for discussing, discerning and testing osteopathic hypotheses in a friendly, informal atmosphere. The symposia started to balance a historical viewpoint with present and future perspectives. People with differing views were invited to take part, as were chiropractic and naturopathic colleagues. Comprehensive themes were approached more critically through the introduction of speakers from outside our institutions, often with fresh and innovative ideas.

NOAHS has thus come to play an important, perhaps unique role within osteopathic postgraduate education. Now, the transfer of the NOA provides a

'natural break' at which to make changes to the history society as well.

When the final NOAHS symposium takes place in September 2016, the baton will be handed to a new organisation with a new name: the Osteopathic History Society or something similar. I am delighted that Manmohan Birdi, Zenna Zwierzchowska and Nadine Hobson are prepared to establish a committee to run this new society; they are keen, but they need enthusiastic colleagues who will give their time and effort on the committee to devise, organise and manage future symposia. Do please get in touch with them.

I wish Manmohan, Zenna and Nadine all good fortune – and, in the words of the inimitable Bob Dylan, the times they are a changin'.

i Visit www.noa.ac.uk to find out more about the NOA and NOAHS. If you are interested in joining the new history society's committee, please email manmohan_birdi@hotmail.com or zenna@handz.co.uk

NOAHS symposium

Regulation of chiropractic and osteopathy: what has been attained?

Saturday 12 March 2016
British School of Osteopathy

Exploring different perspectives on the *Osteopathy Act 1993* and *Chiropractors Act 1994*, and their effects on the professions. With Dr Martin Collins (chair), Dr Kevin Brownhill, Dr Rod MacDonald and Dr Ian Hutcheson.

For more information, email jcorneliusobrien@gmail.com

Development updates

Since 2013 the Osteopathic Development Group (ODG) has worked on eight projects aimed at helping the profession to develop in the long term. Here is a brief round-up of progress to date.

Leadership: The Osteopathic Leadership Programme is running for a second time in 2016. Details are on page 9.

Regional Support: To find out about new resources for local groups and regional societies, see pages 4-5.

Evidence: This project has developed an app that captures Patient Reported Outcome Measures (PROMs). Information entered on the app by your patients is aggregated and fed back to you to inform your practice; the National Council for Osteopathic Research analyses all the data collected to give a national picture of treatment outcomes.

To find out more and to use the app in your practice, email Carol Fawkes at: c.fawkes@qmul.ac.uk

International Collaboration: A new website (www.osteointernational.uk) is highlighting global developments in osteopathic practice to benefit the profession in the UK. See the December/January issue of *the osteopath*, page 9.

Advanced Clinical Practice: How can the profession best support osteopaths to develop their clinical interests and communicate them to the public? Last year the ODG developed three options, and it is now reviewing osteopaths' comments on them.

Mentoring: This project will establish a support framework for early-career osteopaths. In 2015 it surveyed the profession on the form that a mentoring scheme should take, and on the current state of mentoring in osteopathy. The results are expected this spring.

Service Standards: The ODG wants to develop voluntary service standards for osteopathy, which (if adopted) will describe how osteopaths should

demonstrate the quality of the care they provide. Osteopaths were recently asked what form they thought the service standards should take; the feedback received will inform the standards' development.

Career Development: The aim of this project is to map how osteopaths progress their careers, and then evaluate whether a more defined career structure is required. Work will proceed once other projects are further advanced.

The ODG is a partnership between:

- the GOsC
- the Institute of Osteopathy, the professional body
- the National Council for Osteopathic Research, which conducts and promotes research into osteopathy
- the Council for Osteopathic Educational Institutions, representing higher education colleges
- the Osteopathic Alliance, representing many CPD providers.

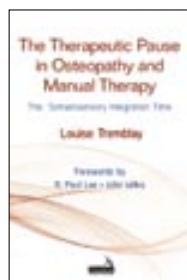
Bookshelf

A selection of illustrated reference books for osteopaths

The Therapeutic Pause in Osteopathy and Manual Therapy

Louise Tremblay

Handspring Publishing (2015), 144 pages
ISBN: 978-1-909141-36-0

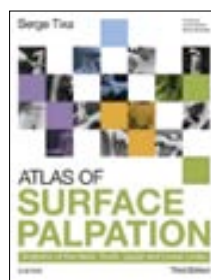


This book explores why it is important to incorporate pauses following stimulation during manual therapy. Based on research into the therapeutic benefits and the underlying physiology, it also explores how 'somatosensory integration time' – when apparent immobility allows the central nervous system to react to stimuli without interference – is used in osteopathy.

Atlas of Surface Palpation (3rd edition): Anatomy of the Neck, Trunk, Upper and Lower Limbs

Serge Tixa

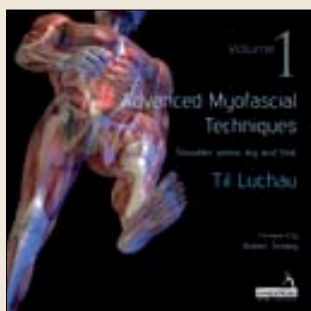
Churchill Livingstone Elsevier (2015), 552 pages
ISBN: 978-0-702062-254



The new edition of this popular guide features more than 130 colour illustrations and almost 900 black-and-white photographs. Chapters are divided into sections covering osteology, myology, arthrology, and nerves and blood vessels; links between palpation and clinical diagnoses are highlighted in 'clinical notes' throughout the text.

i 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



Advanced Myofascial Techniques, Volume 1: Shoulder, Pelvis, Leg and Foot

Til Luchau

Handspring Publishing Limited
ISBN: 978-1-909141-16-2

Reviewed by Jill Shooter BSc (Hons) Sport Science, BOST

This beautifully illustrated book is one of two volumes by a certified advanced Rolfer with over 20 years' experience in the bodywork field. As the introduction states, it is not a book for beginners: at just 187 pages long, it assumes a detailed knowledge of anatomy, pathology and movement.

The first section of the book looks at the essentials, discussing the make-up of bone and fascia; this finishes with a chapter on 'tools and techniques', walking the reader through a series of exercises on palpation of the varying tissue layers. It is here, in a short paragraph, that the distinction between fascial and myofascial techniques is stated: the latter utilise the active movement of the patient during the technique, to modulate the intensity of the application and to facilitate neuromuscular patterns.

The remaining sections cover the lower limb, the pelvis and the upper limb.

Each chapter relates to a common clinical presentation (such as ankle restriction, hamstring problems and adhesive capsulitis) and the myofascial technique or techniques that may alleviate the problem.

The writing is easy to follow, peppered with personal reflections and anecdotes. Techniques are clearly illustrated, with many plates showing practitioner hand and body placement relative to the patient. 'Key points' relating to each technique are well summarised in colour-coded boxes. A small 'study guide' closes each chapter, and the references are wide, varied and up to date. There is a refreshing discussion on current research findings and the possible limitations of manual therapy's ability to influence a long-term change in tissues.

As is expected these days, there is value-added access to online videos via scan icons in some page margins.

This is a book I would have welcomed as part of the informal desktop library in my clinic team point as a final-year undergraduate: it would have offered some interesting and useful techniques to add to my repertoire, and food for thought for team discussion and tutorials.

For a qualified osteopath, it is a pleasant and interesting read. While the techniques were familiar to me, either from undergraduate study or early-years postgraduate courses, it gave me the chance to revisit some 'old favourite' techniques and to remind myself of others I should use in clinic more often. It will look very

beautiful on my bookshelf and I will dip into it in the future, but I doubt it will be my 'go to' book for myofascial techniques.

Architecture of Human Living Fascia

Jean-Claude Guimberteau and Colin Armstrong

Handspring Publishing

ISBN: 978-1-909141-117

Reviewed by Sue Feetham BSc (Hons) Ost

I awaited this book with great anticipation. I had seen snippets of Dr Guimberteau's video *Strolling under the Skin* on YouTube and was fascinated, but I didn't really understand what it was all about. I was then at a conference where we talked about 'tensegrity', and it started to make a bit more sense.

The book is not an easy read: it covers a lot of new material that is not seen in the usual osteopathic or medical material. However, this can only be the beginning of a new way of looking at the body, and how we diagnose it and treat it.

There are chapters on tissue continuity, mobility and adaptability, the relationship between cells and fibrillar architecture, scars, inflammation and – very interestingly – the body's response to manual therapy.

Full-colour pictures show the living fascia as seen through endoscopy. One downside for me is that the book is printed on shiny paper, making it sometimes difficult to read at my desk. The photographs are sharp and clear throughout the publication, however.

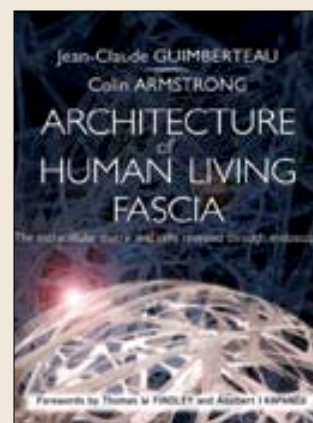
An accompanying DVD contains both stills and videos, and there are 'QR code' panels throughout the book. These take you to the relevant video clip on a website when scanned with a mobile phone or tablet – as an 'old dinosaur' I took a while to sort out how to use them!

The book is colour-coded for ease of use, and has a glossary of terms that you may not be conversant with and key statements of particular importance to manual therapists.

At the end of chapter 1 is a list of 'red thread' questions, which are addressed chapter by chapter as you go through the book. I found this helped me understand where the book was taking me. Subsequent chapters close with commentaries by leading practitioners in the fields of anatomy, body mechanics and manual therapy.

The most interesting part of the book for me is on scar tissue and adhesions: it shows how and why different scar types form, and why some are problematic. The section on inflammation shows what happens within the fascia post trauma and surgery, and that swelling after acute injury is an active process.

A book to ponder on over time. It requires a lot of concentration at times, but is well worth the effort.



Courses 2016

Courses are listed for general information, and inclusion does not imply approval or accreditation by the GOsC. For a more comprehensive list of courses, see the events diary on the **o** zone at: <http://bit.ly/ozone-events>

March

3-6

Acupuncture techniques for sports injuries – level 1

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

3-6

Visceral manipulation 3

Speaker: Rita Benamor
Venue: Stillorgan Park Hotel, Stillorgan, Dublin, Ireland
Tel: +353 1 210 3967

barralireland@gmail.com
www.barralinstitute.ie

5-6

The development and function of the gastrointestinal system and its 'connectome'

Speaker: Prof Frank Willard
Venue: European School of Osteopathy, Maidstone ME14
Tel: 01622 671558

cpd@eso.ac.uk
www.eso.ac.uk

7-11

SCCO Pathway module 2: Osteopathy in the cranial field

Speaker: Carl Surridge
Venue: Columbia Hotel, London
Tel: 01453 767607

admin@scco.ac
www.scco.ac

8

Latest disc treatments

Speakers: Bob Chatterjee, Sally Lansdale, Tyler Hands, Stephen Small

Venue: British School of Osteopathy, London SE1
Tel: 020 7100 4598
clinic@spinexdiscclinic.com
www.spinexdiscclinic.com

10-13

Advanced therapy

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

12

Bump to baby, part 1: Treating the pregnant patient

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1
Tel: 07792 384592

osteokids@aol.com
www.mumandbaby-at-home.com

12

National Osteopathic Archive History Society symposium: Statutory regulation of chiropractic and osteopathy – what has been attained?

Speakers: Dr Martin Collins, Ian Hutcheson and Dr Rod MacDonald
Venue: British School of Osteopathy, London SE1
jcorneliusobrien@gmail.com
www.noa.ac.uk

12

Visceral vascular work and the peritoneum

Speaker: Caroline Stone
Venue: Manchester
www.visceralosteopathy.co.uk/contact

14

Spinal manipulation and mobilisation technique

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

17

Kinesiology taping for the athlete masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

19

Neurology: pain theory and neurodynamics

Speakers: Tim Beames and Danny Orchard
Venue: Magdalen Centre, Oxford Science Park OX4

www.osteopathicnetwork.org.uk/events/

19-20

Positional release techniques for pelvic and spinal fascial, myofascial and articular pain and dysfunction

Speaker: Leon Chaitow
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

April

9-10

SCCO Pathway module 1: Foundation course

Speaker: Penny Price and John Silverstone
Venue: Crista Galli Osteopathy, London W2
Tel: 01453 767607

admin@scco.ac
www.scco.ac

10

Combining needling approaches with visceral osteopathy

Speakers: Caroline Stone and Stiofan MacSuibhne
Venue: London

www.visceralosteopathy.co.uk/contact

12

Neurological testing made simple

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

13

Muscle energy techniques made simple

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

17

The miserable baby, part 2: Treating shock, trauma and birth interventions in the newborn and baby

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1
Tel: 077 9238 4592

osteokids@aol.com
www.mumandbaby-at-home.com

18

Spinal manipulation and mobilisation technique

Details as 14 March

19

Hip and groin masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

20

Knee joint masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

21

Cervical spine masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

21-26

Congress: Osteopathy at the interface of body and mind

Venue: Parkhotel Schönbrunn, Vienna, Austria
Tel: +43 1 879 38 26 40/44

congress@wso.at
congress.wso.at

22

Shoulder joint masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

May

11

Kinesiology taping for the athlete

Speaker: Mike Grice
Venue: Birmingham Movement Therapy, Harborne B17
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

14

Diagnostic triage: separating fact from fiction

Speaker: Lee Muddle
Venue: Whittington Education Centre, London N19

Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

14-15

A process approach in physical therapies: beyond the structural model

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London N19

Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

15

Postpartum mum

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1
Tel: 077 9238 4592

osteokids@aol.com
www.mumandbaby-at-home.com

16-17

Advanced soft tissue techniques

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

20-22

Accademia Italiana Osteopatia Tradizionale: Fourth international conference of osteopathic medicine

Venue: Montesilvano (Pescara), Italy
Tel: +39 085 4214343

congressi@athenacongressi.it
www.osteconf.it

21

Complex breathing dysfunction and the stomatognathic system

Speaker: Caroline Stone
Venue: Birmingham
www.visceralosteopathy.co.uk/contact

June

4

Acupuncture for managing shoulder and upper quadrant conditions

Speaker: Justine Munur
Venue: Whittington Education Centre, London N19

Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

6

Hip and groin masterclass

Details as 19 April

7

Knee joint masterclass

Details as 20 April

9-12

Acupuncture techniques for sports injuries – level 1

Details as 3-6 March

9-13

SCCO Pathway module**4: Balanced ligamentous tension**

Speaker: Susan Turner
Venue: Hawkwood College, Stroud, Gloucestershire
Tel: 01453 767607

admin@scco.ac
www.scco.ac

13

Acupuncture techniques for medical conditions – level 2

Speaker: Bernard Nolan
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

13

Muscle energy techniques made simple

Details as 13 April

14

Paediatric ENT

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1
Tel: 077 9238 4592

osteokids@aol.com
www.mumandbaby-at-home.com

14

Neurological testing made simple

Details as 12 April

18

Managing the acute and chronic shoulder: a process approach

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

18

Obstetrics and biomechanics – overview of pain management, optimum foetal positioning and preparation for labour

Speaker: Caroline Stone
Venue: London

www.visceralosteopathy.co.uk/contact

28

Cervical spine masterclass

Details as 21 April

29

Shoulder joint masterclass

Details as 22 April

30 June – 3 July

SCCO module 3: Osteopathic medicine – organs and systems

Speaker: Lynn Haller
Venue: Hawkwood College, Stroud, Gloucestershire
Tel: 01453 767607

admin@scco.ac
www.scco.ac



Paediatric Osteopathy 1 & 2

Date: Saturday 27 & Sunday 28 February 2016

Times: 09.00 – 17.00

Cost: £125 per day

CPD: 7 hours per day

Location: The BSO Teaching Centre, London



Working with babies and toddlers is an increasing part of osteopathic clinical work. This course will give a firm grounding in eliciting a thorough case history, relevant examination and evaluation. This will give delegates confidence in their diagnosis and management plans for infants up to a year old. The course will include red flags and examination procedures and an emphasis on a thorough understanding of factors leading to common infant presentations. Delegates will ideally have been in practice for at least a year with some experience of working with infants.

Book now to attend one or both days of the course.

Visceral Osteopathy: Abdomen

Date: Saturday 12 March & Sunday 13 March 2016

Times: 09.00 – 17.00

Cost: £250

CPD: 14 hours

Location: The BSO Teaching Centre, London



In this two-day workshop, participants will be taught and exposed to:

- short case history presentations and discussion (1 each day)
- the principles and models behind visceral osteopathy
- the visceral relationships in the abdominal cavity, including location, ligamentous connections, position of the main visceral-structural relationships
- selected visceral techniques that would be suitable for participants who have a strong structural, biomechanical concept of the body and health

Osteopathic Refresher

Date: Saturday 11 June & Sunday 12 June 2016

Times: 9.00 – 17.00

Cost: £200

CPD: 14 hours

Location: The BSO Teaching Centre, London



This course offers osteopaths a range of 'refresher' sessions designed to update and explore different aspects of osteopathic practice. The weekend has been designed to support the new Osteopathic Practice Standards. Each session is designed to quickly update attendees on key issues and to offer practical advice and information that can be immediately helpful back in practice. The weekend's sessions reflect the four different areas of the Osteopathic Practice Standards (A,B,C, and D) and will deliver 14 hours of CPD 'with others', allowing for peer support, discussion and evaluation of new and established ideas.

Get in touch...

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

What's coming up...

Fri 1 Apr

Remedial & Rehab Exercise in Practise; Lower Body & Lower Limbs

Sat 2 Apr

Advanced Spinal Manipulation

Sat 2 Apr

OsteoMAP Conference

Sat 3 Apr

OsteoMAP Conference Workshop

Sat 16 Apr

Enhanced Palpation

Sat 14 May

Ergonomics for Manual Therapists

Fri 20 May

Communication & Consent

Sat 9 Jul

Paediatric Osteopathy 1

Sat 10 Jul

Paediatric Osteopathy 2

2015-16

We're planning our CPD programme for the year ahead—please share your ideas and requests via cpd@bso.ac.uk.

Follow us...



TheBSO



@OfficialBSO



The British School of Osteopathy



OfficialBSO

We have a variety of teaching rooms, practical rooms and meeting rooms available for hire in our Central London location at competitive rates.

Phone Husaina on 020 7089 5319 or visit www.bso.ac.uk for a full list of what's available.



THE BRITISH SCHOOL OF OSTEOPATHY

OsteoMAP Conference 2016



Conference: Saturday 2 April, 9am to 5pm (£100)

Workshop: Sunday 3 April, 9am to 1pm (£50)

Location: BSO Teaching Centre

CPD: 7 hours

This conference presents outcomes from the Osteopathy, Mindfulness and Acceptance Programme, an innovative clinical development project which aims to expand osteopaths' scope of care for patients with persistent pain in six week courses that integrate mindfulness interventions with osteopathic care. Outcomes are analysed using patient self-report questionnaires. We will share OsteoMAP findings, connect with other clinicians, and develop collaborative networks to support future research. Speakers will include project leaders, clinicians, evaluators, osteopaths from Australia and New Zealand, and physiotherapy researchers who are also using Mindfulness and Acceptance-based approaches.

The conference will be of interest to practitioners who wish to participate in developing a new mindfulness-informed, biopsychosocial approach to persistent pain.

The Saturday conference ends with a social event to celebrate three years' of funded project delivery.

Skills workshops allowing you to enhance your skills further will run on Sunday 3rd April for osteopaths who have completed an OsteoMAP training course.

To book your conference and workshop places, please go to:

<http://osteomapconference.eventbrite.co.uk>

<http://osteomapworkshops.eventbrite.co.uk>



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Certificate in Academic and Clinical Education

This programme is designed to equip osteopathic, chiropractic and physiotherapy educators with the knowledge and skills required to effectively support students in both classroom and clinic-based settings. The course offers two units: Education for Academic Teaching and Education for Clinical Supervision and Teaching Technical Skills. Each unit will involve four contact days, approximately one a month, utilising seminars and practical workshops supported by online discussion forums and formative and summative assessment.



Four important areas are explored through the programme:

- **Educational Theory** - critical exploration of current concepts and debates regarding models of teaching, learning, assessment and feedback
- **Educational Practice** - explore practical approaches to teaching and learning including developing teaching materials, teaching practical skills and clinical supervision
- **Supporting Student Learning** - learn more about student needs, supporting the student experience, social learning skills and situated learning
- **Institutional Issues** - discuss the role of the educator in the teaching institution, curriculum design, management and leadership in education

Currently the programme has **97% success at graduation** and feedback from the last cohort reported **100% satisfaction** with the learning experience.

Our next cohort will begin in September 2016. For more information and to register:

Course Leader: Fiona Hendry f.hendry@bso.ac.uk

Admissions: admissions@bso.ac.uk or 020 7089 5316

www.bso.ac.uk/postgraduate-cpd/postgraduate-courses



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Certificate in Integrated Care Of Older Adults

Did you know that by 2030, **one in five** people in England will be aged **over 65**? This is why we have specifically designed the **only award bearing course in the UK** for those who wish to develop specialist skills in osteopathic care of older adults (over 65 years). This course will equip practising osteopaths with contemporary, evidence-informed knowledge, practical and clinical skills in the specialist area of advanced osteopathic management of older adults.



- ◆ Learn topics such as the biology of ageing, effects of polypharmacy and nutrition on health, the impact of complex co-morbidities on prognosis
- ◆ Learn patient-centred comprehensive evaluation and management strategies of older adults, including risk-assessment
- ◆ Learn to critically appraise plausibility of contemporary and established models of osteopathic care for the elderly
- ◆ Learn concepts of safeguarding supported by effective communication and team working
- ◆ Enables you to establish links with local practitioners that manage and treat older adults.
- ◆ Assessments in the form of written course work
- ◆ Flexible with weekend classes, allowing you to commute as well as combine work and study
- ◆ Suitable for graduate and experienced osteopaths

Our next cohort will begin in January 2017. For more information and to register:

Course Leader: Shireen Ismail s.ismail@bso.ac.uk

Admissions Assistant: admissions@bso.ac.uk or 020 7089 5316

www.bso.ac.uk/postgraduate-cpd/postgraduate-courses



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Certificate in Specialist Paediatric Osteopathic Practice

Designed for practising osteopaths who wish to develop specialist skills in paediatric osteopathic practice, this one year course develops knowledge, practical and clinical skills in the specialist area of paediatric practice. This course welcomes osteopaths, internationally and nationally.



- ◆ Learn a broad range of relevant technical and structural approaches to evaluation, treatment and management, enabling you to deal with the challenges of paediatric clinical uncertainties
- ◆ A focus on recognising, managing and safeguarding critical incidents and diagnosing and managing complex paediatric cases.
- ◆ An evidence based approach to paediatrics
- ◆ The only accredited and certified paediatric osteopathy course in the UK
- ◆ Valuable hands-on experience working in Europe's largest osteopathic clinic
- ◆ Gain experience from working in our specialist 78 year old paediatric clinic
- ◆ Benefit from a high tutor to student ratio
- ◆ Flexible with weekend classes, allowing you to commute, work and study
- ◆ Suitable for graduate and experienced osteopaths

Our next cohort will begin in July 2016. For more information and to register:

Course Leader: Samantha Fennell s.fennell@bso.ac.uk

Admissions: admissions@bso.ac.uk or 020 7089 5316

www.bso.ac.uk/postgraduate-cpd/postgraduate-courses

Promotion - discount off course fees

BSO Alumni (pre – 2015 graduates): 10% discount

BSO Alumni (2015 & 2016 graduates): 15% discount

2015 and 2016 graduates from all other osteopathic with RQ status: 10% discount



CPDO 2016

Professional Development for Manual and Physical Therapists

☎ 0207 263 8551
cpd@cpdo.net

Date	Topic	Lecturer	Cost	Deposit	CPD points
19-21 Feb	Functional neuromuscular rehabilitation <i>(Start Friday 17.00)</i>	Dr. Eyal Lederman	£385	£200	20
19-20 March	Positional release techniques for pelvic and spinal fascial, myofascial and articular pain and dysfunction	Leon Chaitow	£295	£200	14
7-9 April	Foundation Advanced Clinical Massage Techniques	Jing Massage School	See www.cpdo.net		
9-10 April	Hartman's Master class in manipulative techniques: upper body	Prof. Laurie Hartman	£335	£250	14
14 May	A process approach in physical therapies: beyond the structural model NEW COURSE	Dr. Eyal Lederman	£265	£150	14
18-20 May	Barral's viscerο-emotional release	Jean-Pierre Barral	Fully booked		20
4-5 June	Hartman's Master class in manipulative techniques: lower body	Prof. Laurie Hartman	Fully booked		14
18 June	Managing the acute and chronic shoulder: a process approach	Dr. Eyal Lederman	£125	£125	7
4 June	Acupuncture for managing shoulder and upper quadrant conditions	Justine Munur	£135	£135	7
7 Oct	Dry needling in managing low back pain	Mieke Vlamynck	£135	£135	7
8 Oct	Chronic pain - the lynchpin between management and recovery	Georgie Oldfield	£125	£125	7
15 Oct	Integrated myofascial Release	Rachel Fairweather & Meghan Mari	£125	£125	7
19-21 Oct	Barral's advanced urogenital manipulation <i>(2 places left)</i>	Jean-Pierre Barral	£650	£375	20
5-6 Nov	Advanced Muscle Energy Methods - articular and soft tissue approaches	Leon Chaitow	£295	£200	14

CPDO at Home - online CPD

Learning with Others and Self-Directed Learning

Free membership - Pay as you go - www.cpdoathome.com

CPD points for Learning with Others (live forums)

CPD points for Self-Directed Learning



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

For **acupuncture** and **dry needling** courses see:

www.cpdaonline.com



Get ready for the changes in CPD requirements: Join a supervision/tutorial/peer group with Dr. Eyal Lederman
cpd@cpdo.net / 0207 263 8551



CPDO Ltd. 15 Harberton Road, London N19 3JS, UK / 0044 (0) 207 263 8551

email: cpd@cpdo.net For more information and booking visit www.cpdo.net

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

Animal Osteopathy

Attain a professional, recognised qualification that helps you stand out from the crowd



Equine Studies course begins April 2016*
Visit www.eso.ac.uk to find out more

*Subject to final approval

Be one of the first to gain a prestigious qualification in Animal Osteopathy

Designed to meet growing standards within the profession and specifically aimed at the working osteopath, the ESO's animal osteopathy programmes offer an affordable and flexible pathway to a validated qualification. The first of our equine courses, Equine Studies, begins in April 2016:

- Weekend One - Friday 15 April to Sunday 17 April
- Weekend Two - Saturday 7 to Sunday 8 April
- Weekend Three - Saturday 28 to Sunday 29 May
- Weekend Four - Saturday 18 to Sunday 19 June (Assessment weekend)

Can also be taken as a stand-alone course - visit www.eso.ac.uk for more information.

"A diverse, enthusiastic mix of students from all over Europe! We all have our own strengths and ways of working and this comes across as a positive class dynamic."

Glenn Sontag, PGDip student

CONTACT US:

European School of Osteopathy
Boxley, Maidstone
Kent ME14 3DZ
+44 (0)1622 671558
www.eso.ac.uk

ESO 
European School
of Osteopathy

Animal Osteopathy (Canine and/or Equine)

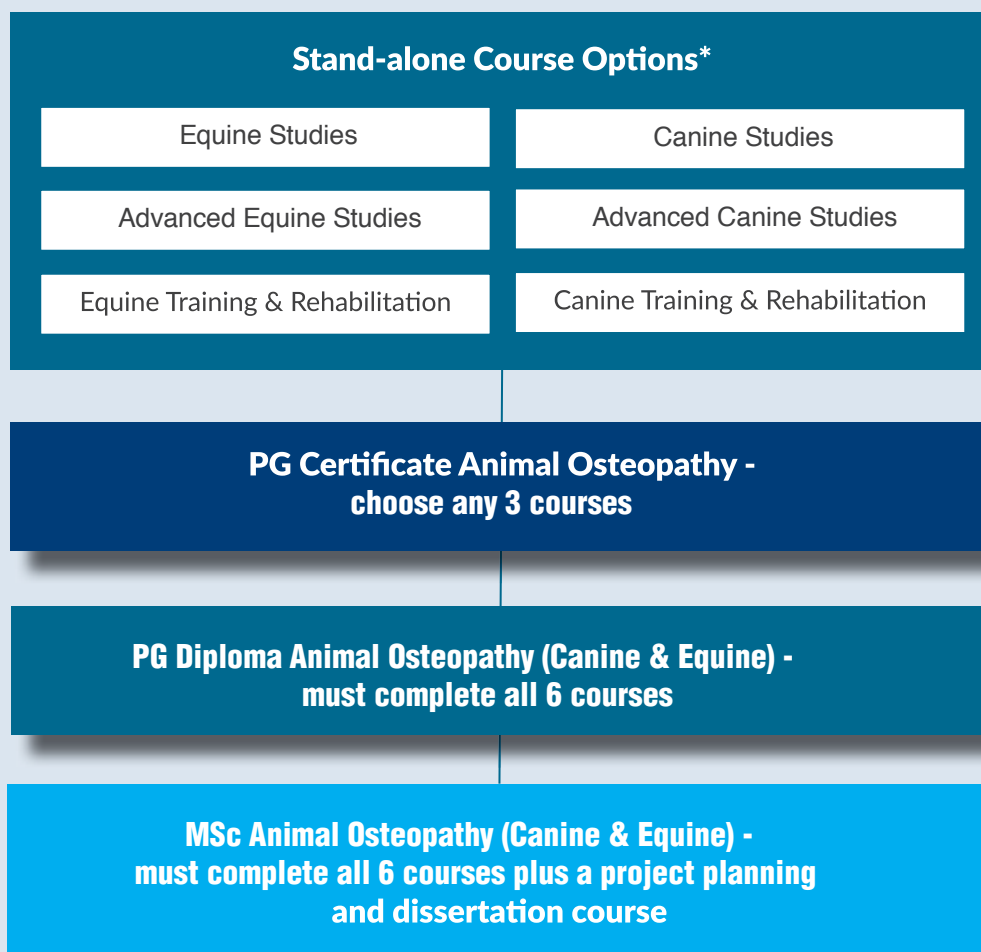
An exciting and rewarding adjunct to osteopathic practice

The European School of Osteopathy is the only osteopathic education institution in the UK to offer validated postgraduate courses in animal osteopathy. The courses that make up each programme are compiled in a way that allows maximum flexibility.

Students may choose to follow a purely canine or equine pathway, to attain a Postgraduate Certificate, or complete all six modules to attain the Postgraduate Diploma or the MSc. A PG Certificate can be accomplished in around one year, PG Diploma in

two and MSc in three. Each course is taught over three weekends, with a fourth weekend set aside for review and assessment. Taught courses can also be taken as stand-alone 20 credit courses for those who need more time and flexibility.

Animal Osteopathic Pathways



* Courses may also be taken on a stand-alone CPD basis - please contact animalosteopathy@eso.ac.uk for details

“Very inspiring course. Leaves you wanting to do more”

“A very safe, enthusiastic learning environment. Couldn't have asked for more”

FIND OUT MORE:

Further information is available on the ESO website www.eso.ac.uk
For informal advice please email course leader, Dustie Houchin,
at animalosteopathy@eso.ac.uk or call 01622 671558

To book, please visit: www.scco.ac or call 01453 767607

Staged payments available & a small deposit secures your place.

FEBRUARY 2016

Module 2 (mini)

in partnership with the ESO
12-14 February 2016 **SOLD OUT** 2½ days
ESO, Maidstone CPD: 20 hrs

£490 non-res **Leaders:** Sue Turner & Dianna Harvey

Designed for ESO graduates as an overview of the whole cranial concept, covering all the key areas.

SCCO Pathway Module 1 Foundation Course

20-21 February 2016 2 days
Crista Galli, London CPD: 16 hrs

£275 non-res **Leader:** Penny Price
A perfect introduction for anyone who would like to discover more about the five principles of osteopathy as developed by William G. Sutherland.

Hormones, Health, Homeostasis & Immunity

27-28 February 2016 **SOLD OUT** 2 days
W12 Conference CPD: 16 hrs
Centre, London

£330 non-res (**£290** Fellows/Members)

Day 1 Leader: Pamela Vaill Carter
Day 2 Leader: Taj Deora

also with Sue Turner, Kok Weng Lim, Michael Harris & Jane Easty.

Course Director: Clare Ballard

Focussing on Hormones, Health and Homeostasis on the first day and Immunity on the second, this course will be an exciting look at finding health and balance in the neuroendocrine system through every stage of life, and investigate how we can augment health through working with the immune system.

FEATURED COURSE

Module 3: Osteopathic Medicine

30 June - 3 July 2016

Hawkwood College, Stroud

4 days

CPD: 32 hrs



£1250 res (**£990** non-res)

Leader: Lynn Haller

Are we as familiar with the internal milieu of organs and systems as we are with the musculo skeletal? This truly holistic course returns to the legacies of Still, Sutherland and Littlejohn to place us on "the rock of reason" and instil confidence in treating a wide range of conditions; ultimately broadening and inspiring our approach to clinical practice.

MARCH 2016

SCCO Pathway Module 2

Osteopathy in the Cranial Field

7-11 March 2016 **LIMITED PLACES** 5 days
Columbia Hotel, London CPD: 40 hrs

£950 non-res **Leader:** Carl SurrIDGE
Introducing the key concepts of the five phenomena as a way of studying and understanding the body as a whole. The course offers treatment approaches that you can use immediately in practice.

APRIL 2016

SCCO Pathway Module 1

Foundation Course

9-10 April 2016 2 days
Crista Galli, London CPD: 16 hrs

£275 non-res **Leader:** Penny Price
Another of our frequent opportunities to be introduced to the five principles of osteopathy as developed by William G. Sutherland.

JUNE 2016

SCCO Pathway Module 4

Balanced Ligamentous Tension

9-13 June 2016 4½ days
Hawkwood, Stroud CPD: 34 hrs

£1230 res (**£980** non-res)

Leader: Sue Turner

Discover William G. Sutherland's gentle, precise and effective approach to treatment of joints using the therapeutic principle of Balanced Ligamentous Tension.

JULY 2016

SCCO Pathway Module 1

Foundation Course

2-3 July 2016 2 days
Tipperary, Ireland CPD: 16 hrs

£275 non-res **Leader:** Penny Price

Join us for our first Module 1 course in the Republic of Ireland.



Osteopathy in Pregnancy,

Birth & Post-Partum

9-10 July 2016 **FILLING FAST** 2 days
Wokefield Park, Reading CPD: 16 hrs

£390 non-res (**£340** Fellows/Members)

Leader: Renzo Molinari

This two-day gynaecology course, given by the eminent Prof. Renzo Molinari, will focus on the full process of child birth; from pregnancy to birth and post-partum.

Please be aware that some courses require a minimum level of qualification. Information correct at time of going to press.

2016 - 2017 HIGHLIGHTS

Module 2: Osteopathy in the Cranial Field	12-16 September 2016	London	non-res	£950
Paediatric First Aid & Trauma	15-16 October 2016	Reading	non-res	£440
Hormones & Immunity: Further Thinking	5-6 November 2016	London	non-res	£330
Module 10: Integrating Cranial into Practice	19 November 2016	BSO, London	non-res	£165
Module 5: In Reciprocal Tension	3-5 February 2017	Bournville	res	£945
Module 9: Introduction to Paediatrics	3-6 March 2017	Stroud	res	£1250
Module 2: Osteopathy in the Cranial Field	18-22 March 2017	Leeds	non-res	£1140
Module 4: Balance Ligamentous Tension	11-15 May 2017	Stroud	res	£1230
Module 7: Spark in the Motor	7-9 July 2017	Bournville	res	£945

Some member discounts available. Certain courses offer both residential and non-residential rates, please enquire.

shared learning, knowledge & practice

iO CPD workshop programme 2016



Practical workshops to develop both your clinical and business skills

DATE	WORKSHOP	SPEAKER	CPD THEMES	IO MEMBER MEMBER	NON IO MEMBER RATE
26 Feb	Ethical and effective marketing for osteopaths	Celia Champion/ James Butler	<ul style="list-style-type: none"> • Communication and patient partnership • Patient feedback • Professionalism 	£125.00	£175.00
18 March	First Aid for clinicians	Steve Bruce	<ul style="list-style-type: none"> • Safety in practice • Knowledge and skills 	£90.00	£120.00
21 May	Keeping out of trouble	Dr Paul Lambden	<ul style="list-style-type: none"> • Communication and consent 	£50.00	£75.00
6-7 May	Shoulder masterclass: Theory and practice	Dr Jeremy Lewis PhD FCSP	<ul style="list-style-type: none"> • Knowledge and skills 	£275.00	£295.00
17 June	Encouraging a returning and referring culture	Celia Champion/ James Butler	<ul style="list-style-type: none"> • Patient feedback • Professionalism 	£125.00	£175.00

Shoulder masterclass: Theory and Practice

Hosted by leading shoulder specialist Dr Jeremy Lewis, this workshop covers every aspect of the shoulder from biomechanics, assessment, diagnosis, treatment and rehabilitation - this workshop is based on the latest research in the field.

"By far the most informative, research based and thought provoking course I have been on."



First Aid for clinicians

Specifically tailored for the needs of osteopaths, this highly successful course is quite unlike any other first aid training you will experience.

"Absolutely the best guys to deliver this course - given me much more confidence."

"So much better than St John's!"



Ethical marketing and encouraging a returning culture

Seasoned business development coaches will guide you on how to ethically maximise your business through developing your patient/practitioner relationship.

"Excellent information that is pertinent to improving my clinic in an ethical manner."

"I have gone away with some practical ideas to implement in my business to make it more efficient and essentially more profitable."

Keeping out of trouble

This workshop meets the must-do themes of communications and consent, providing practical advice to minimise your risk of patient complaints and ensure you do not fall foul of the regulator.

"Rated 5 stars by delegates at the iO convention."

All workshops are a full day and will be hosted in London. To book call

01582 488 455

(Places are limited and will be allocated on first come basis.)

For more information on all the workshops visit

www.osteopathy.org/cpd-workshops



Caroline Stone Osteopathic Services

UK LECTURES AND WORKSHOPS WITH CAROLINE STONE



www.visceralosteopathy.co.uk

e-modules and online learning options also available

- Risk management for pelvic floor work – e-module available for purchase
- Consenting in osteopathic practice – an expert witness’s experience – e-module available

PRACTICAL AND THEORY LECTURE / WORKSHOPS:

- 12 March** – Visceral vascular work and the peritoneum – new approaches to the abdomino-pelvic cavity – Manchester
- 10 April** – Combining needling approaches and western medical acupuncture with visceral osteopathy, for painful visceral conditions and presentations – in conjunction with Stiofan MacSuibhne – London
- 23 April** – South Wales visceral workshop (provisional)
- 14 May** – The non cranial paedcs course – day one – neonatal settling, suckling and sleeping – London (using gentle and functional non-ivm techniques on infants)
- 21 May** – Complex breathing dysfunction and the stomatognathic system (breathing, the throat, neck and face) – Birmingham
- 11 June** – The non cranial paedcs course – day two – toddlers & gait: coordinating walking, breathing and other visceral functions (think bladders, eent / resp and bowel function) – London
- 18 June** – Obstetrics and biomechanics – overview of pain management, optimum foetal positioning and preparation for labour – London
- 10 September** – The pelvic floor (external techniques) male and female – Birmingham
- 17 September** – Managing post operative pain and overview of urogenital care in osteopathy – Birmingham
- 15 October** – The hip, groin, pelvis and sacro-coccygeal complex – male and female considerations – London

INTRODUCING A NEW CLINICAL SPECIAL INTEREST GROUP TO SUPPORT OSTEOPATHS IN PRACTICE.....

THE VISCERAL AND OBSTETRIC ASSOCIATION

www.visceralandobstetricassociation.co.uk

The visceral and obstetric association is being developed to support osteopaths working in physiological practice, focusing away from musculoskeletal complaints and towards such things as visceral and vascular function, complex functional disorders and chronic pains from multiple sources.

This will be a NON technique driven support group, which aims to consider scope of practice, competency, credentialing and continuing professional development for osteopaths who wish to work with patients who have problems with such things as neonatal suckling and breastfeeding; symptoms associated with pregnancy and birth; various visceral, digestive and respiratory complaints and other systemic conditions; chronic pain and a variety of non biomechanical or myofascial scenarios. Osteopaths working in other fields of care such as supporting those with chronic ill health or those in palliative care for example are also welcomed by the association. Its key consideration is exploring the roles and boundaries of the osteopaths’ contributions to healthcare and issues around depth of clinical engagement, and will aim to work closely with all stakeholders such as the General Osteopathic Council, the Institute of Osteopathy and the Osteopathic Alliance in this regard.

Evidence informed practice and risk management are key interests in this association, and osteopaths who wish to consider working with patients outside the bounds of the low back pain scenario are welcome to support the society in its aim to explore the broader scope of osteopathic practice potential. Consideration of possible care plans and professional guidelines and avenues for research will be a large part of the association’s work, alongside providing an avenue for continuing professional development and support. The association’s aims and memorandum will be further developed by its initial membership, and please approach Caroline Stone if you are interested in becoming a member or supporting the society in some way. Tel: **07519 160 077** or email: caroline@visceralosteopathy.co.uk



Visceral|and|Obstetric|Association

Chemistry of Pain Seminar

Epigenetics
simply ingenious



By **Chris Astill-Smith D.O., Diplomate I.C.A.K.**
(formerly Lecturer at the BSO in Nutrition, Dietetics, Arthrology and Myology)

Have you ever wondered about the role of supplementation and diet in pain management?

Have you considered the benefits of using nutritional intervention alongside physical therapy to improve your patients' recovery?

Chris will be presenting his original concepts on the etiology of pain and how to effectively treat a wide variety of inflammatory musculoskeletal disorders including rheumatoid and osteoarthritis and osteoporosis. He will be looking at the different types of pain and chemicals that drive the inflammatory process.

Chris will be looking at nutritional intervention to modulate the inflammatory process, to enhance synovial fluid production, collagen, elastin and cartilage and to aid in tissue repair and regeneration.

Venue: Arora Hotel, Crawley, RH10 6LW

Date: Saturday 9th April

Cost: £50.00 plus VAT

This seminar will extend your knowledge on pain management and give you the diagnostic tools to determine the relevant supplementation to aid your patients' recovery.

To book your place **email:** sales@epigenetics-international.com

telephone: 01380 800105 or **visit:** www.epigenetics-international.com

FOUNDATION FOR
PAEDIATRIC
OSTEOPATHY

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CHILDREN

DIPLOMA IN PAEDIATRIC OSTEOPATHY 2016

With a proven track record of over 20 years, our Diploma in Paediatric Osteopathy is a unique two year course which offers:



- an exceptional clinical experience: All the effective learning takes place in and around the clinic. The OCC is very busy seeing up to 100 paediatric patients a day. The consultation and treatment takes place in a vibrant open plan space. Learning is shared and collective, and the treatment, while individual, feels collaborative and community based.
 - a syllabus led and delivered by an exceptionally experienced faculty with diverse osteopathic backgrounds and extensive expertise and originality.
 - the opportunity to gain a profound and expert paediatric knowledge base.
- The chance to develop a diverse osteopathic skill set from a broad range of osteopathic traditions and technical approaches, not confined to one particular style or philosophy. All reinforced by extensive, comprehensive clinical training whilst osteopaths manage own patient list.

For the 2016 Intake clinical training will start from the beginning of November 2016.

The closing date for applications: 8th August, 2016

The DPO **Access Course**, run in collaboration with the Rollin E Becker Institute, has been successfully introduced in 2015. This course is designed for the less experienced applicants to increase their palpation and paediatric/developmental anatomy relevant to further paediatric training. We offer this as a unique alternative to the SCFT approved "cranial course", which was previously an entry requirement for the DPO. This enables new graduates to reach the required standard for entry and enables us not to be limited to just one technical style. The five days Access Course will be held at the OCC (two weekends and a further day to be confirmed).

Visit www.fpo.org.uk for the prospectus and details of the application process; contact us on 020-8875-5293 or e-mail admissions@fpo.org.uk

The **Developing Osteopathy in Paediatrics Course** is also back due to popular demand. Part 1 is designed for osteopaths who wish to explore clinical examination of 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. Part 2 follows from the first Developing Osteopathy in Paediatrics Course and can be booked in conjunction with Part 1. The course will consider the principles of diagnostic clinical reasoning and paediatric practice as well as clinical presentation and treatment of infants. This will include colic, gastroesophageal reflux and plagiocephaly.

New graduates and final year students welcome!

Developing Osteopathy in Paediatrics Course Part 1: 16th April, 2016.

Developing Osteopathy in Paediatrics Course Part 2: 17th April, 2016.

Visit www.fpo.org.uk/other-courses/; contact us on 020-8875-5293 or e-mail cpd@fpo.org.uk

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**'ANATOMICAL BASIS OF COMMON FEMALE PELVIC
PAIN SYNDROMES'**

Saturday 9 and Sunday 10 April 2016

Please join Frank and Renzo to explore the structural basis for Pelvic Girdle Pain and the cross-sensitization of pelvic organs in such pain syndromes as cystitis, dysmenorrhea and irritable bowel syndrome as well as the pain experienced in endometriosis and pelvic cancers.

Renzo will bring an osteopathic understanding to these conditions and will demonstrate some tests and techniques.

Venue: Central London

Price: £300 for two days

Each delegate will receive a 14 hours CPD Certificate.

For more information and to register please visit our website

www.molinari-institute-of-health.org or contact:

Corinne Jones, Chief Operations Officer at:

corinnejones.mih@gmail.com



THE HEALTH EQUATION

The Health Equation is offering an innovative Osteopathic Internship programme commencing April/May 2016. Working with Mr. Gerry Gajadharsingh DO at his central London clinic, the successful candidate will be offered a 12 month Internship and supported in developing their skills to apply Osteopathic principles and practice in its widest sense.

You will need to have at least 3 years' post graduate clinical experience and an interest in psychology, clinical biochemistry/nutrition and pathophysiology. It will be a prerequisite that the candidate already possesses excellent technical skills in OMT, IMS and has good working knowledge of visceral osteopathic techniques.

The closing date for applications is 11th March 2016

For further details please email
susieg@thehealthequation.co.uk
www.thehealthequation.co.uk

Classifieds

Osteopath required: Carlisle, Cumbria

Fantastic opportunity for anyone wishing to create and build their own private practice in a rural city alongside a semi-retiring practitioner of 30 years' experience, within an exceptionally well-appointed and ideally located clinic. Ongoing mentoring and initial help and advice in generating new patients will be given. Would suit an ambitious and motivated person with a broad range of osteopathic skills and other interests. He or she should have a long-term perspective on their career path. For more information, please send CV to fcarson@naturaltherapy.org.uk

Osteopath required: Crowborough, East Sussex

I am looking for a self-motivated, proactive and personable osteopath to join me in a well-established, busy practice at a thriving tennis club in East Sussex. The business has an excellent reputation with increasing numbers of referrals. The successful applicant must have excellent structural techniques, a strong work ethic, preferably at least one year's experience but flexible for the right person. Please send CV and covering letter to maria.porter@realignment.co.uk

Osteopath required: Finchley, North London

Confident and enthusiastic associate wanted to help expand a busy practice and build own list. Initially 1-2 evenings and Saturdays. Potential for further days as practice grows. Mentoring/support available for new graduates. Please email info@finchleyosteopathy.com

Osteopath required: Dubai

Up and Running Integrated Sports Medical Center, Dubai, is looking for an experienced, full-time osteopath to join a team of highly qualified surgeons, doctors, physiotherapists, sport therapists and osteopaths. This is a unique chance to work in a fast-moving clinic that works with a fully integrated model of sports medicine. The successful candidate would hold the following credentials:

- Professional degree of osteopathy
- Current licence/registration to practise in home country or country of last employment
- A minimum two years' postgraduate experience (requirement of licensing in Dubai). Please send your CV to opportunities@upandrainingdubai.com

Locum required: Caterham, Surrey

Are you a consummate professional, team player, dedicated to your professional values and with the abilities to provide the premium level of clinical care required in private practice? If you have a minimum of five years' experience and meet the placement criteria, we would be interested in speaking to you about a locum placement, leading to a permanent, part-time position at our integrative clinic based in Surrey. We provide excellent remuneration, CPD courses and ancillary support for the successful practitioner. Please forward your covering letter and CV to practicemanager@back2health.biz

Associate osteopath(s) required: Brighton, East Sussex

Associate(s) required for established, successful clinic near Brighton. Role to replace retiring osteopath two days per week as well as/or principal osteopath maternity cover for six months for a further 2.5 days per week. Role(s) available from 1 May 2016; CV to sos-osteos@hotmail.co.uk

Associate osteopath required: Hove, East Sussex

Seeking an experienced (min two years), caring and dynamic osteopath to join the team at our busy integrated health centre. Initially Saturdays, with excellent potential for the right person to build a list and expand into further days. Apply to: gaynor@tolcentre.com

Associate osteopath required: Huddersfield, West Yorkshire

Long-established structural practice. Initially 1.5-2 days per week. Send CV to dsykes@spine.co.uk

Associate osteopath required: Ledbury, Herefordshire

Enthusiastic osteopath required to join a long-established (25 years) structural/IVM practice in the busy market town of Ledbury. We are a family practice with a wide-ranging patient base and a focus on wellbeing and preventative care. A friendly and supportive environment is on offer, with mentoring provided by principal. Ample potential to build a list for a competent and motivated practitioner. Initially two to three days per week, ideally building to four. Hours and days flexible. Please send CV to steve@ledburyosteopaths.com or call **01531 635080**

Associate osteopath required: Walthamstow, North-East London

We are looking for a skilled osteopath with at least three years' experience. The position would suit an enthusiastic and self-motivated practitioner with good structural skills. Cranial experience would be advantageous but not essential. Good organisational skills as well as business acumen are also required. We are looking for a colleague who will work well within our team and who is looking for an opening with great prospects. If you want to be part of our established and ambitious multi-disciplinary practice in a dynamic and diverse part of London then send your CV to the practice manager, walthamstowosteopaths@gmail.com

Associate osteopath required: Barbados

Associate required for a full-time position at a busy clinic in Barbados. A confident, friendly disposition with excellent interpersonal skills and a willingness to be flexible are requisites. An interest in cranial, visceral, paediatrics and dry needling would be an asset. Register your interest by sending your CV to admin@360osteopathybarbados.com

Practice for sale: Essex

Established practice plus family home rural Essex, with excellent links to London. 15 to 25 patients per week, scope for

expansion, located on ground floor of large, four double-bedroom, detached house, on-site parking. Treating all age groups, functional/cranio-sacral techniques. Excellent schools, outstanding Ofsted results. Sought-after tranquil village, access to woodlands, within 10 minutes of coast. Call Silke on **07775 814234**

Practice for sale: Halifax, West Yorkshire

Part-time practice, established 25 years. Practice and premises with two treatment rooms for sale. Owner willing to assist during changeover period. For more information email dsykes@spine.co.uk

Treatment room for hire: Central London

Treatment room available with couch, free Wi-Fi and reception. Well-appointed natural healthcare clinic in central London W1, near Marble Arch. Would suit well-established practitioner with own patient list. Call reception on **020 7724 4004**

Treatment room for hire: East London/Essex

Treatment/consulting room available with plinth couch within busy podiatry clinic. Available on hourly/session basis. Call **020 8554 5412**

Course: Latest disc treatments

Latest disc treatments by a spinal surgeon and osteopaths. Learn about Mr Bob Chatterjee's approach and how osteopaths Sally Lansdale and Tyler Hands are using IDD therapy on disc patients. British School of Osteopathy, Tuesday, 8 March, 6.30pm. bit.ly/1RPqZvc

Course: Animal osteopathy

The next one-year course in osteopathy for horses and dogs, with Stuart McGregor, starts in September 2016. Learn how to treat horses and dogs using traditional osteopathic techniques without the use of sedation or anaesthetic. For further course information, please contact The Osteopathic Centre for Animals: wantageclinic@msn.com Tel: **01235 768055**

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Established in 2006, Best Reception have been providing services to Osteopaths and other private practitioners for nearly 10 years. 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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Osteopathic
Council

Changed your practice details?

You need to tell us in writing –
it's easy to do on the **o zone**



<http://bit.ly/ozone-practice-details>