

# the osteopath

*The magazine for osteopaths*

## Supporting the regions

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> You and your professional indemnity insurance

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> Interested in becoming a Committee member?

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### Professional Standards **x238 / 235 / 240**

Enquiries about continuing professional development, osteopathic education, standards of practice, Assessments of Clinical Competence, Recognised Qualification process.

### Finance and Administration **x231**

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### Regulation **x224 / 249 / 236**

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### Governance **x246**

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## Welcome to the new edition of *The Osteopath*

In the last few months, we have been working closely with osteopaths, patients and the public, listening to what you all tell us and ensuring that feedback helps to shape decisions and policy. Read on to find out more.

On page 4, read about how we are working with the regional osteopathic societies to grow and influence the development of the profession, while on page 9 find out how we have been consulting with osteopaths and patients on a range of issues.

On page 5, learn how changes that the Government is making to rules about professional indemnity insurance for healthcare practitioners may affect you and how you can give your views on this.

Finally, have you considered how conducting research could help you promote your practice? NCOR Research Assistant, Elena Ward, explains how on page 16.

We hope you enjoy reading this edition!

**Suzanne Miller**  
Editor

## the osteopath

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# Supporting the regions

**Steady progress is being made with the osteopathic development projects outlined in previous issues of *The Osteopath*. By September, the five organisations working together on the projects – the British Osteopathic Association (BOA), Council of Osteopathic Educational Institutions, the General Osteopathic Council (GOsC), the National Council for Osteopathic Research (NCOR) and the Osteopathic Alliance (the Osteopathic Development Group) – that make up the Osteopathic Development Group were finalising project programmes setting out the scope of the work over the next few years. When these are agreed, they are to be published and will be kept updated as the projects progress.**



One key project is looking to strengthen the regional infrastructure of the osteopathic profession. The aim of this project is to work with the regional osteopathic societies to identify how they can grow their activities and membership to support osteopaths as local community hubs along with the delivery of CPD.

Just now there are around 30 regional osteopathic groups of varying size and structure, and there are also five regional NCOR research hubs. All of these groups run their own activities to support CPD and other aspects of practice. While there is no suggestion of imposing a 'uniform' model on regional groups, the Osteopathic Development Group does believe that more can be done to strengthen networks of osteopaths; improve the geographical spread of groups, perhaps by encouraging new ones to form; find new ways to reduce practitioner isolation; and share best practice between groups.

As BOA Chief Executive Maurice Cheng wrote in this magazine earlier this year:

'If the profession is to develop, it is vital that the membership association works alongside the regulator, the educators, and the research centres – but I believe we need better and stronger links with the members of the BOA, the practitioners who haven't yet participated, and the regional societies where a high proportion of practitioners already gather.'

Twice a year, the GOsC aims to bring together representatives of the regional societies, to keep them up to date with regulatory developments and to obtain feedback from the groups on current issues that are arising in practice. In November we will be holding a further meeting of this Regional Communications Network, at which we will be discussing how the regional groups can grow, develop and be supported by the GOsC and the BOA.

If you want to feed your views into this process, get in touch with the Chair or Secretary of your local group and give them your views. You can find details of regional osteopathic groups across the UK on the **o zone**.

Looking forward, as the GOsC develops its proposals on continuing fitness to practise, following last year's revalidation pilot, we are looking at the role that regional groups could play in supporting osteopaths and provide assurance to the GOsC (and to patients) that practitioners remain up to date. Working with regional groups in this way could reinvigorate the membership of some of the less active groups and also encourage the formation of new local communities of osteopaths.

We are aiming to publish revised proposals on continuing fitness to practise later this year and we will want to consult all the regional groups (and individual osteopaths) on these proposals. If you would like a GOsC representative to talk to your regional group about this and matters of interest, contact Sarah Eldred, Communications Manager at the GOsC, on 020 7357 6655 x245 or email [seldred@osteopathy.org.uk](mailto:seldred@osteopathy.org.uk).



# Changes to professional indemnity insurance

**Due to new Government legislation, we may need to make changes to the rules that govern professional indemnity insurance requirements for osteopaths, and we will shortly be asking for your feedback.**

It is a condition of your registration that you hold insurance or indemnity cover in accordance with the Professional Indemnity Insurance Rules 1998. Currently, only four of the UK healthcare regulators – including the GOsC – require this, but the Government is now making this a condition of registration for all healthcare practitioners in order to protect patients.

Areas to consider include the following:

- > should the minimum limit of cover be increased from £2.5m?
- > can we simplify how osteopaths prove to the GOsC that they hold insurance cover?

- > how long should run-off cover last?
- > can the current rules be simplified?

**The consultation will open on 1 November and more information about this will be on the Consultations section of the GOsC website here: [www.osteopathy.org.uk/about/our-work/consultations-events](http://www.osteopathy.org.uk/about/our-work/consultations-events)**

**In the meantime, if you have any questions, please contact Matthew Redford on 020 7357 6655 x231 or email [mredford@osteopathy.org.uk](mailto:mredford@osteopathy.org.uk)**



## GOsC seeks osteopaths for two committees

**We are looking for three osteopaths to join two of our committees next year, helping to regulate the profession and implement policy.**

Two new members are needed in April 2014 for our Investigating Committee which carries out the initial investigation of a complaint against an osteopath when there is an allegation of serious unacceptable conduct, professional incompetence or matters relating to ill-health.

We are also seeking an appointment in February 2014 to our Osteopathic Practice Committee for a period of two years. This Committee considers matters relating to standards of osteopathic practice and makes recommendations to Council to change GOsC policy where necessary in this area.

All members will receive £306 remuneration per day plus expenses. Members of the Investigating Committee are likely to attend meetings four to

five days a year, with the addition of some reading time in advance of meetings, while the Osteopathic Practice Committee is likely to meet for up to two days per year.

The Investigating Committee appointments are expected to be for three to four years, and the Osteopathic Practice Committee appointment for up to two years.

**More information about these posts and how to apply can be found at: [www.osteopathy.org.uk/about/the-organisation/recruitment](http://www.osteopathy.org.uk/about/the-organisation/recruitment)**

Once we have made the appointments, we will publish details.

# Osteopaths appointed to undertake registration assessments

The GOsC has appointed 10 osteopaths to the existing pool of assessors and reviewers who assess internationally-qualified applicants for registration and implement our return to practise process.

The assessors help us ensure that osteopaths trained outside the UK meet the *Osteopathic Practice Standards* for each stage of the registration process, while the reviewers work with osteopaths who have been non-practising or off the Register for a period of 24 months to plan their return to practice.

## Newly appointed assessors/reviewers:

Tom Bedford  
Dhirindar Bhullar  
Wendy Cooper  
Melanie Coutinho  
Elizabeth Elander  
Claire Gregory  
Trevor Jefferies  
Simeon London  
Lucy Mackay Tumber  
David Probert

## Existing assessors/reviewers:

Robert Burge  
Jo Clarkson  
Thomas Cree  
Shishir Gupta  
Nicholas Harding  
Lindsey Howley (expanded role)  
Rachel Ives  
Robert McCoy  
Manoj Mehta  
Mark Piper  
Rachel Pointon (expanded role)  
Graham Sharman  
Fiona Walsh

The new appointments were made following a rigorous recruitment process which was overseen by Council member, Geraldine Campbell. The interview panel

also included Council member Brian McKenna, Education and Registration Standards Committee and Osteopathic Practice Committee member Jane Fox, and representative of the osteopathic education institutions, Steven Bettles.

Geraldine said: 'I was impressed by the commitment to osteopathy displayed by so many interviewees. This came across in their enthusiasm when they spoke about osteopathy and how they divide their professional life, ensuring they are involved in educating the next generation of osteopaths and passing on their knowledge and experience.

'We had many applications from people who would most likely have been very suitable for their positions, but the successful applicants worked hard to clearly demonstrate how they met each of the points on the criteria. They had clearly

thought about the type of questions they would be asked, and gave thorough answers with good examples for these. Congratulations to them all.'

**More details on the roles and biographical information about all assessors and reviewers is on our public website at:**

<http://tinyurl.com/p2jfgte> and  
<http://tinyurl.com/nz8ok2p>

**In the meantime, if you have any questions about this process, please contact Marcus Dye on 020 7357 6655 x240 or email [mdye@osteopathy.org.uk](mailto:mdye@osteopathy.org.uk)**



# On the move

Lay member for Northern Ireland **Geraldine Campbell** has stepped down from the GOsC



**Council to take on a role at the General Dental Council.**

Geraldine has been a member of Council since 2008.

Geraldine said: 'It has been a privilege to have been involved with the GOsC during the past five years. There has been a lot of change in that time, both externally in the regulation field, and internally within the profession and organisation. Both are still on a journey but are definitely heading in the right direction. I am pleased to have been a part of that journey.'

We will be commencing an appointment process for a Council member from Northern Ireland and will publish more information about this in due course.

We wish Geraldine all the best in her new role.



The GOsC Council has agreed to the appointment of **Jane Fox** as an external lay member of the Osteopathic Practice Committee for a period of two

**years. This Committee considers matters relating to standards of osteopathic practice and makes recommendations to Council to change GOsC policy where necessary in this area.**

Already an appointed external lay member of the Education and Registration Standards Committee since 2009, Jane Fox is a highly experienced healthcare professional and educator having worked in a number of senior positions. She is also a voluntary trust board member of Crossroads Care East Midlands – a charity providing service to carers – and a voluntary lay member of the Dental Complaints Service.

Tim Walker, Chief Executive and Registrar, said: 'Jane Fox will continue to bring a wealth of experience and knowledge in health education, quality assurance and standards to the organisation, and we look forward to continuing to work with her in her new role.'

**For more information about the GOsC Committees and their members, see [www.osteopathy.org.uk/about/the-organisation/committees](http://www.osteopathy.org.uk/about/the-organisation/committees)**



# Researching the effectiveness of regulation

**We have commissioned research to help us make osteopathic regulation more effective and efficient, and help osteopaths comply with the *Osteopathic Practice Standards*.**

Professor Gerry McGivern of the University of Warwick, Professor Justin Waring of University of the Nottingham and Dr Michael Fischer of the University of Oxford have won the commission to conduct this research which commenced in August this year and should conclude in August 2014.

The purpose of this research is to answer the following questions:

- > What regulatory activities best support osteopaths to deliver care and to practise in accordance with the *Osteopathic Practice Standards*?
- > What factors prevent osteopaths from practising in accordance with the *Osteopathic Practice Standards*?
- > What factors encourage osteopaths to practise in accordance with the *Osteopathic Practice Standards*?

The research will include:

- > a review of all osteopathic literature
- > analysis of all osteopathic information and data
- > semi-structured interviews with key stakeholders including patients and the public, osteopaths (representing the rich diversity of osteopathic practice) and those in the wider healthcare environment
- > an online survey of all osteopaths (likely to be around May 2014) and

- > a feedback event with delivery of the final report expected around August 2014.

Participating in this research will be a key opportunity for osteopaths to influence the osteopathic regulatory framework in the future. Tim Walker, Chief Executive of the GOSc, said: 'We are looking forward to working with Professors McGivern and Waring and Dr Fischer on this exciting project to help us ensure that our activities support patient safety and quality of care, as well as support osteopaths in their practice.'

**More information will be in future editions of *The Osteopath*. In the meantime, if you have any questions about the research or the research process, please email Fiona Browne, Head of Professional Standards at: [fbrowne@osteopathy.org.uk](mailto:fbrowne@osteopathy.org.uk)**



## Changes to the CPD Audit process

**Every month, we audit 20 per cent of the CPD annual summary forms we receive to ensure that all CPD activities comply with our guidelines. We have now changed the CPD audit process so that those selected receive what we hope is helpful feedback.**

We will tell you whether you:

- a) complied with the minimum 30 hours requirement and all activities submitted were acceptable
- b) complied with the minimum 30 hours requirement, but some activities were unacceptable
- c) have not complied with the minimum 30 hours requirement.

We hope this feedback will provide guidance and support to help you comply with the guidelines, and give a clear understanding of which CPD activities are acceptable and which are not.

We are also changing the audit system so that we target osteopaths who have not been audited recently.

Finally, some of you have told us that it is not always clear that your CPD form has been submitted successfully. As a result, we now always acknowledge receipt of all CPD annual summary forms we receive in the post. If you submit your CPD via the **o** zone, a confirmation message will appear on the screen once you press the submit button.

You can review the CPD guidelines on our website at: <http://tinyurl.com/c3kh8o3>

**If you have any questions about how to access CPD, or whether activities meet the Guidelines, we are here to help. You can contact us on 020 7357 6655 x238 or [cpd@osteopathy.org.uk](mailto:cpd@osteopathy.org.uk).**



# Your feedback matters

We have recently been asking osteopaths, patients and members of the public for their views on a range of issues:

- > **The GOsC's fitness to practise publication policy:** how long should decisions about an osteopath's fitness to practise remain on an osteopath's record? How should we strike the right balance between patients' right to know and the osteopath's privacy?
- > **Consensual disposal:** 'consensual disposal' allows for complaints to be concluded by agreement following the investigation stage of a complaint without going forward for a full hearing. Following a consultation held earlier this year, we have revised our guidance for this and are seeking feedback. In which circumstances should cases be referred for consensual disposal?
- > **Obtaining consent – supplementary guidance for osteopaths:** this guidance expands on the *Osteopathic Practice Standards* and explains the law relating to patients' capacity to give consent, as it stands in each of the four UK countries. This is our second consultation on the draft guidance – our first consultation closed in January this year – and we are now seeking views on the amended version.

The consultation period closes on **Friday 11 October**. Information about all of our consultations is on our website at: [www.osteopathy.org.uk/about/our-work/consultations-events](http://www.osteopathy.org.uk/about/our-work/consultations-events)

## Focusing on issues

The GOsC hosted two well-attended focus groups at the end of September that saw groups of osteopaths and patients discuss a variety of issues including those above.

Both groups engaged in lively debate and provided some really useful and interesting feedback that will help shape procedures in future. The events were also attended by members of the GOsC Regulation Team and facilitated by Mary Timms, a qualified lawyer with wide experience of health and social care regulation.

The GOsC will now be considering the feedback from the consultations and focus groups and more information will be published in due course. In the meantime, if you have any questions on any of the above, please contact us on 020 7357 6655 x224 or email [regulation@osteopathy.org.uk](mailto:regulation@osteopathy.org.uk)



# Healthcare regulation in Scotland

Scottish osteopaths may like to attend a conference which brings together healthcare organisations, patient representatives and professionals all with an interest in regulatory issues, particularly in Scotland.



The 6th Annual Conference organised by the Scottish Government Health Directorates in full partnership with the UK health professions regulators, including the GOsC, will take place on Wednesday 27 November in Glasgow.

This year's conference entitled '*Protecting the public through professional behaviours*' will comprise of a one day event and presentations are likely to include:

- > The Department of Health response to the Francis Report
- > The regulators' role in promoting professionalism
- > Reducing the prevalence of professional misconduct
- > Continuing fitness to practise
- > Risk and regulation
- > Healthcare support workers – implementing an employer-led model of regulation
- > Current regulatory issues – an update from Europe
- > Service user and carer involvement in regulation.

Currently the GOsC is scheduled to host two parallel sessions with fellow regulators regarding our work on promoting professionalism through e-learning and around the development of a continuing fitness to practise scheme for osteopaths.

To register for this free event contact SHSC Events via email at: [regulation@shscevents.co.uk](mailto:regulation@shscevents.co.uk) or call 0131 275 6443/7748.

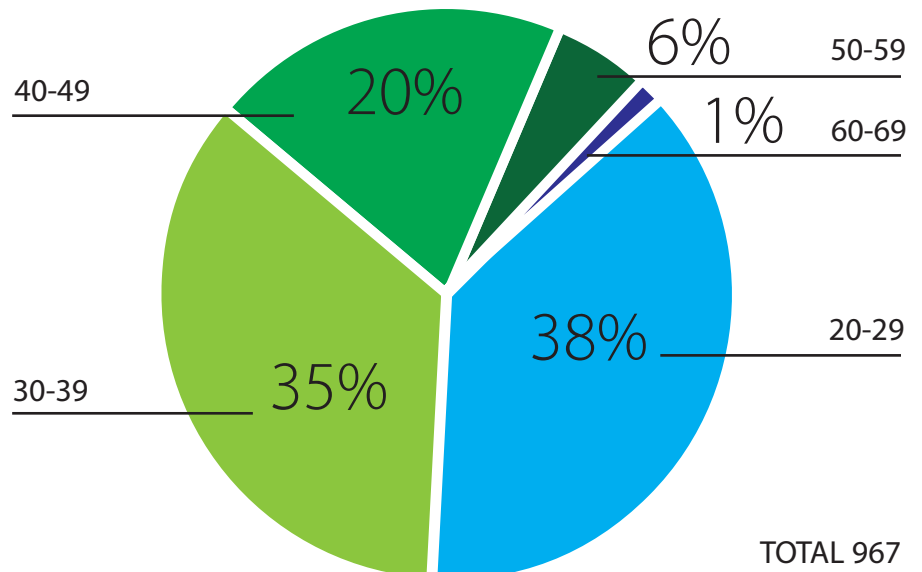
# Did you know?

Following on from our last issue, here are some more statistics about UK osteopaths.

## Joining the Register

In the last three years, 967 osteopaths joined the Register. Of these, the vast majority were newly-qualified osteopaths, some were returning to the Register and some were registering from overseas. The largest age group was 20 to 29 (371 osteopaths).

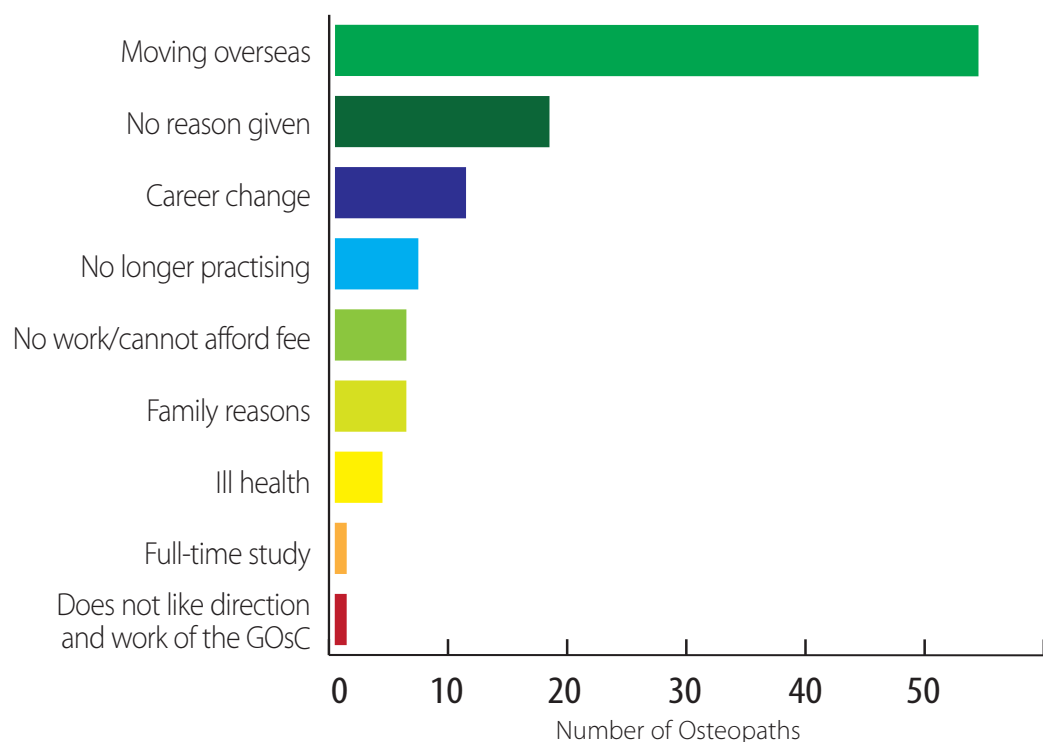
*Ages of osteopaths joining the Register (1 Jan 2010 – 9 Sept 2013)*



## Leaving the Register

There are many reasons why osteopaths choose to leave the Register. Some of the more common reasons are shown in the graph on the right.

*Reasons for leaving the Register (March 2012 – 9 Sept 2013)*



**We will continue to feature statistics like this in future editions of *The Osteopath*. In the meantime, please feel free to contact us on 020 7357 6655 if you have any questions.**

# Frequently asked questions

We receive queries every day from osteopaths, patients and the public and we are always keen to assist. Here are some recent queries and how we responded.

**Q** What is the procedure for patients and chaperones? Does a patient always need to have a chaperone present or only for particular treatments?

**A** A patient always has the right to have a chaperone present regardless of treatment. Standard C6 of the *Osteopathic Practice Standards* states that you should ask a patient if they would like a chaperone when:

- > you examine or treat an intimate area
- > you are treating a patient under 16 years of age
- > you are treating an adult who lacks capacity
- > you are treating a patient in their home.

A chaperone can be:

- > a relative or friend of the patient
- > a suitable person from your practice but not your spouse or personal partner.

If a chaperone is present, you should record this in the patient records. Equally, if you have offered the patient a chaperone as described above and they have declined this, you should record that too.

If the patient wishes to have a chaperone and neither you nor the patient is able to provide one, you should offer to re-arrange the appointment.

For more information, please refer to standard C6 clauses 5-8 of the *Osteopathic Practice Standards*.

**Q** How do I change my address on my record?

**A** For security purposes we need you to send us your new address in writing rather than give this to us over the phone. The easiest way to do this if we have an existing email address for you is to email [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk) but if you prefer, you can write to us at the General Osteopathic Council, Osteopathy House, 176 Tower Bridge Road, London SE1 3LU. Please mark your letter for the attention of the Registration Team.

**You are always welcome to contact us on 020 7357 6655 if you have a question or would like more information. You can also post your question on the o zone forum at: [www.osteopathy.org.uk/ozone/get-involved/o-zone-forum-](http://www.osteopathy.org.uk/ozone/get-involved/o-zone-forum-)**

## Resources for final-year students

**If you are a final-year student, there is a dedicated section on our registrants only website – the o zone – to help you with the registration process (see the ‘For students’ section). You can also access from here the *International Journal of Osteopathic Medicine (IJOM)* Plus package of research resources to assist with your professional development.**

We will be emailing you in early to mid-October with your login details. If you don't receive an email or have any queries, please contact our Web Manager, Margot Pinder at: [webmanager@osteopathy.org.uk](mailto:webmanager@osteopathy.org.uk) or call 020 7357 6655 x228.

The o zone is designed to be a

comprehensive information resource that provides the information and services osteopaths need to maintain and renew their registration and continue to practise to high standards.

We are always looking for ways to improve the o zone and we would be grateful for feedback from final-year

students. There are two surveys on the o zone, one specifically for final-year students that is available in the ‘For students’ section, where you can leave your comments.

**For more information, log into the o zone, and go to [www.osteopathy.org.uk/ozone/for-students](http://www.osteopathy.org.uk/ozone/for-students)**

# Backchat

This section is designed to provide a forum for professional debate. The views and opinions expressed here do not necessarily reflect those of the publishers.

## Breakdown of how the registration fee is being spent

Dear Editor,

With reference to the article "Review of the year" in the Aug/Sept 2013 issue of *The Osteopath* magazine, it was interesting to see a breakdown of how the registration fee is being spent according to function within the GOSC. I would be interested to see a breakdown of communications, research and development, as I feel communications is a separate function from research and development. Would this be possible?

Luc Woods

### Editor's response:

We are glad you found the 'Review of the Year' article helpful and interesting. Our latest Annual Report contains a more detailed breakdown of how the money is spent and the functions of the different departments. As *The Osteopath* goes to print, we are due to publish the final version of the Annual Report at the end of September but a draft version was discussed at the previous Council meeting and can be viewed here: <http://tinyurl.com/pddcmjg>. The financial breakdown is page 22 onwards.

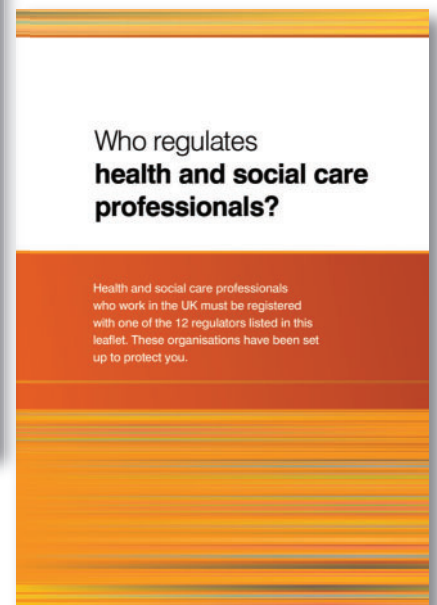
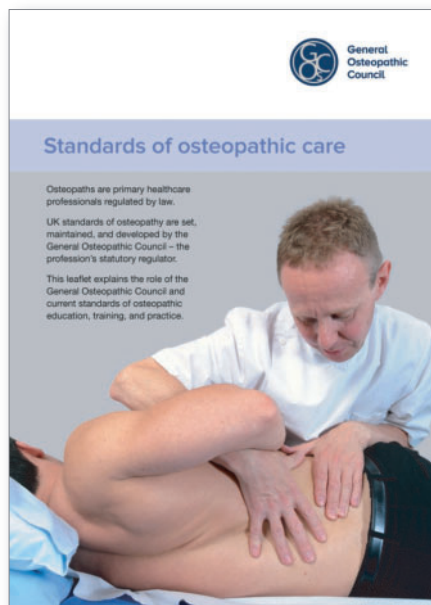
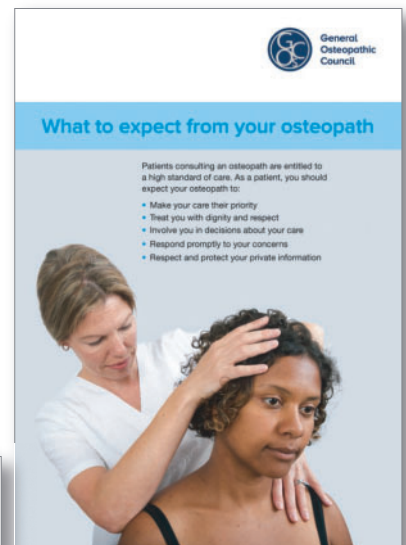
Please let me know if there is anything else I can help with.

# Promoting your practice

Want to tell your patients and the public about the high standard of osteopathic treatment? Do patients know what to expect when they visit you? Do they know that osteopathy, along with other healthcare professions, is regulated and who they would need to contact?

Our two public information leaflets – *What to expect from your osteopath* and *Standards of osteopathic care* – are designed to help you address these questions and raise public awareness of osteopathic care.

You can also tell your patients about healthcare regulation in general by downloading *Who regulates health and social care professionals?*



We continue to welcome your views and if you have a question to ask or views to share, please feel free to contact *The Osteopath* editor on 020 7357 6655 ext 222 or email [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

All leaflets are available to download free of charge from the o zone at: <http://tinyurl.com/oyavrm5>. From here, you can also order hard copies of the two GOSC public information leaflets at a cost of £2.50 for 25 plus postage and packing.

# New law for osteopathy in Portugal

**In September this year the Portuguese Parliament approved a new law to regulate osteopathy, chiropractic, acupuncture, herbal medicine, traditional Chinese medicine and naturopathy. This achievement completes an initiative that started in 2003.**

For the last ten years, osteopathy has been an autonomous profession, but this new Law (No. 71/2013) will now protect the title of osteopath and provide more consistent standards of osteopathic education, training and practice across Portugal.

For example:

- > A minimum degree level qualification will be required to access the osteopathic profession in Portugal
- > The criteria for the qualification will be set by the Departments of Health, Education and Employment, based on educational and professional benchmarks published by the World Health Organization
- > Practitioners deemed competent will receive full professional registration, while provisional registration, along with conditions, will be allocated to individuals with specific gaps in their training. Registration will not be given to those who do not meet the minimum criteria
- > Higher Education Institutions will have a period of five years to comply with the rules and regulations to be determined on Higher Education provision
- > All practitioners will be required to hold a professional certificate issued by the Administração Central do Sistema de Saúde (Central Administration of Health Services) in order to practise
- > Only those holding a professional licence will legally be able to use the title 'osteopath'
- > All practitioners will be required to have relevant professional indemnity insurance
- > The Law also sets out minimum standards of practice expected of practitioners, e.g. around consent and advertising claims.

A key difference between this system and that of the UK is that the Portuguese Government will be responsible ultimately for setting standards and regulating osteopathy. All osteopaths will be regulated by the Central Administration of Health Services which is part of the Portuguese Department of Health. The Administration will be responsible for maintaining an up-to-date online Register for each profession coming under this law. These professions, including osteopathy, will have some representation on the Conselho

Consultivo para as Terapêuticas não Convencionais (Advisory Board for Non-Conventional Therapies) which will be appointed by the Government to advise the Departments of Health, Education and Employment around education and practice standards.

Similar to the UK, this Law in Portugal provides for a transition process to allow for practising osteopaths to apply for registration. Osteopaths in Portugal, including those practitioners on the GOsC Register will have 180 days from 2 October 2013 to submit their application to the Central Administration of Health Services, including evidence of their initial training, clinical experience and CPD activities.

We will keep you informed as this new Law is implemented and the different regulatory processes take shape. For more details see: <http://tinyurl.com/o3loptq>



# What is FORE for?



**Chair of the Forum for Osteopathic Regulation in Europe (FORE), Gert-Jan Goede, gives an overview of the work of FORE and its relevance to osteopathy**



A warm welcome to those who will be reading this. I wanted to tell UK osteopaths about the work of FORE, how it functions and our plans for the future.

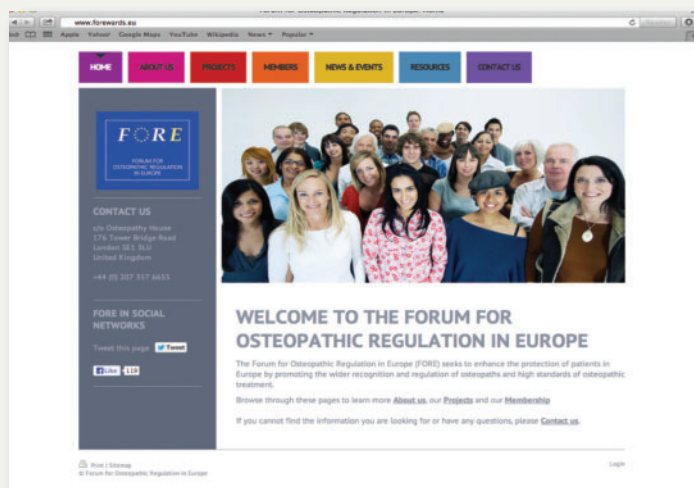
But first of all let me introduce myself. My name is Gert-Jan Goede. I was born 52 years ago in Apeldoorn, a small town in the middle of the Netherlands. After my military service, I studied physiotherapy and then osteopathy at the Flanders International College of Osteopathy in Belgium.

I am a former Board Member and Chairman of the Nederlands Register voor Osteopathie (NRO – Dutch Register of Osteopathy) which is a voluntary Register in the Netherlands. Unlike in the UK we do not have statutory regulation, but use of the title 'DO MRO' is a protected trademark for Dutch Register members. Having joined FORE in 2009 I was then elected as FORE's first Chair in 2011. I took on the role of Chair of FORE as I want to help osteopathy become more widely recognised as an autonomous healthcare profession, with high standards across Europe. I am sure you will be aware that in many European countries

osteopaths do not have the same recognition and status as in the UK for example.

So what's FORE all about? The acronym stands for Forum for Osteopathic Regulation in Europe and brings together, in an open assembly, Government-recognised and voluntary regulators to work together to improve standards of osteopathic care. We also work with other European organisations that share this goal, including the European Federation of Osteopaths (EFO) and the Osteopathic European Academic Network. In all we have 22 member organisations from 17 countries. The GOsC is the UK member, and Tim Walker sits as the UK representative. In the case of the Netherlands, the NRO is a Dutch member.

As a forum we meet twice a year to discuss a number of important issues around standards of osteopathic education, training and practice. All members have the opportunity to voice their opinion about developments in their own country and in healthcare generally, share good practice and identify any support FORE can provide. For any formal decisions made,



each country has one vote only which encourages a collaborative approach for those countries where we have more than one member. At the moment FORE is funded by its members who contribute to the costs of the FORE Secretariat which is currently provided by the GOsC.

Since its inception FORE has developed voluntary standards for osteopathy and we are now working with colleagues in Europe, including the EFO, to formalise standards of osteopathy in collaboration with the European Committee for Standardisation (CEN). This is the official body in Europe which has traditionally been used by industry to develop

service standards, and you will no doubt be familiar with the CEN trademark. Our goals with CEN are to achieve a greater consensus on osteopathic standards, for example in training institutions; to give patients the information they need so they know what level of care they should expect from their osteopath wherever they may seek treatment in Europe; to help countries to influence their respective Governments to achieve recognition where this does not exist; and make it easier for osteopaths to move from one country to another for work. While we are not expecting to see the CE mark printed on osteopaths' foreheads around Europe, we are exploring the development

of a quality mark to denote observance of the agreed Standard, for example for use by osteopaths and training institutions.

So why is osteopathy not more widely recognised and regulated in Europe? This is down to a number of reasons but often the challenges include no clear identity for the osteopathic profession within a country, which is why in the Netherlands for example we have been working on a document that sets out what an osteopath is. Other challenges are down to an inconsistency of training and qualifications, a lack of critical mass of osteopaths to make a

difference, a lack of political will and even opposition from other professions which do not wish to see osteopathy recognised as an autonomous healthcare profession.

The experience of the UK and other countries is very informative and can help shape what happens elsewhere. However, that shape may well be influenced by national trends and priorities, particularly in the current economic climate. In the Netherlands, for example, the approach of our Government is indifferent and a debate over whether to go for formal recognition and regulation is still raging within the Dutch osteopathic

profession. In Italy osteopathy became a recognised profession last year, although not a healthcare profession regulated by the Department of Health. In Portugal legislation was passed recently to regulate osteopathy and it is the Portuguese Government that will be responsible ultimately for setting standards and regulating the profession.

We are well aware of the fact that changes take time. In Belgium we are expecting imminently a decision by the Minister around the shape of regulation – some 14 years after a law was passed to implement regulation! Change can also come with pain. In the end,

however, we have the same goal in mind. It is all about osteopathy, to get things moving and to keep moving not only for osteopaths, but for our patients too. FORE wants to, where possible, reach out and help.

Thank you for reading.

**If you have any questions about the work of FORE please visit our website [www.forewards.eu](http://www.forewards.eu) Alternatively you are welcome to contact me via email at: [Chair.of.fore@gmail.com](mailto:Chair.of.fore@gmail.com) or contact the FORE Secretariat at: [foresecretariat@osteopathy.org.uk](mailto:foresecretariat@osteopathy.org.uk)**

# Launch of consultation on European osteopathic standard

**The draft *European Standard on Osteopathic Healthcare Provision* being developed in collaboration with the European Committee for Standardisation ([www.cen.eu](http://www.cen.eu)) will shortly be open for public comment, a process known as the 'CEN Enquiry'.**

This draft Standard has been created over the last two years by a Technical Committee made up of national standardisation agencies from across Europe, including members of the Forum for Osteopathic Regulation in Europe ([www.forewards.eu](http://www.forewards.eu)) and the European Federation of Osteopaths ([www.efo.eu](http://www.efo.eu)). In terms of UK representation, the General Osteopathic Council, British Osteopathic Association, Council of Osteopathic Educational Institutions and National Council for Osteopathic Research are involved.

While this Standard will not override existing legislation concerning osteopathy, such as the *Osteopaths Act* in the UK, it should provide a benchmark for standards of osteopathic education, training and practice in those countries currently without any regulatory mechanisms.

During this public commenting stage which lasts from **24 October 2013 to 24 March 2014**, everyone who has an interest (e.g. osteopaths, osteopathic educational institutions, other healthcare professionals, public authorities, patients, etc.) may

comment on the draft. These views are collated by the CEN national members, such as the British Standards Institute (BSI), and then analysed by the Technical Committee, before developing a final version for formal voting in late 2014/15.

To gain access to the draft Standard from 24 October and to submit your comments, visit the BSI's website at: <http://drafts.bsigroup.com>

**For general questions about this project please contact Sarah Eldred via email at: [seldred@osteopathy.org.uk](mailto:seldred@osteopathy.org.uk) or call 020 7357 6655 x245.**



# How research can help yo



Elena Ward, NCOR Research Assistant

**This article explains how research can promote and expand your practice, and how your research activity can help with the application process for Any Qualified Provider (AQP) status.**

For most practitioners, conducting research probably is not a top priority for daily practice; clinical trials are very time-consuming and resource-intensive, and carrying out a systematic review can be a lengthy process.

However, some research activities can be undertaken relatively easily regardless of the size of the practice and availability of human resources, and you, your patients and the osteopathic profession as a whole can benefit.

## Data collection

There are a number of ways to collect data that can help you promote your practice, improve and maintain high levels of patient care (which of course feeds into promoting your practice), and improve the day-to-day running of your clinic. For example, you could do a clinical audit to obtain data on patient satisfaction, or collect data on patient care and outcomes using standardised data collection (SDC) and patient reported outcome measures (PROMs). You can publish any non-patient identifiable results from an audit on your website so that the public can see the levels of patient satisfaction achieved in your clinic. For more information about clinical audit, SDC and PROMS, visit the following pages on our website:

Clinical Audit: <http://www.ncor.org.uk/practitioners/audit/>  
 SDC: <http://www.ncor.org.uk/practitioners/standardised-data-collection/>  
 PROMs: <http://www.ncor.org.uk/practitioners/patient-reported-outcomes/>

## Developing your practice

Providing information and data about your practice and patients will enable you to promote your services to GPs, private

medical insurance companies, and commissioners. You can also collect outcome data using a recognised PROM, e.g. the Bournemouth Questionnaire. This can help you communicate the effectiveness of your treatments in a credible and recognised way that can be easily understood by other practitioners and stakeholders in the above mentioned groups.

## Expanding your service through the NHS AQP scheme

A number of osteopaths have expanded their practice by securing contracts with the NHS through the AQP scheme which applies to England only. The idea of applying for AQP status can be daunting, and the process does require a lot of time and attention to detail. However, many osteopaths have found that working with NHS patients has not only increased their patient numbers but is also very rewarding and professionally challenging.

## What is AQP?

As part of its commitment to increasing the options for patients in NHS-funded services, the Government has committed to extending patient choice for some services (particularly relevant to us is the neck and back pain services), in order to:

- > give patients the right to choose a service that best suits their needs
- > improve the quality of services and provide levers for the best quality services to grow
- > encourage innovation by making it easier for new providers to offer services<sup>1</sup>.

The AQP scheme is a way for the NHS in England to commission a range of services in various settings for certain conditions. This has been made possible due to the changes in the Health and Social Care Bill of 2012, which gives NHS Clinical Commissioning Groups (CCGs) the power to commission such services<sup>2</sup>. Patients who have been referred for certain services are given a choice of providers who meet NHS service quality requirements<sup>3</sup>, and can choose a service based on what is important to them. For example, they may prefer a service closer to home or one with a shorter waiting list<sup>4</sup>.

The amount of money that providers are paid is predetermined by the NHS CCG to which you apply.

## Where does osteopathy fit in?

One of the services available to patients on the AQP scheme is Musculoskeletal (MSK) services for back and neck pain. Osteopathy is included as an appropriate service, along with physiotherapy, chiropractic and acupuncture.

The aim of MSK services for back and neck pain is to provide community-based assessment, treatment and management of the back and neck. This means that in areas where commissioners are inviting applications from providers of MSK services, osteopaths can apply to qualify as a provider.

The service requirements have been designed considering the:

- > National Institute for Health and Care Excellence (NICE) guidelines for low back pain and early management of persistent non-specific low back pain, 2009.



# You promote your practice



- > Map of Medicine pathways for low back pain – initial management and for neck pain
- > MSK Services Framework, 2006.
- > Learning from existing service model studies, for example, Gurden et al, 2012<sup>5</sup>.

The service objectives are:

- > To give patients a choice of providers
- > To provide improved access to services closer to home
- > To reduce waiting times to access the service and deliver treatment to enable patients to reach their individual treatment goals sooner. This could include an improved quality of life, return to work or more manageable pain
- > To deliver clinically effective treatments that reduce the demand on secondary care services and reduce the need for more costly interventions
- > To provide community services that have a strong emphasis on patient education and self-management, thereby promoting active, healthy lifestyles and reducing recurrence of injury or illness<sup>6</sup>.

## How can I become a Qualified Provider?

### Step 1 – Register online

Your first step will be to create an account on the NHS Supply2Health website ([www.supply2health.nhs.uk](http://www.supply2health.nhs.uk))<sup>7</sup>.

### Step 2 – Search AQP offers

Commissioning/procurement organisations decide which services can be procured using the AQP model. They then place an AQP offer on the NHS Supply2Health website. The offer should contain details about the service specification, details of qualification criteria and specific local requirements.

### Step 3 – AQP Application

Once you have found an AQP offer for MSK services for back and neck pain in your area that you wish to apply for, you can begin the application process. This is done online and you can edit the form as much as you wish before you submit your application.

Supply2Health offers support and guidance for completing the online qualification questionnaire, and also provides a preparatory checklist for potential providers.

## What happens next?

Once you have submitted your application, it will go through the AQP qualification process. This includes a range of compliance checks, IT checks, service delivery and financial viability checks.

Further information about each of these can be found on the AQP page of the NCOR website: <http://tinyurl.com/otj9ogv>

## What can NCOR offer?

Presenting evidence for osteopathy may be required as part of your application. Resources are available on the NCOR website in the evidence for osteopathy section: <http://tinyurl.com/q7agqu5>, in particular the snapshot summary of evidence for osteopathy: <http://tinyurl.com/qcnzzqt>

The summary of evidence for osteopathy includes information on:

- > Professional regulation

- > Training
- > Osteopathic practice
- > Access to treatment
- > Clinical governance
- > Evidence and practice
- > Clinical guidelines
- > Low back pain – clinical trials
- > Back pain and pregnancy
- > Psychological factors and low back pain
- > Osteopathy and safety
- > Educational interventions
- > Physiological assessment of low back pain
- > Studies facilitating clinical competence
- > Current work within the osteopathic profession.

A table of evidence is also available in the evidence for osteopathy section. The table contains summaries of a number of relevant studies to osteopathy, and is updated continually as new information becomes available.

Author	Full reference	Methodology	Findings	Comments
Author 1	Full reference 1	Methodology 1	Findings 1	Comments 1
Author 2	Full reference 2	Methodology 2	Findings 2	Comments 2

The NCOR website also contains a number of resources to help you with clinical audit and SDC. The information was collected from a number of osteopathic practices in the UK as part of a national pilot of the SDC tool, and this pilot data has helped to profile osteopathic practice in the UK. The information includes data about patient demographics, service delivery, and osteopathic approaches to patient care. For example, the pilot data showed that 68.9 per cent of patients heard about the osteopathic practice they visited by word of mouth and relatively few people heard about it through advertising. This type of information may be useful for your own clinic to help you decide how to focus your marketing.

Waiting times may also be of interest, and including this data in your practice

information may be a useful marketing tool for attracting patients and GPs/commissioners. The national SDC tool pilot revealed that osteopathic care was promptly available in most cases; 84.3 per cent of patients were able to see an osteopath within one week and 16 per cent of patients were seen on the same day as they requested an appointment<sup>8</sup>.

There may be many positive aspects of your osteopathic service that you are unaware of that could be of great interest to potential patients, GPs and commissioners. Clinical Audit, SDC and PROMs are all tools that can be used to identify these aspects of your practice and help you find areas for improvement.

### In summary

Research activity in osteopathy has a number of benefits and some of these can be carried out in your own practice to help you promote your services and expand your business. One way to do this

is through the AQP scheme. The application process can appear daunting but we hope that you now have a better understanding of the process and where research fits in.

The information above is accessible on NCOR's AQP page, with a number of links to relevant resources and web pages: <http://tinyurl.com/qzk48a2>

### References

1. Discussion paper: Any Qualified Provider. The NHS Confederation 2011 <http://tinyurl.com/3wocgek> Accessed 05/07/2013
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5. Gurden M, Morelli M, Sharp G, Baker K, Betts N, Bolton J. *Evaluation of a general practitioner referral service for manual treatment of back and neck pain.* Prim Health Care Res Dev. 2012 Jul;13(3):204-10. doi: 10.1017/S1463423611000648. Epub 2012 Jan 30. Available at: <http://tinyurl.com/7ck957e>
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8. Fawkes C, Leach J, Mathias S, Moore AP. *The Standardised Data Collection Project, Standardised data collection within osteopathic practice in the UK: development and first use of a tool to profile osteopathic care in 2009.* 2010. Available at: <http://tinyurl.com/p3un4x3> Accessed 05/07/2013

## Upcoming NCOR Research Hub meetings

### > Bristol hub:

Please refer to the NCOR website ([www.ncor.org.uk](http://www.ncor.org.uk))

### > Exeter hub:

Please refer to the NCOR website ([www.ncor.org.uk](http://www.ncor.org.uk))

### > Haywards Heath hub:

The next meeting will be held on Wednesday 9 October from 7pm to 9pm. The topic for discussion will be continuing to look at exercise(s) for patients with hip and/or knee osteoarthritis.

The papers to be discussed at the meeting can be found at: <http://tinyurl.com/nxfvlka>

### > Leeds hub:

The next meeting will be held on Monday 23 September from 5.30pm to 7.30pm

The topic for this meeting will be the Any Qualified Provider (AQP) system. Pre-meeting information about the system can be found at: <http://tinyurl.com/q2cxbu7>

### > Oxford hub:

Please refer to the NCOR website ([www.ncor.org.uk](http://www.ncor.org.uk))

## Conference calendar

### > October

27-31 October 2013 in Dubai.

**International Federation of Orthopaedic and Manipulative Therapists (IFOMPT). Congress on low back and pelvic pain.** Further information can be found at: [www.worldcongresslbpc.com](http://www.worldcongresslbpc.com)

### > November

8-10 November 2013 at the Runnymede-on-Thames Hotel, Windsor Road, Egham, Surrey, TW20 0AG.

**The Annual Convention of the British Osteopathic Association.** More information will be available via *Osteopathy Today*, and the BOA website [www.osteopathy.org](http://www.osteopathy.org)

15-17 November 2013 in Milan.

**International Congress of Osteopathy. Congress on structure and function.** Further information can be found at: [www.congressosteopatia.com/en](http://www.congressosteopatia.com/en)

# Know the early signs of bone cancer

**Craig Gerrard, Consultant Orthopaedic Surgeon for the North of England Bone and Soft Tissue Service**

**With around 550 known cases every year in the UK and Ireland, primary bone cancer is rare and the symptoms are difficult to spot. So much so, by the time the patient has been diagnosed, the cancer may have reached a point where it is difficult for doctors to treat it successfully. So how can osteopaths help?**

The three main types of primary bone cancer are: osteosarcoma, Ewing's sarcoma, and chondrosarcoma. Any bone can be affected, but osteosarcoma in particular tends to occur around the knee or shoulder. Ewing's sarcoma and osteosarcoma tend to occur in children, teenagers and young adults, whereas chondrosarcoma tends to occur in older people.

The most common symptom is bone pain that is not mechanical and does not improve, sometimes accompanied by fatigue and a general feeling of unwellness. The pain is not always constant, often being worse at night, and in some cases the bone fractures easily. Primary bone cancer can also present as a lump or swelling arising from a bone or joint.

Osteopaths are in an ideal position to pick up on the symptoms during treatment for what would first appear to be a simple injury. A lump or swelling that you can feel around a joint is a strong indicator.

Once spotted, bone cancer can usually be diagnosed on an x-ray but as the symptoms are vague and variable, often cancer is only suspected once many other conditions have been discounted. My

overall message to all healthcare practitioners is to keep an open mind about diagnosis, particularly if the patient does not improve as you might expect.

If you have a patient that you think may have bone cancer, the best thing you can do is refer them for an x-ray. If you strongly suspect this to be the case, you (or their GP) can refer the patient directly to one of the five specialist bone tumour centres, at Newcastle where I work, Birmingham, Stanmore, Oswestry or Oxford, where they would be seen quickly. Early referral can allow a diagnosis of a primary bone tumour to be excluded rapidly without causing undue panic or alarm, and allow rapid access to expert care for those who need it.

Treatment for primary bone tumours often involves major surgery to limbs, including removal of muscle and replacement of major long bones or joints. Some patients may also have had radiotherapy and chemotherapy. As a result, lymphoedema (the build-up of fluid in soft tissues) is common after treatment for a primary bone tumour. Some patients may find manipulation, massage and other osteopathic techniques helpful in relieving pain and discomfort and aiding



*Craig Gerrard is a Trustee of the Bone Cancer Research Trust (BCRT)*

their physical recovery. However, as treatments can vary greatly, it is wise to check with the oncology team first.

Unfortunately survival rates after a diagnosis of primary bone cancer have not changed in several decades, with five-year survival around 60 per cent. Delayed diagnosis is common and likely has a negative impact on survival, as well as much worry and distress at what is already a very difficult time for patients and their families. Under these circumstances, more awareness of bone cancer among GPs and other healthcare practitioners can only be a good thing.

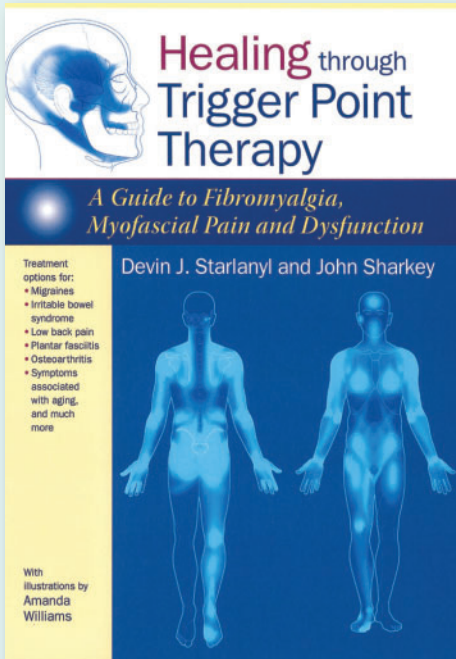
**To find out more about bone cancer, go to [www.bcrt.org.uk](http://www.bcrt.org.uk), or contact Julia Kermode on 0113 258 5934 or email [Julia.kermode@bcrt.co.uk](mailto:Julia.kermode@bcrt.co.uk)**



**Bone Cancer Awareness Week**  
Saturday 5th October – Saturday 12th October

# Bookshelf

A selection of illustrated reference books for osteopaths

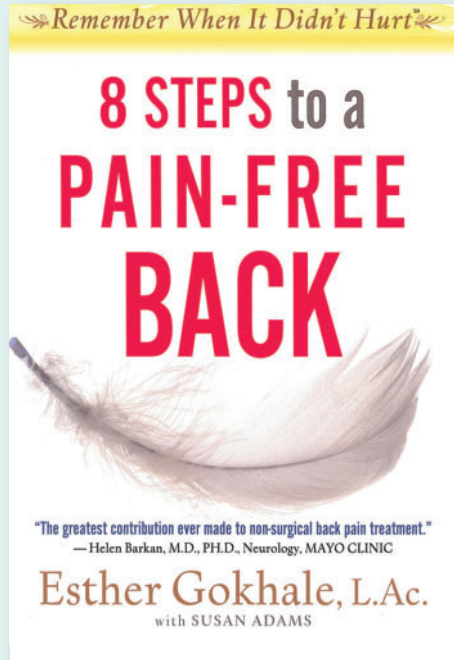


## Healing through Trigger Point Therapy: A Guide to Fibromyalgia, Myofascial Pain and Dysfunction

**Devin J. Starlanyl and John Sharkey**

Lotus Publishing  
ISBN 978-1-905367-39-9  
263 pages

This book is written primarily for care providers and patients with chronic pain and those with other previously unexplained symptoms associated with fibromyalgia, trigger points and chronic myofascial pain. It is designed to facilitate communication among all parties, and to be used as a tool for diagnostics, care, treatment and prevention.

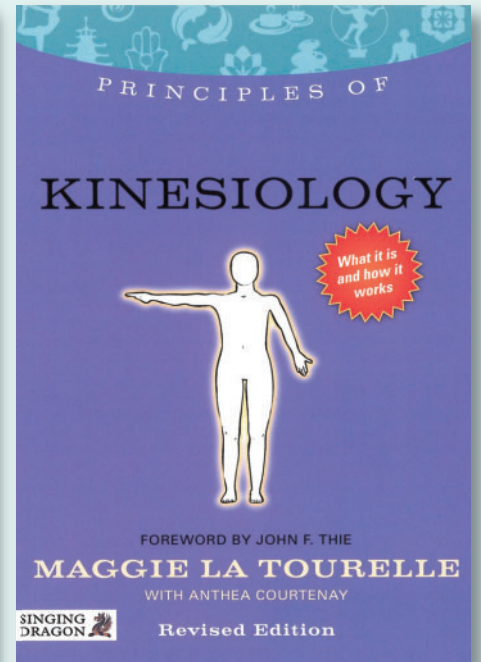


## 8 Steps to a Pain-Free Back

**Esther Gokhale with Susan Adams**

Lotus Publishing  
ISBN 978-1-905367-45-0  
228 pages

8 Steps to a Pain-Free Back promotes the Gokhale Method which teaches how posture is linked to any number of seemingly unrelated ailments, including disc degeneration, certain arthritic changes and even respiratory problems.



## Principles of Kinesiology

**Maggie La Tourelle with Anthea Courtenay**

Singing Dragon  
ISBN 978-1-84819-149-5  
198 pages

Kinesiology is a system of natural health care that uses muscle testing to communicate directly with the body/mind system to identify stresses and determine effective treatments.

If you would like to review any of the titles featured (in exchange for a free copy), contact the editor at: [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

## Managing Pain and other medically proven uses of Acupuncture

Dr Richard Halvorsen, Gibson Square Books (2013)  
ISBN 978-1-908096-85-2, 160 pages

**Reviewed by David de Andrade**

Dr Halvorsen's book is an easy and informative read for someone unfamiliar with the concepts and applications of acupuncture, both Traditional Chinese Medicine (TCM) and Western Medical Acupuncture.

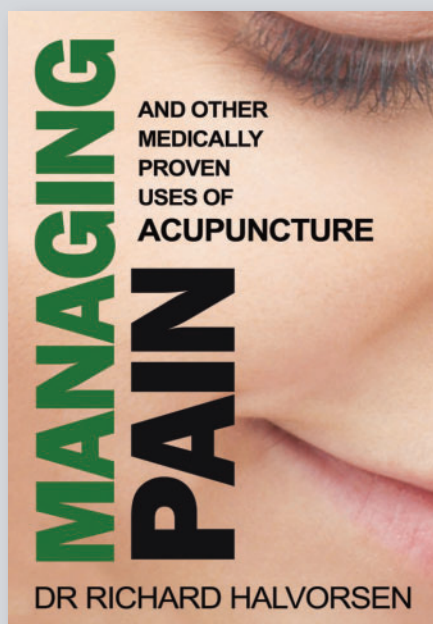
The unique point of the book is to present, evaluate and compare both TCM and Western approaches from a GP's perspective, within a western clinical setting. The gentle, almost narrative, style and clear definitions comprise a series of evaluations of the efficacy of acupuncture in treating the symptoms of various complaints and conditions, including numerous anecdotal examples from the author's own clinical experience.

However, in some chapters it is unclear which form of acupuncture is reported as being more beneficial if at all.

From an osteopathic perspective, it is a little disappointing to see back pain lumped together as a single amorphous condition.

One thing that does stand out in the 'Is Acupuncture safe?' chapter, is that up-to-date papers do cite more numerous deaths or pneumothorax from acupuncture than the author reports. However, the actual risks remains tiny.

All in all, I liked this book and would recommend it to any practitioner or lay person.



## Principles of the Alexander Technique

Jeremy Chance, Singing Dragon (2013)  
ISBN 978-1-84819-128-0, 200 pages

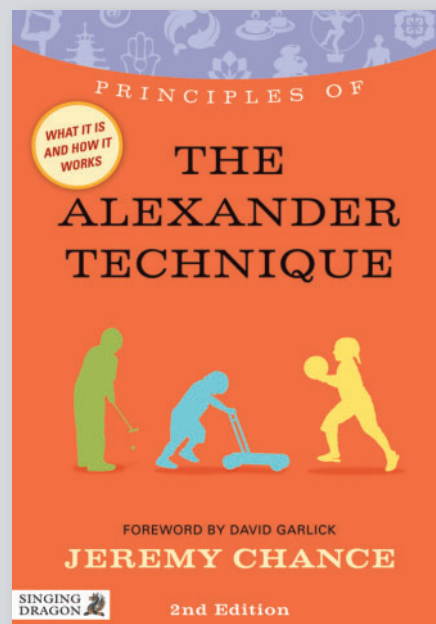
**Reviewed by Dr Emma Sparks, BSc (Hons) Ost**

The fundamental tenets of the Alexander Technique seem to resonate with osteopathy, emphasising management of movement with a functional focus appreciating the link between mind and body.

The book is written in a very accessible way for patients, using clear descriptions and excellent analogies. The book has two primary components. The first is the history of the Technique, what an Alexander 'lesson' comprises and the importance of finding the right 'teacher'. The second is the Technique itself, whether practising alone or with a group and then a workbook of activities.

For me the balance was slightly skewed towards the history and finding the right teacher as compared to the Technique. However, this is not a criticism as the book fulfils exactly what it promises in the title. It would seem that in order to get the most from using the Technique, at least some lessons with a practitioner would be beneficial in order to build the necessary self-awareness and sense of body position.

Overall, an interesting read, with some useful explanations for patients, but possibly not the right book if you are seeking detailed information about the Technique.



# Courses 2013-14

Courses are listed for general information. This does not imply approval or accreditation by the GOsC. For a more comprehensive list of courses, visit the 'CPD resources' section of the o zone website – [www.osteopathy.org.uk/ozone/get-involved/events](http://www.osteopathy.org.uk/ozone/get-involved/events)

## 2013

### November

> 1-3

#### SCC Dynamic Basicranium

Speaker: Liz Hayden  
Venue: Stroud  
email: [info@sutherlandcranialcollege.co.uk](mailto:info@sutherlandcranialcollege.co.uk)  
[www.sutherlandcranialcollege.co.uk](http://www.sutherlandcranialcollege.co.uk)

> 1-3

#### Harmonic technique

Speaker: Prof. Eyal Lederman  
Venue: London, N19  
tel: 020 7263 8551  
email: [cpd@cpdo.net](mailto:cpd@cpdo.net)  
[www.cpdo.net](http://www.cpdo.net)

> 2-3

#### Cranial Osteopathy for Dogs

Course leader: Jenny Candlish  
Venue: Moreton Morrell College, Warwickshire  
tel: 0845 519 3493  
[www.rollinbeckerinstitute.co.uk](http://www.rollinbeckerinstitute.co.uk)

> 2-3

#### A Weekend Workshop – Developing advanced clinical skills in paediatric assessment, palpation and treatment

Speaker: Stuart Korth  
Venue: House of an Art Lover, Glasgow G41 5BW  
email: [cranialosteopathyscotland@gmail.com](mailto:cranialosteopathyscotland@gmail.com)

> 8-11

#### Advanced Therapy Masterclass

Speaker: John Gibbons  
Venue: Oxford University Sport, Jackdaw Lane, Oxford,

OX4 1EQ  
tel: 07850 176600  
[www.johngibbonsbodymaster.co.uk](http://www.johngibbonsbodymaster.co.uk)

> 10

#### Complete Clinical Competence Series – Total Chest Examination

Speaker: Dr Graham Downing  
Venue: Warwick Hilton, Warwickshire  
tel: 020 8504 1462  
email: [taoseminars@gmail.com](mailto:taoseminars@gmail.com)

> 10

#### Movement & Injury Rehab Assessment

Speaker: Ryan Faldo  
Venue: Warwick Hilton, Warwickshire  
tel: 020 8504 1462  
email: [taoseminars@gmail.com](mailto:taoseminars@gmail.com)

> 11

#### Whole Body Unwinding - A Postgraduate Cranio-Sacral course

Speaker: Andrew Stones  
Venue: London.  
tel: 020 7483 0120  
email: [info@ccst.co.uk](mailto:info@ccst.co.uk)  
[www.ccst.co.uk](http://www.ccst.co.uk)

> 12

#### Spinal Manipulation and Mobilisation Technique Masterclass

Speaker: John Gibbons  
Venue: Oxford University Sport, Jackdaw Lane, Oxford, OX4 1EQ  
tel: 07850 176600  
[www.johngibbonsbodymaster.co.uk](http://www.johngibbonsbodymaster.co.uk)

> 13

#### Cervical Spine Masterclass

Speaker: John Gibbons  
Venue: Oxford University Sport, Jackdaw Lane, Oxford, OX4 1EQ

tel: 07850 176600  
[www.johngibbonsbodymaster.co.uk](http://www.johngibbonsbodymaster.co.uk)

> 14

#### Shoulder Joint Masterclass

Speaker: John Gibbons  
Venue: Oxford University Sport, Jackdaw Lane, Oxford, OX4 1EQ  
tel: 07850 176600  
[www.johngibbonsbodymaster.co.uk](http://www.johngibbonsbodymaster.co.uk)

> 16

#### Introduction to Trigger Points: Theory and Practice

Speaker: Alan Smith  
Venue: Best Western Westley Hotel, Birmingham  
tel: 01332 853777  
email: [info@ebmseminars.co.uk](mailto:info@ebmseminars.co.uk)  
[www.ebmseminars.co.uk](http://www.ebmseminars.co.uk)

> 16-17

#### Psycho-emotional aspects of osteopathic treatment

Speaker: Robert Shaw  
Venue: European School of Osteopathy, Maidstone, Kent  
tel: 01622 671558  
email: [corinnejones@eso.ac.uk](mailto:corinnejones@eso.ac.uk)  
[www.eso.ac.uk/cpd-calendar.html](http://www.eso.ac.uk/cpd-calendar.html)

> 20

#### Kinesiology Taping for the Athlete Masterclass

Speaker: John Gibbons  
Venue: Oxford University Sport, Jackdaw Lane, Oxford, OX4 1EQ  
tel: 07850 176600  
[www.johngibbonsbodymaster.co.uk](http://www.johngibbonsbodymaster.co.uk)

> 21

#### How to treat: Impingement syndrome of the shoulder

Speaker: Prof. Eyal Lederman  
Venue: London, N19  
tel: 020 7263 8551  
email: [cpd@cpdo.net](mailto:cpd@cpdo.net)  
[www.cpdo.net](http://www.cpdo.net)

> 21

#### Incorporating electro-acupuncture in manual and physical therapies

Speaker: Jennie Longbottom  
Venue: London, N19  
tel: 020 7263 8551  
email: [cpd@cpdo.net](mailto:cpd@cpdo.net)  
[www.cpdo.net](http://www.cpdo.net)

> 21

#### Hip Joint Masterclass

Speaker: John Gibbons  
Venue: Oxford University Sport, Jackdaw Lane, Oxford, OX4 1EQ  
tel: 07850 176600  
[www.johngibbonsbodymaster.co.uk](http://www.johngibbonsbodymaster.co.uk)

> 22-24

#### Trauma – A Comprehensive Cranio-Sacral Approach to Trauma

Speaker: Thomas Attlee  
Venue: London.  
tel: 020 7483 0120  
email: [info@ccst.co.uk](mailto:info@ccst.co.uk)  
[www.ccst.co.uk](http://www.ccst.co.uk)

> 23

#### 'Postpartum Mum' – Treating the Postnatal Patient

Speaker: Miranda Clayton  
Venue: London School of Osteopathy, London SE1 3BE  
tel: 07792 384592  
email: [osteokids@aol.com](mailto:osteokids@aol.com)  
[www.mumandbaby-at-home.com/CPD](http://www.mumandbaby-at-home.com/CPD)

## > 24 Spinal Manipulation: Day 9 of 9 – Complete Manipulation Course

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

## > 24 Integrated Body Work: Day 8 of 8 – Complete Body Work Course

Speaker: Karen Harding  
Venue: Warwick Hilton, Warwickshire  
tel: 020 8504 1462  
email: taoseminars@gmail.com

## > 24 The 'healing crisis' – A case history illustrated guide to understanding traditional osteopathic treatment reactions

Speaker: Howard Beardmore, Dr Jayne Donegan, Stephen Gamble  
Venue: Reading, Berkshire  
tel: 01189 885 293  
email: biosteoltd@gmail.com  
www.british-institute-of-osteopathy.org

## > 28-30 Osteopathic Principles and Practice for the Pregnant Patient

Speaker: Dr Melicien Tettambel  
Venue: Pescara, Italy  
email: info@aito.edu  
www.aiot.edu

## > 30 Rollin Becker Memorial Lecture

Course Leader: Dr Michael Burruano  
Venue: London  
tel: 01291 622555  
email: enquiry@sutherland.cranialcollege.co.uk  
www.sutherlandcranialcollege.co.uk

## December

### > 1 Workshop

Speaker: Dr Michael Burruano  
Venue: London  
email: info@sutherland.cranialcollege.co.uk  
www.sutherland.cranialcollege.co.uk

### > 7 What works in Your Clinic

Speaker: Dr Alan J W Clemens  
Venue: Warwick Hilton, Warwickshire  
tel: 020 8504 1462  
email: taoseminars@gmail.com

### > 7 'Let's Breathe' – Treating Respiratory Disorders in Infants & Children

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

### > 7 Safe acupuncture in pregnancy

Speaker: Jennie Longbottom  
Venue: London, N19  
tel: 020 7263 8551  
email: cpd@cpdo.net  
www.cpdo.net

### > 8 Palpation

Speaker: Carina Petter and Carol Plumridge  
Venue: Osteopathic Centre for Children, Wandsworth, London  
tel: 0845 519 3493  
www.rollinbeckerinstitute.co.uk

## 2014

## January

### > 11 Clinical rehabilitation – principles in practice for osteopaths

Speaker: Phil Bright  
Venue: European School of Osteopathy, Maidstone, Kent  
tel: 01622 671558  
email: corinnejones@eso.ac.uk  
www.eso.ac.uk/cpd-calendar.html

### > 18-19 From technique to osteopathic therapy – synthesis of the holistic concept

Speaker: Philippe Bolet  
Venue: European School of Osteopathy, Maidstone, Kent  
tel: 01622 671558  
email: corinnejones@eso.ac.uk  
www.eso.ac.uk/cpd-calendar.html

### > 25 SCC Osteopathy in the Cranial Field Refresher Day

Speaker: Tim Marris  
Venue: London  
email: info@sutherland.cranialcollege.co.uk  
www.sutherland.cranialcollege.co.uk

### > 25-26 Visceral osteopathy in a nutshell: The front of your patient (Part 1 of a four-weekend programme)

Speaker: Philippe Bolet  
Venue: European School of Osteopathy, Maidstone, Kent  
tel: 01622 671558  
email: corinnejones@eso.ac.uk  
www.eso.ac.uk/cpd-calendar.html

## February

### > 1 Module 2/3 Refresher Day

Speaker: Tim Marris  
Venue: London  
email: info@sutherland.cranialcollege.co.uk  
www.sutherland.cranialcollege.co.uk

### > 8-9 Dentistry and the Cranio-Sacral System

Speaker: Dr. Granville Langley-Smith  
Venue: London.  
tel: 020 7483 0120  
email: info@ccst.co.uk  
www.ccst.co.uk

### > 15-19 Midwinter Introductory Course in Osteopathy in the Cranial Field

Course Director: Zina Pelkey  
Venue: Holiday Inn, Lake Buena Vista, Florida  
tel: 00+1 (317) 581 0411  
email: info@cranialacademy.org  
www.cranialacademy.org

### > 21-23 Key Elements in Effective Osteopathic Practice

Course Director: Rachel Brooks  
Venue: Holiday Inn, Lake Buena Vista, Florida  
tel: 00+1 (317) 581 0411  
email: info@cranialacademy.org  
www.cranialacademy.org

## March

### > 1 Pain Theory for Therapists: The Biopsychosocial Model

Speaker: Alan Smith  
Hilton Garden Inn Hotel, Luton  
tel: 01332 853777  
email: info@ebmseminars.co.uk  
www.ebmseminars.co.uk

## CLASSIFIEDS

### RECRUITMENT

**Experienced osteopath/acupuncturist** wanted for informal, friendly clinic in Folkestone, Kent, to take over approx 30 patients per week and further develop clinic. Call Peter on 01303 278188

**An opportunity has arisen** at our busy, well-known multi-disciplinary clinic in south west London for a dynamic, and self-motivated osteopath to join our team, initially working two sessions a week with potential to increase. You will have significant structural and cranial experience, and evidence of relevant post-graduate training. Please email your CV to [practicemanager@whitehartclinic.co.uk](mailto:practicemanager@whitehartclinic.co.uk) For further information, please visit our website: [www.whitehartclinic.co.uk](http://www.whitehartclinic.co.uk)

### COMMERCIAL

**Goodwill for sale.** Dual location practice in North East England. Established and profitable for 14 years. Relocating out of area due to domestic circumstances. Four bedroom house containing Durham practice also for sale. Contact Fiona 07967 041226 [FionaBirnieOsteopath@gmail.com](mailto:FionaBirnieOsteopath@gmail.com)

**Large room to let in Harley St, W1.** Quiet, light room with desk and electric couch, available 2-7pm, on Weds; 8-7pm Fridays. Free Wi-fi access, in holistic medical practice. Would suit established osteopath with own list. Phone Dr Alice Greene on 07815 763 570

**Small practice for sale, Sidcup.** Room rental, available six days/week, for a flat fee of £260 pcm inc, except phone. Website and advertising inc. Quick sale needed. Currently run one day/week £10,000 profit pa. Large profit potential for a motivated individual. Approx 1,000 patient list. Offers around £8,000. No time wasters. Suit graduate with ambition and drive. Email: [kerrymann@orange.net](mailto:kerrymann@orange.net)

### COURSES

**JEMS Movement ART Part 1:** Working with Natural Functional Movement in Assessment and Treatment – October 12 – 13, 2013 (London). 'This has been a game changer for me in how I treat, observe and advise patients.' –An osteopath. Contact: [info@jemsmovement.com](mailto:info@jemsmovement.com), [www.jemsmovement.com](http://www.jemsmovement.com).



#### MSK Imaging Referral Guidance Study Days

Designed for practitioners referring or seeking to refer patients for imaging tests, these events will provide valuable insight and learning regarding the fundamentals of safe and appropriate referring, the role of imaging in patient pathways, methods of pattern and pathology recognition, cross sectional imaging anatomy, image reporting and acting on the imaging results.

Friday 8th November 2013. Hatfield. Friday 28th March 2014. Bolton.  
[enquiries@imaginginnovated.co.uk](mailto:enquiries@imaginginnovated.co.uk) Phone +44 (0)7904 551021  
 Further details and to reserve your place [www.imaginginnovated.co.uk](http://www.imaginginnovated.co.uk)

#### Classifieds:

Up to 40 words – £40 + VAT, thereafter 20p per word. Please email, fax or post your copy to:

Richard Walters or Matt Styrka  
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 CB5 8JE  
 email  
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 Tel 01223 477 411

#### Marketplace display advertisement rates:

	Mono or 2 colour	Full colour
Inside		
back cover	N/A	£370
Full page	£285	£340
1/2 page	£230	£250
1/4 page	£165	£190
1/8 page	£110	£120

#### Advertising sales contact:

Richard Walters or Matt Styrka  
 CPL  
 275 Newmarket Road  
 Cambridge  
 CB5 8JE  
 email  
[theosteopath@cpl.co.uk](mailto:theosteopath@cpl.co.uk)  
 Tel 01223 477 411

#### Box number replies:

£7.50 + VAT per box number per issue. Please contact Richard Walters on the above details.

The publishers reserve the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity.

**INSERTS:** A sample or draft artwork of all inserts must be provided for approval by the GOsC, prior to booking. The GOsC can accept no liability whatsoever for inserts that have been produced without prior approval.

## Trustees Wanted

**The European School of Osteopathy is seeking up to two osteopaths with experience in osteopathic education who are willing to join the present Board of Trustees.**

The ESO is a University College and registered charity that provides Masters Level education in osteopathy and delivers around 20,000 treatments per annum through its local Clinic. It has a thriving international department active across Europe and the Middle East.

Commitment is around six half days per year, unpaid but travel and other necessary expenses may be claimed.

**For more information about this interesting opportunity please contact the Company Secretary, Tony Taylor**  
**E. [tonytaylor@eso.ac.uk](mailto:tonytaylor@eso.ac.uk)**  
**T. 01622 671558 ext.246**

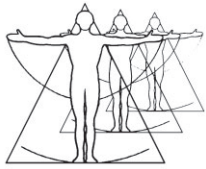


[www.eso.ac.uk](http://www.eso.ac.uk)

Boxley House, The Street, Boxley, Maidstone, Kent, ME14 3DZ

European School of Osteopathy





Dates	Title	Lecturer	Cost	Deposit	CPD hrs
<b>Weekend courses 10.00-17.00</b>					
1-2-3 Nov Start Friday 17.00-20.00	<b>Harmonic technique</b> <i>Only few places left</i>	<i>Dr. Eyal Lederman</i>	<b>£385</b>	<b>£200</b>	<b>21</b>
7 Dec	<b>Safe acupuncture in pregnancy</b>	<i>Justine Munur</i>	<b>£135</b>	-	<b>7</b>
<b>Evening courses and workshops 18.30-20.30</b>					
24 Oct	<b>Introduction to auricular acupuncture</b>	<i>Jennie Longbottom</i>	<b>£45</b>	-	<b>2</b>
24 Oct	<b>How to treat: Whiplash injuries</b>	<i>Dr. Eyal Lederman</i>	<b>£35</b>	-	<b>2</b>
21 Nov	<b>Incorporating electro-acupuncture in manual and physical therapies</b>	<i>Jennie Longbottom</i>	<b>£45</b>	-	<b>2</b>
21 Nov	<b>How to treat: Impingement syndrome of the shoulder</b>	<i>Dr. Eyal Lederman</i>	<b>£35</b>	-	<b>2</b>
21 Nov	<b>Introduction to integrated myofascial release</b>	<i>Rachel Fairweather &amp; Meghan Mari</i>	<b>£35</b>	-	<b>2</b>

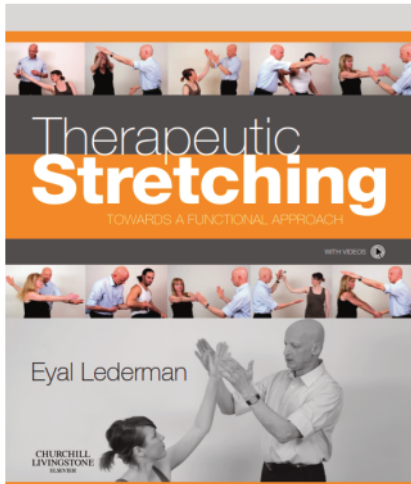
**Venue:**

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

**For more information, updates and booking: [www.cpdo.net](http://www.cpdo.net)**

*CPDO Ltd. 15 Harberton Road, London N19 3JS, UK / 0044 (0) 207 263 8551 / e-mail: [cpd@cpdo.net](mailto:cpd@cpdo.net)  
50% discount available to **students** on most courses (see [www.cpdo.net](http://www.cpdo.net) for further details)*

*\*(Except for Barral's courses which are held at the Skylight Centre, 49 Corsica Street, London N5 1JT)*



## Therapeutic Stretching: Towards a Functional Approach

**Dr Eyal Lederman DO, PhD**

A revolutionary new book about the therapeutic use of stretching. This book offers a highly accessible account of the latest information about the role of therapeutic stretching in the management of restricted range of movement (ROM) disorders.

Richly illustrated throughout, this exciting new volume covers the physiological basis of stretching, explores its classification and examines what is normal and abnormal in terms of ROM. Chapters then explain the processes that are associated with ROM loss and recovery as well as what makes stretching effective. The experience of pain, sensitization and pain tolerance in relation to stretching and ROM recovery are also discussed.

Embracing the latest scientific research, this revolutionary book debunks many traditionally accepted stretching theories and associated techniques and supplants them with a more robust, scientifically valid system of practice.

Accompanied by a range of practical *on-line videos* and over 150 photographs, this volume will be ideal for all manual and physical therapists, sports and personal trainers, and athletes who require special movement ranges.

**For excerpts and purchase see: [www.cpdo.net](http://www.cpdo.net)**



**Sutherland Cranial College of Osteopathy (SCCO) is delighted to announce their re-launch with a new website, new look magazine and more open membership categories and courses.**

SCCO is the centre for shared learning, knowledge and practice in the field of cranial osteopathy delivering post-graduate courses across the UK and Europe.

SCCO is setting the standard for teaching cranial osteopathy and is innovating and leading the profession through an active research programme. The College, founded in 1993, delivers exceptional education in cranial osteopathy enabling students to carry new knowledge and skills into their own practices. The new, more open Membership Pathway will enable more students to experience the quality teaching of the SCCO.



**Saturday 30th November 2013**

**THE ROLLIN BECKER MEMORIAL LECTURE**

## **‘The Heart of (the) Matter’**

Presented by Michael Burrmano, DO at Regents College Conference Centre, London, 5pm

The Sutherland Cranial College of Osteopathy will be celebrating their 21st Anniversary in 2014 and are starting off the year of events and activities with their Rollin Becker Memorial Lecture.

Welcoming osteopaths and trainee osteopaths, the lecture will be hosted by Michael Burrmano DO. Michael says “Many of us strive to maintain the balance of practice, professional growth, understanding, teaching and the distinctive fundamentals that are Osteopathy. We will explore The Heart of (the) Matter.”

£20 per ticket for undergraduates, £25 after October 31st

£30 per ticket for postgraduates, £35 after October 31st

£35 per ticket with dinner, hot fork buffet with wine

For bookings please contact Hester Joubert,  
College Programme Manager

[hester@sutherlandcranialcollege.co.uk](mailto:hester@sutherlandcranialcollege.co.uk)

or, call us on **01453 767607**.



# THE BRITISH SCHOOL OF OSTEOPATHY

## Continuing Professional Development

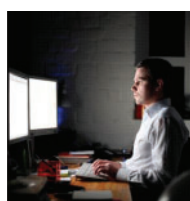
For the full course list visit: [www.bso.ac.uk/cpd](http://www.bso.ac.uk/cpd) or book online at [www.bit.ly/bso\\_cpd](http://www.bit.ly/bso_cpd)

### Osteopathic Refresher

This 'refresher' weekend has been designed to support the new *Osteopathic Practice Standards* through updating and exploring different elements of practice. Each session is planned to update attendees on key issues and to offer practical advice and information that can be immediately helpful in practice. The sessions deliver 15 hours of CPD "with others", allowing for peer support, discussion and evaluation of new and established ideas. A special accommodation rate (from £39 per night) has been sourced at a local hotel for anyone attending the course - get in touch for further information.



**Saturday 9 & Sunday 10 November**  
**Course fee: £200 CPD: 15 hours**



### Ergonomics For Manual Therapists

Our ergonomics course is accredited by the Institute of Ergonomics and Human Factors and is a very popular course that books up early. The course links the related disciplines of ergonomics and osteopathy, covering an introduction to ergonomics as well as applications relevant to osteopaths. Attendees leave with the ability to evaluate and train patients in relation to computer workstations and manual handling back in their practices. The aim is to provide knowledge and skills to give support to patients with injuries or problems related to their workplace environment. Course leader David Annett is a freelance ergonomics consultant with a degree in this discipline and over 15 years' experience, as well as being a practicing osteopath.

**Saturday 11 January**  
**Course fee: £125 CPD: 7 hours**

### Whiplash & Osteopathic Treatment

This course involves a review and discussion of the writings of academics as well as osteopathic views about what 'whiplash' really encompasses. Participants will look at the more up-to-date approach to definitions, diagnosis and treatments, as well as the subject of 'litigation neurosis'. Time will be given on the day for in depth discussion of the osteopathic approach to diagnosis and practice as well as a range of treatment modalities for the management of patients with 'whiplash' related problems. The emphasis will be osteopathic as patients seen post-whiplash demonstrate all the factors that osteopathic concepts relate to.



**Saturday 11 January**  
**Course fee: £125 CPD: 7 hours**



### Stretching Prescription Workshop

This workshop examines ways to modify stretches for individuals, contraindications and muscle physiology. The course will look at stretching before, during and after exercise, how to plan an individual stretching programme, and how yoga and Pilates can be effective in osteopathy. The course explores the principles of loosening or tightening and active palpation. There will be an evaluation of how specific stretches can aid treatment, including spinal stretches, upper and lower limb stretches and hamstring stretching.

**Saturday 11 January**  
**Course fee: £125 CPD: 7 hours**

### Contact

To register your interest or for further information on any of the CPD courses, please contact Sarah McLaughlin on 020 7089 5352 or [cpd@bso.ac.uk](mailto:cpd@bso.ac.uk).

### Courses

#### Autumn 2013

**Sat 12 October**

Cervico Thoracic Junction Pain and Pharmacology

**Sat 12 & Sun 13 October**

Paediatric Osteopathy

**Sat 9 & Sun 10 November**

Osteopathic Refresher

**Sat 7 December**

Paediatrics Refresher

#### Spring 2014

**Sat 11 January**

Ergonomics & Osteopathy  
Whiplash & Osteopathic Treatment

Stretching Prescription Workshop

**Sat 25 January**

Emergency First Aid

**Sat 22 February**

Functional Active Release NLP & Osteopathy

**Sat 22 March**

Sports Biomechanics

**Sat 22 & Sun 23 March**

Paediatrics Osteopathy

**Sat 17 May**

Sports Biomechanics

**Sat 17 & Sun 18 May**

Osteopathic Refresher

### Follow Us

To keep up to date with the latest CPD courses and special offers, sign up to our mailing list :  
[bit.ly/BSO\\_mail](http://bit.ly/BSO_mail)  
or like us on Facebook:  
[www.facebook.com/TheBSO](http://www.facebook.com/TheBSO)

The BSO also offers room hire. Whether you need a board room for your meeting, a lecture room for your talk or a technique room for a course, the BSO can help. Call 020 7089 5352 or visit: [www.bso.ac.uk/about-the-bso/room-hire-rates-and-information/](http://www.bso.ac.uk/about-the-bso/room-hire-rates-and-information/)



# THE BRITISH SCHOOL OF OSTEOPATHY

## Postgraduate Courses

For more information visit: [www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/](http://www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/)

### **MSc Osteopathy** *Achieving the next level*

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



The course is structured to allow you to complete specific units of learning as CPD or undertake the full course of study.

Each module will run one Saturday a month over four months, which will utilise a variety of teaching approaches including lectures, seminars and practical workshops, supported by assignments.

**Start date: September 2014**  
**Course Leader: Shireen Ismail**  
**Duration: 3 years (2 units per year)**  
**Course fee: £1,100 per 30 credit unit**

### **Post Graduate Certificate in Academic and Clinical Education**

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



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

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

**Start date: September 2014**  
**Course Leader: Dr Jorge Esteves**  
**Course fee: £2,200**

## — MSc Osteopathy Open Day - Saturday 7th December 2013 —

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



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

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

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

**Start date: February 2014**  
**Course Leader: Professor Stephen Tyreman**  
**Course fee: £3,900**

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

Shanaz Rahman on 020 7089 5357 or [s.rahman@bso.ac.uk](mailto:s.rahman@bso.ac.uk)

Or visit our website:

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

## Psycho-emotional aspects of osteopathic treatment - helping you establish and maintain a healthy work-life balance

**Presented by Prof Robert Shaw**

Saturday 16th to Sunday 17th November 2013

£270 (inclusive of lunch and refreshments)



Have you ever felt challenged by the demands of difficult patients, or exhausted after a day of dealing with patients' emotional needs? This course will help practitioners better understand the psychological aspects of osteopathic practice, and some of the difficult interactions that can sometimes occur. It will provide some psychological tools that will help practitioners protect themselves emotionally, and aid the management of therapeutic relationships, helping to establish and maintain a healthy work-life balance.

## Clinical rehabilitation: principles in practice for osteopaths

**Presented by Phil Bright**

Saturday 11th January 2014

£135 (inclusive of lunch and refreshments)



Geared at the osteopath with an interest in current approaches towards rehabilitation and exercise therapy in standard practice. Attendees will learn how to:

- Describe the principles of rehabilitation
- Determine different approaches in exercise - therapeutic vs conditioning
- Revisit the principles of training and conditioning
- Evaluate the evidence behind rehabilitation protocols
- Plan and execute rehabilitation programs for lumbar spine, cervical spine, shoulders/thoracic spine, knee and ankle

## From technique to osteopathic therapy: synthesis of the holistic concept

**Presented by Philippe Bolet**

Saturday 18th to Sunday 19th January 2014

£270 (inclusive of lunch and refreshments)



The aim of course is to provide delegates with a link between techniques learned in previous years and a directed way to listen to the patient, enabling them to develop an osteopathic diagnosis, founded on the case history, observation, inspection, palpation, and osteopathic tests to create an adapted treatment that relies on the patient's structure, dietary habits and also the management of his emotions. Philippe is a lecturer at a leading French osteopathic school (the CSOF) and his presentation is the result of more than 20 years of personal research.

## Also coming up ...

### Visceral osteopathy in a nutshell: the front of your patient

**Presented by Jean Marie Beukels**

A four-weekend course commencing Saturday 25th to Sunday 26th January 2014

### Course details to follow

**Presented by Trevor Campbell**

Saturday 1st February 2014

### Course details to follow

**Presented by Prof Frank Willard**

Saturday 8th to Sunday 9th March 2014

### Pain Management & Electrotherapy

**Presented by Prof Tim Watson**

Saturday 12th April 2014

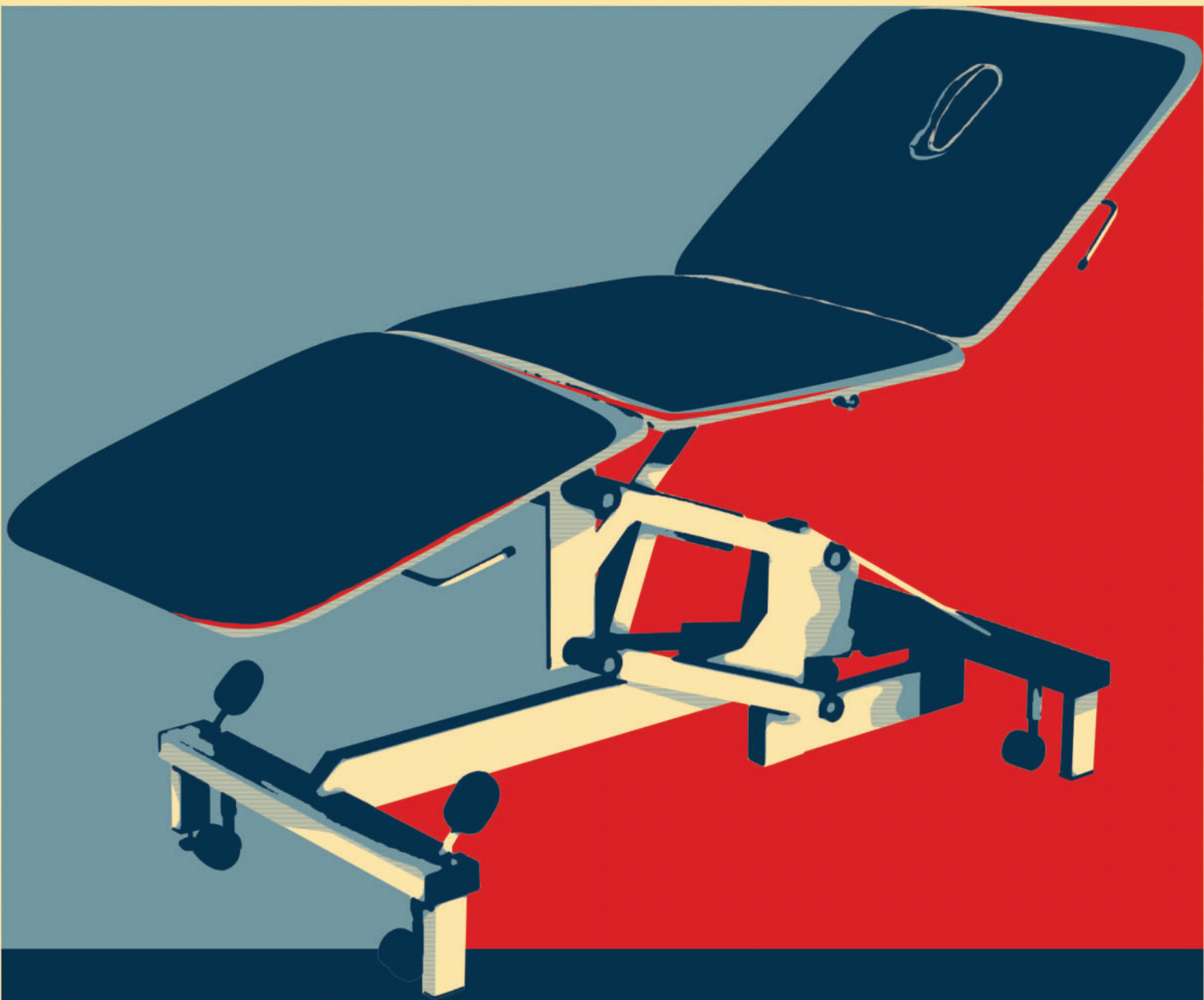
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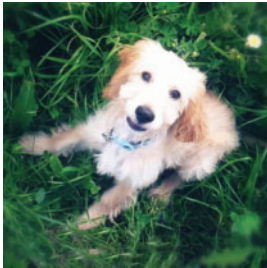
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# The path to quality training...



## Cranial Osteopathy for Dogs

Date: 2nd - 3rd November  
Venue: Moreton Morrell College, Warwickshire Cost: £275  
Course Leader: Jenny Candlish DO



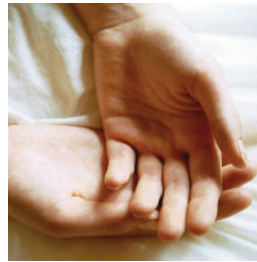
This two day, non-residential course is designed to provide a theoretical and practical introduction to the treatment of dogs using Osteopathy in the Cranial Field (OCF).

It is aimed at Registered Osteopaths currently working with and confident in the OCF approach in practice who have completed at least one SCTF-recognised five-day/forty-hour course. The course is being run in collaboration with the Society of Osteopaths in Animal Practice (SOAP).

Delegates with little or no experience of treating animals will be given the opportunity to explore how to apply existing OCF skills to dogs. Those already treating animals to develop their skills working with tutors experienced in both the OCF approach and animal treatment. The course should provide an enjoyable weekend for both human and canine participants, and delegates are welcome to bring their own dogs by advance arrangement.

## Palpation

Date: 8th December 2013  
Venue: Osteopathic Center for Children, London Cost: £150  
Course Leader: Carina Petter and Carol Plumridge



'Find it, fix it, leave it alone.' The old osteopathic adage is as true now as ever.

However, to do this we need to be able to use palpation to listen to the body tissues, to ask questions about the tissue state and to be able to hear the body's answer of how we can help the most.

This one day course will provide the expertise to allow you to explore and develop your osteopathic palpatory skill, and to increase your understanding of how osteopathic intervention can improve tissue health.

As ever, there will be a participant:tutor ratio of 4:1 to maximise development of practical skills..

## Future Courses

Please check website for full details

**40 Hour  
Foundation Course**

Osteopathic Centre for  
Children, February  
1-2, 15-16 Feb, 1-2 Mar 2014  
Cost: £895

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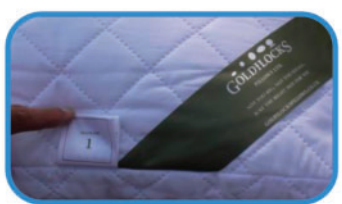
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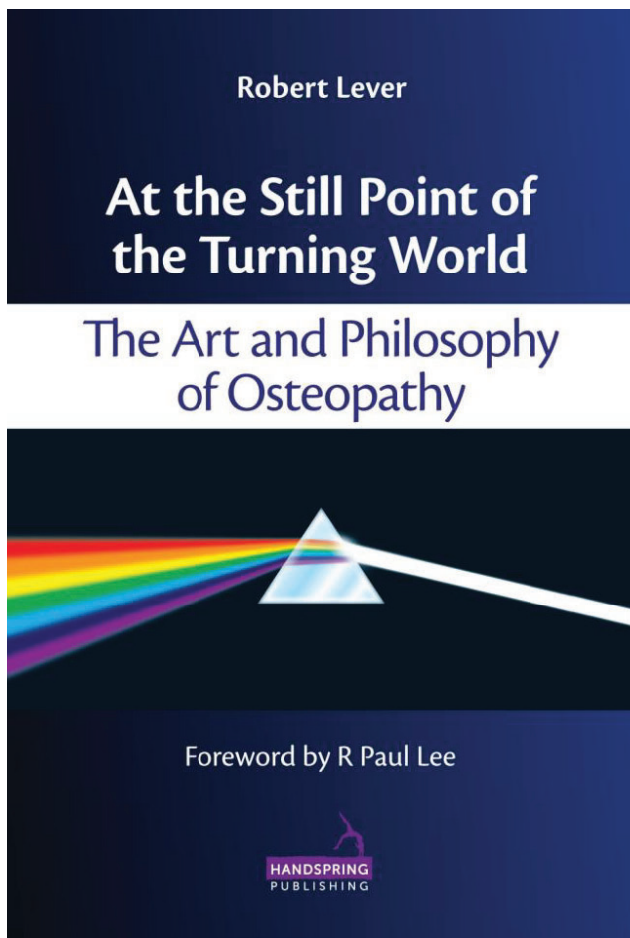
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**‘... a contribution to osteopathic thought and philosophy which has never before been so eloquently stated.’**

*Gez Lamb DO, Practitioner and International Lecturer*



Robert Lever's skills and approach to osteopathy have inspired generations of students and helped thousands of patients. Now he calls on over 40 years' experience as teacher and practitioner to deliver his thesis on 'the art and philosophy' of osteopathy, intended not only to help practitioners develop their skills, but to encourage and celebrate the art of their practitionership. In his own words:

*'I can't teach you how to do osteopathy... but what I will try to do is plant enough seeds of thought and orientation that the skills, attitudes and approach will begin to develop in you such that you can make the craft your own...'*

**Robert Lever DO**

**'If anyone has followed Dr Still's admonition to 'Dig on', it is Robert Lever with this excellent effort.'** *R Paul Lee DO FAAO FCA*

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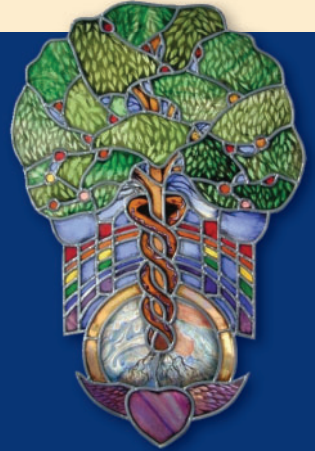


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