

Revalidation pilot assessor biographies

Liza Adams

'I am a traditional osteopath, familiar with structural, classical, cranial and some visceral techniques. I currently work in West Dorset in a multi-disciplinary practice. I have just completed a pain management project funded by the Health Foundation trying to provide early intervention for low back pain sufferers to avoid the development of chronicity. Prior to that I worked for four years as part of an NHS orthopaedic treatment service.

I graduated in 1990 and was fortunate to work with Walter McKone, Lesley Stockton, Mark Wilson and Tim Williams. After working as a volunteer practitioner at the Medical Foundation for the Care of Victims of Torture I completed a MSc in Research Methodology at University College London. Trained by the GOsC as an external examiner, I have assessed students from the British College of Osteopathic Medicine, the British School of Osteopathy, the European School of Osteopathy, the London College of Osteopathic Medicine and Oxford Brookes University. I am trained as a Quality Assurance Agency Visitor.

I feel that it is important that we implement an assessment process that clearly demonstrates the high quality of our osteopathic patient-centred care but also ensures that the actual essence of osteopathy is not lost in irrelevant "red tape".'

Stephen Beaver

'I have been involved with osteopathy since 1986 when I was in recovery from major spinal injury. I believe my experience as a "naive" patient has informed my understanding of the complex patient / practitioner relationship at the centre of every therapeutic event. Overall my experience was hugely positive hence my decision to train in osteopathy. Prior to this I was involved in craft as a luthier and ornamental woodcarver.

I believe that compassion, constant practice of the craft of osteopathy and a curious and creative approach to every presentation are the fundamentals of an effective osteopathic paradigm and that communication, hard work and self-reflection are the essentials of professional practice.

I own, manage and work at a general high street osteopathic practice in London and have taught paediatrics to Masters level at the Osteopathic Centre for Children London, the Osteopathische Schule Deutsche Hamburg and the Ostopathik Zentrum Fur Kinder in Vienna. I have been published as a co-author in *Osteopathische Behandlung von Kindern*, Hippokrates Verlag, 2010.

I have been involved in assessing and reviewing students and peers at many levels of informality and formality for 25 years, most recently as a faculty member of the Osteopathic Centre for Children Masters Programme.'

Tom Bedford

'Tom Bedford graduated from the European School of Osteopathy in 1998 and feels he has always benefited from the broad range of osteopathic techniques he was introduced to as a student. As a result Tom has experience of using both the structural and non-structural techniques of osteopathic philosophy.

Immediately after graduating, Tom worked at a cerebral palsy assessment centre where he helped treat children under the age of 5 years old who had been diagnosed with cerebral palsy.

Tom also has an active interest in structural osteopathic technique and has run postgraduate workshops on this subject in the UK, for the British Osteopathic Association. He has also lectured on spinal manipulation to students in Europe. Since 2003 Tom has been a Clinic Tutor at Oxford Brookes University, helping supervise and formally assess students on the undergraduate degree course.

Tom runs a busy city centre practice in Oxford, working with other osteopaths and massage therapists, and his patients have ranged in age from 24 hours old to 99 years old!

Mary Bridger

'I graduated from the BSO 1983. I have had experience of working both as an associate and developing my own practice in Wetherby from 1984 to the present. I took the opportunity to work within the NHS in 1990 for two years (until I went on maternity leave) when my local GP's funded me to provide osteopathy for their patients. My husband Adam took over my role and is still part of the North Leeds Musculoskeletal Services.

I have offered associate positions as the practice has expanded and moving to new premises in 2001 has allowed the practice to widen its scope of practitioners to become a multidisciplinary practice.

I have always enjoyed the diversity of patients that Wetherby has provided, and our practice offers both a structural and cranial approach. We have strong links with our local GP practices and receive referrals from them.

I am currently a part-time senior lecturer and have been involved with the development, course design, and delivery of the current MOst course at Leeds Metropolitan University for the past five years. At present I am module leader for the Practical Osteopathic Knowledge for level 4 students. Over the last four years I have had experience in various forms of formative and summative student assessment including; practical OSCE's, facilitating and providing verbal and electronic feedback for problem based learning modules and marking and moderating essays. Undertaking a PGCHE qualification last year entailed me developing assessment, learning and teaching strategies and gave me the great insight of being a student again, with the stresses of fulfilling criteria and providing a portfolio of work.'

Philip Bright

'Currently working as part of the Bluewater Sports Clinic, I treat a broad range of patients from children through to pensioners. I have a strong interest in structural evidence-driven practice, with particular emphasis on rehabilitation and patient autonomy. I also split my time between research and education: I'm currently involved in a systematic review of low back pain trials while lecturing in osteopathic technique and research methods. I regularly examine at an undergraduate level and act as a reviewer on research articles for Elsevier publications. I hope to complete a post-graduate certificate in higher education this summer with a view to commencing a Masters in rehabilitation and sports therapy in September.'

Brenda Case

'I am Brenda Case. I qualified from the College of Osteopaths in 1994, and since then have developed my own practice. In 2000 I started as a volunteer at the Osteopathic Centre for Children, to follow my interest in cranial and paediatric osteopathy. I also became an associate of the Redgrave clinic which gave me the opportunity to work as part of a team of osteopaths and physiotherapists in a general practice but with a focus on sports injury and rehabilitation - my original reason for studying osteopathy. I received the Diploma in Paediatric Osteopathy in 2004 and after a year as a volunteer I became a clinic tutor. As such I have assessed MSc portfolios, which included both critical incidents and case histories requiring reflective learning. To improve my teaching and assessing skills I completed the Post Graduate Certificate

in Academic Practice in 2007. I am also an assessor for the Diploma in Paediatric Osteopathy final clinic assessments.'

Jo Clarkson

'I qualified from The BSO in 1987, and subsequently returned to teach osteopathic technique and to tutor in the BSO clinic for 10 years. I sat on the GCRO ethics and PIC committees, and currently act as an ACC examiner for the GOsC. Over the last 15 years I have focussed more on examining than teaching, and have examined at most of the UK osteopathic education providers, as well as several institutions abroad. I currently work between two practices, with a team of four other osteopaths and other health care practitioners. Although I now work solely in private practice, I have previously worked with an NHS contract, as well as chairing a maternity services committee at the local hospital, and still give the occasional lecture to trainee GPs and other NHS practitioners. I am committed to helping ensure that the quality of osteopathic treatment delivered to patients is as high as it can be, and feel that my examining posts help me to do this, as well as informing my own practice standards.'

Tom Cree

I qualified at the British School of Osteopathy in 1967 and worked in Harrow until 1973 when I moved north to Harrogate. I started out as a single practitioner but I now work with four colleagues. In the 1980s I started working as an external examiner and moderator, first for the GCRO and later the GOsC. Although a grandfather I still work three or four days a week in clinical practice and have no intention of retiring just yet.'

Suzanna Frisby

'I qualified as an osteopath in 1999 from the British College of Osteopathic Medicine and have worked at The Richards Centre since then. It is based in a developing town close to Gatwick airport and is a multidisciplinary clinic with six osteopaths, a podiatrist, a chiropodist, Swedish massage, homeopathy, Indian head massage, reiki, reflexology and visiting GP's. The patient population varies from newborns to the elderly. I completed a MSc in Paediatric Osteopathy in 2006 and have lectured and tutored in this subject as well as general osteopathic approaches. My treatment approach combines structural, soft tissue, cranial and functional techniques. I have assessed pre- and post-graduate students at the European School of Osteopathy and the Osteopathic Centre for Children in a clinical environment, in exam situations both practical and written, and in the classroom.'

Claire Gregory

'I graduated from the BSO in 2002 and work in my practice in Trowbridge. I have chosen to work mainly in a structural capacity with a keen interest in athletes and sports injuries.

I have undertaken postgraduate education. I have a diploma in sports rehabilitation, which led me to work with the British bobsleigh team, various ironmen and marathon runners.

I have a foundation teaching PTTLS qualification and I work for Oxford Brookes University as a clinic tutor in Swindon, one afternoon a week. I spend my time running tutorials, and giving constructive feedback to students.

In 2010 I did some volunteer teaching assistant work and helped assess students' portfolio work and provide feedback.'

Fiona Hamilton

'Having worked in various practices over the last 20 years, for the last 4 years I have split my time between working from home, and working for the London School of Osteopathy. Whilst I use some cranial and visceral approaches, I consider myself a generalist. I am particularly interested in the psychodynamics of health and illness. My interest in education has taken me from teaching osteopathy and clinic tutoring

into more managerial and developmental roles.

I have also had the privilege of being an external examiner (both in a university setting and in relation to the final clinical competence assessment), and a Quality Assurance Agency Visitor for the GOsC (reviewing osteopathy courses). I hold a post-graduate certificate in teaching & learning in higher education (Open University), and am currently undertaking an MSc in Healthcare Education & Clinical Leadership (University of Kingston).'

Jo-Anne Holmden

'I qualified from the British School of Osteopathy in 1985 and have worked in my own practice since 1986, whilst also working in a group practice for seven years after qualifying. In my mixed practice, working from home, I utilise a variety of osteopathic techniques including structural, IMS, functional and strain-counterstrain and have an interest in the management of chronic pain. I returned to the British School of Osteopathy clinic as a tutor in 1986 and am still there, one day a week. As well as clinical tutoring I teach strain-counterstrain at both undergraduate and postgraduate levels. I have experience of assessing against criteria in the clinic (formative and summative assessment), FCC examining, dissertation supervision and as a GOsC mentor.

Lindsay Howley

'I graduated from the BSO in 1983 and have been in continuous practice since then. I have had many years of experience running a group practice. I have worked at the BSO as Senior Clinical Tutor for the past ten years and have taught their communication skills course for the last seven years. I also work as a clinical competency assessor for the BSO and have worked as an external assessor / moderator for several other osteopathic institutions. I have also worked for the GOsC in the past as a mentor during the PPP process and I currently mark the 'return to practice' portfolios.

I am married and have two daughters aged 22 and 16. I live in Wanstead, London. I also have a menagerie of cats and dogs. I enjoy art, theatre, travelling and have just started writing my first novel.'

Caspar Hull

'Osteopath with great interest in the involuntary mechanism [IVM], mostly my 27 years have been 'structural', because my partners were 'cranial'; I see no difference. I will use all my skills and the art of osteopathy for the best interests of my practice.

I am a final clinical competence assessor and moderator, trained by the GOsC and through this now an external examiner at Keele and Stafford universities, in their collaboration with the College of Osteopaths.

I have undertaken post-diploma education in education with starting a MSc Ost with Greenwich/European School of Osteopathy in 1994, completing Ost Ed 1 and osteopathy in the cranial field, but which was curtailed by the birth of a severely disabled daughter who superseded education for 12 years. I started training for the Quality Assurance Agency as a visitor assessing the Recognised Qualification status of osteopathic education providers, but stopped due to my daughter's condition. Since then I have enrolled in the Sutherland Cranial College pathway, nearly completed.

I have devised and executed modules in anatomy and physiology for private colleges. I have also undertaken an external examiners' professional development course in association with Keele University and the Staff and Educational Developmental Association.

I am struggling to write a paper on the "reticular formation and its integration with the osteopathic lesion"; for which I aspire a PhD placement. I am still learning something new every day with my patients and enjoying it.'

Brian Isbell

'Brian completed a PhD in Biophysics at the Medical Research Council and has taught health sciences in medical schools and universities for over 30 years. During this time he has had extensive experience moderating and examining academic, practical and clinical skills. Brian has practiced as an osteopath, naturopath and cranial therapist for almost 20 years in a university teaching clinic, private practice and the National Health Service. Brian prefers to adopt a holistic approach with patients using all three therapeutic approaches. Reflecting his current patient base he tends to most often use soft tissue manipulation and cranial approaches. As an Emeritus Fellow at the University of Westminster, Brian continues to teach on life sciences courses and carry out research. Brian is an external examiner and adviser for degree provision in the UK, Europe and Australasia.'

Trevor Jefferies

'I mainly practise as a full time faculty member at the British School of Osteopathy, where I am a Senior Clinic Tutor and Clinic Team Leader. I also teach diagnostic clinical procedures and diagnostic clinical reasoning. I run a demonstration clinic, where I treat patients who need the attention of a qualified osteopath rather than a student, while being observed by students. My approach is fairly eclectic, using structural, visceral and IVM modalities of treatment, to which I add medical acupuncture and biopuncture where these are helpful. I have a small private practice which I run from my home and by offering home visits to patients.

My experience of assessment has several branches. I am involved in the end of term clinical performance assessments of our students; I act as an assessor and moderator for the internal CCAs; I supervise undergraduate dissertations and therefore am involved in marking these.

I am occasionally involved as an assessor in viva voce exams in practical osteopathic skills. Additionally I have to perform annual appraisements for my staff. I had also to do this in my previous career, before training as an osteopath.'

Barbara Judge

'I have been in practice since qualifying from the British School of Osteopathy in 1971 and practise in Bromley. The practice is part of, but separated from, my home as I was a working mother and this was logistically easier. I have been involved in teaching ever since qualification except for five years when I had my two sons. In 1990 I decided to make osteopathic education the main part of my career and the practice took a back seat. I have been Chair of Clinical Learning at the British School of Osteopathy and also managed the British College of Osteopathic Medicine Clinic for a short time. I am currently a clinical team leader at the British School of Osteopathy and work with students and manage a small team of clinical tutors for two days a week. Assessment of clinical competence has been an ongoing part of my working life for 40 yrs. Approaching retirement means I work less and less in practice now but I still work structurally with patients of all ages and try to help any patient with any problem they bring.'

Nigel Kettle

'I qualified from the British School of Osteopathy in 1999 and since then have worked as an osteopath. Prior to that, I was a professional sports and complementary therapist for nine years. In addition to working at private practices in Reigate, Surrey and East Sussex, I am also principal lecturer in 3rd and 4th year osteopathic technique and a clinic tutor at the Surrey Institute of Osteopathic Medicine, an osteopathic Recognised Qualification degree course based in Surrey.

Working primarily as a structural osteopath, I use the traditional osteopathic techniques of soft tissue, articulation and manipulation, also incorporate western medical acupuncture/dry needling techniques, electrotherapy and exercise prescription and injury rehabilitation techniques into treatment as appropriate. I also trained as a cranial osteopath.'

Barry Kleinberg

'I trained at BCOM and graduated in 2008. Since then I have run my own practice based in a gym and a GP surgery in North West London. I treat all ages and conditions. I have special interests in headaches and sports injuries. I have worked pitch-side with football clubs and am very excited to be working at the Olympic Games in London this year. I am deputy head of osteopathy at BCOM, I am currently finishing a MSc in Advanced Sports Rehab and am due to commence a PhD in October 2012.'

Simeon London

Simeon has a BSc (Hons), a B.Sc (Hons) Ost and a Grad Dip HE. He is a registered osteopath, who graduated from the British School of Osteopathy in 1995. He has extensive experience in osteopathy education and has taught at undergraduate and postgraduate level in the UK and in New Zealand across a range of subjects including pathology, clinical examination, clinical education and clinical practice. He has a particular interest in the assessment of clinical practice and has published in the *International Journal of Osteopathic Medicine*, as well as contributing to and chairing conference seminars on the subject. He has also worked for the GOsC as an assessment expert developing the assessment criteria for the revalidation pilot and assessment tools and he is a Reviewer for Educational Oversight for the Quality Assurance Agency.

Susan Nicholson

'I qualified at the British School of Osteopathy in 1998. I worked at various osteopathic practices as well as my own for nine years and within my own practices for the last three.

My osteopathic works covers the treatment of a wide range of the population, babies to the elderly. I use a wide range of modalities of osteopathic techniques in my work.'

Jay Patel

'I am a sole practitioner (without a receptionist and working from home) treating a range of patients spanning the local demographic for age, race and social/economic backgrounds. My treatment approach is mainly structural with some cranial osteopathy, also utilising other treatment approaches including functional release, inhibition and muscle energy.

I believe that our job is to enable patients to help themselves as much as possible and so incorporate self help and exercise plans into the treatment process. As part of this aim, I have also developed excellent working relationships with local osteopaths, GPs, practice nurses, neurological and orthopaedic consultants and alternative practitioners.

I have been an assessor for Active Associates, which is a sports massage school, for the past 18 years. The students come from varied backgrounds and include physiotherapists, undergraduate osteopaths, sports specialists and personal trainers.

Assessing is done through observation of the student and assessing portfolios against set criteria. Assessments often require consideration to be given to the diversity of both student and client. All students are provided with constructive feedback.

I feel that I can bring empathy to the role of assessor through having shared fears and concerns about the process of revalidation during local meetings of osteopaths. I also see the value of the assessor's role in allowing me to see best practice from across the profession and not only develop my own practice but share best practice with other osteopaths, so that we can develop the profession as a whole.'

David Propert

'I have been practising in central London since 1993 when I established a practice alongside a fitness and elite squash centre within a large residential complex. This has evolved into a busy multi-disciplinary integrated clinic with 15 practitioners treating a diverse patient demographic including athletes and performers, the elderly, babies and children, expectant mothers, and the wider community. Such a broad range of patient groups has led me to develop competencies in structural and functional modalities (including working with the involuntary mechanism), biochemical issues and psychotherapeutic factors. My osteopathic approach involves a mix of these elements depending on a comprehensive assessment of the patient's needs and paradigms.'

My first degree was in physiology, a BSc (Hons) from Royal Holloway, University of London and I have been lecturing and assessing in physiology and pathology at the BSO since 1995, including roles as sports clinic and NHS elective clinic tutor. In 2007 I completed a Post-Graduate Certificate in Academic Practice. My experiences have led to a passionate belief in ensuring that professional standards are maintained not by ticking boxes but in a dynamic, self-reflective and clinician-led way. I am thrilled to have been selected as one of the 2012 Olympic osteopaths.'

Matthew Rogers

'After graduating from the British School of Osteopathy 10 years ago, Matthew joined Central London Community Healthcare NHS Trust where he is still employed as a senior therapist. As such, he treats patient in a busy award-winning interdisciplinary team alongside osteopath, physiotherapists and orthopaedic specialists. He also runs regular tutorials for his team and is responsible for managing parts of the service, conducting regular appraisals and knowledge and skills assessments for colleagues in a process very similar to that of revalidation.'

In addition to his NHS work, Matthew has developed an extensive understanding and enthusiasm for sports and runs-specialist sports injury clinics at his local rugby club twice a week. He can also be found at Netherne Osteopathic Practice where he works privately. He predominantly uses a structural approach, but is also trained in cranial osteopathy, western acupuncture and is an OCR-recognised Pilates instructor.

Matthew is delighted to be able to share this experience by accepting the role of revalidation pilot assessor.'

Deborah Smith

'I currently work as both a sole practitioner and in group private practices. I use a predominantly structural approach, alongside some cranial work and medical acupuncture. Whilst I treat a broad spectrum of patients, my particular interests are in paediatrics, rehabilitation and shoulder conditions. I place strong emphasis on preventative advice to reduce potential causative factors from daily life.'

Aidan Spencer

'I have worked as an associate osteopath in South London since I graduated from the BSO in 2006. More recently I have also taken a post in a long established practice in Romford. I gained a Masters in paediatric osteopathy through the Osteopathic Centre for Children. My experience of assessing is drawn from my work as a clinic tutor at the Osteopathic Centre for Children, which includes supervising the development of reflective learning journals. I have also completed a post-graduate teaching qualification.'

Sarah Spencer Chapman

'My background was survival, professional ocean sailing and water therapy prior to training as a mature student in osteopathy at the College of Osteopaths in 2000. Joe Goodman awarded me the John Brown Memorial Award when I graduated.'

I've lectured at Oxford Brookes and have been involved in the assessment of students, I consult in Harley Street, London, as part of a multi-disciplinary team and have for three years been a locum in Ischia where I worked in the water as a hydro osteopath as well as practising regular osteopathy. My main practice is in Stroud, Gloucestershire, where I work as a sole practitioner although I have recently taken on an associate to take over my patient list.

I have a diverse practice and have practised outside the UK in Kenya and Malawi for periods of time. In 2007 I returned to Kenya after a gap of some 27 years, with a medical team, to treat people in Kibera, the slum where The Constant Gardener was filmed. There were 23 of us, a multi-disciplinary team of doctors, dentists, nurses, midwives, osteopaths, physiotherapists and pharmacists.

I currently divide my time between my UK practice and my work in Kenya, where I am designing a significant project alongside people of the Samburu and Massai tribes looking at rehabilitation. It is hoped that the project will enhance care whilst being grounded in local traditions and ways of life.'

Angela Stevenson

'I joined the revalidation scheme pilot as I thought I might be able to make a positive contribution to the profession in this way and I applied for the assessor post for the same reason.

I use osteopathic principles and techniques to help my patients achieve improved comfort and function. I use structural techniques (HVT, soft tissue, articulation) and the involuntary mechanism. I now prefer to use the involuntary mechanism and have begun the Sutherland Cranial College pathway. I also have an interest in the influence of our mindset on health, and neuro-linguistic programming. I am hoping to start teaching and so have applied to take a postgraduate certificate in clinical education at the British School of Osteopathy.

I graduated from the British School of Osteopathy in 1983 and so celebrate 30 years in practice next year. I have moved around a bit in my career, developing practices in both the North and South of England as well as the Middle East in Riyadh, Saudi Arabia and Dubai.

My practice environment has varied widely over the years from working on my own at home to a busy multi-disciplinary practice and also within a GP practice. I think I have treated people from nearly every country in the world!

I have experience of assessing students in a clinic setting and in technique in the UK. I have also served on a medical panel assessing osteopaths applying for a licence to practise in Dubai. Living as an expat in the Middle East has helped me appreciate the value of seeing other people's perspectives on life.

My philosophy is: listen, reflect in a non-judgemental way, be true to yourself and make life as simple as possible. This has served me well in osteopathy and life.'

Kristina Walker

'I have been qualified for nearly three years and now work in my own clinic in Birchington, Kent. I treat a variety of conditions and patient groups, though due to local population demographics I do see a lot of elderly patients and, from personal pursuits, a lot of sports injuries. I particularly enjoy treating mechanical problems. I would describe myself as a classical osteopath due to my use of Littlejohn's philosophy within my practice.

As an assessor I work for a fitness qualification training provider, PS Pro Training. In this role I have assessed practical, theoretical and portfolio components for various fitness qualifications and CPD courses.'

Diana Widdows

'I graduated from the College of Osteopaths in 2008. Since then I have managed my own osteopathic clinic in Muswell Hill/Alexandra Park. My patients come from a wide range of professions and trades. I treat children (excluding babies), adults and the elderly. I also work one day a week at TLC Health Services, which is a multidisciplinary clinic in Haringey. I use a structural approach to treatment together with cranial techniques and equipment (including interferential and ultrasound). I prescribe orthotics and recently trained in dry needling.

Before training as an osteopath I worked as a human resources manager for over 20 years. I also worked as practice manager in a busy GP practice in North London. As a result I have had responsibility for recruiting and managing staff including performance appraisal. I have also acted as an assessor in assessment centres.'

Ed Wilmot

'I graduated from the British College of Naturopathy and Osteopathy (now the British College of Osteopathic Medicine) in 1990 and ran my own practice in Surrey for many years, along with an associate position in Portsmouth. Currently based in Somerset, I am slowly relocating back to Surrey, with a brand new practice at Heathrow - an emphasis on occupation related problem solving in the aviation sphere.

I joined the London School of Osteopathy in 2000 as a clinic tutor and dissertation supervisor and I was a tutor and lecturer at the Surrey Institute of Osteopathic Medicine.

I use a mixture of techniques to really get to the root of patient problems for a long term solution. This extends to teaching to allow the student to develop their own style while guiding within an evidence base for diagnosis and treatment enabling efficient treatments.'