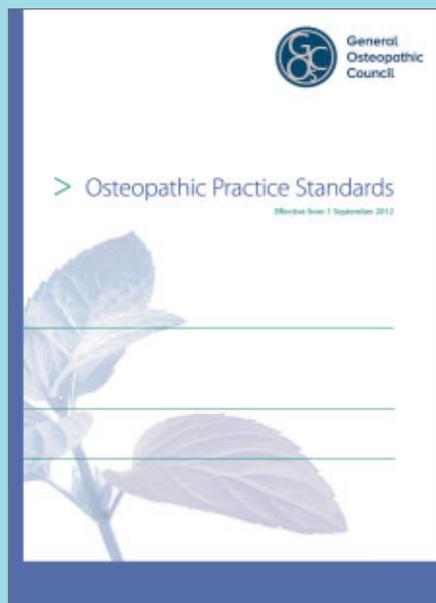


# the osteopath

## Putting OPS into action



- > Regional Conference round-up
- > Opinion Survey: key findings



General  
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Osteopathic  
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 Find us on Facebook:  
[www.facebook.com/goscnews](http://www.facebook.com/goscnews)

Chair of Council: Alison White  
Chief Executive and Registrar: Tim Walker

## Key GOsC services

### **Communications and Osteopathic Information Service** ext 242 / 245 / 228

Enquiries about conferences, workshops and events, *The Osteopath*, GOsC websites, Certification Mark, the media, NHS, publication orders (including GP consent forms and off-work certificates), presentation material, Regional Communications Network, consultations, NCOR.

### **Professional Standards** ext 238 / 235 / 240

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

### **Finance and Administration** ext 231

Enquiries about registration fees, VAT, payments.

### **Public Affairs** ext 245 / 247

Enquiries about national healthcare policy, parliamentary and international affairs.

### **Registration** ext 229 / 256

Enquiries about annual renewal of registration, updating your Register details, non-practising status, practising abroad, graduate registration, retiring/resigning from the Register, professional indemnity insurance.

### **Regulation** ext 224 / 249 / 236

Enquiries about the *Code of Practice* for osteopaths, dealing with patient concerns, ethical guidance and consent forms, fitness to practise, Protection of Title.

### **Governance** ext 246

Enquiries about Council members and meetings, GOsC Committee business.

### **Chair / Chief Executive and Registrar** ext 246

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# the osteopath



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- > What's happening with the revalidation pilot?

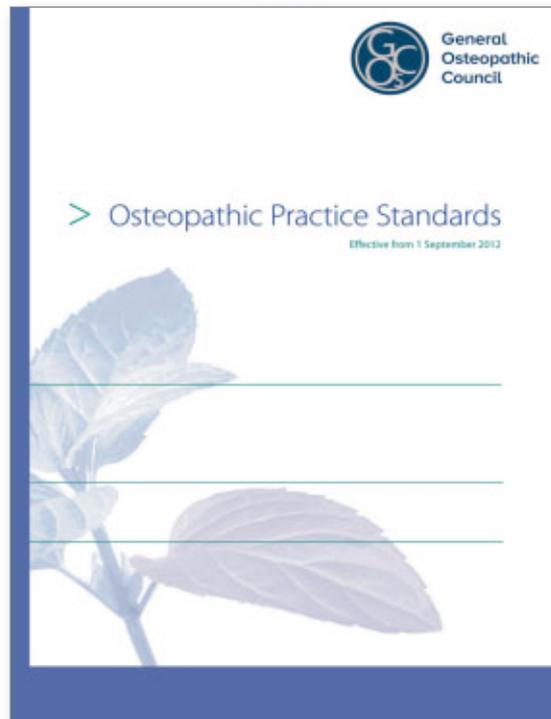
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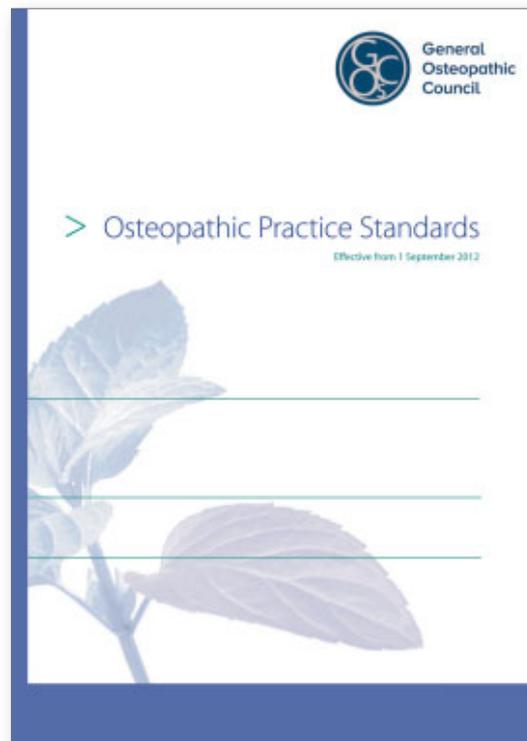
# New standards take effect 1 September – are you ready?



The new *Osteopathic Practice Standards* take effect from 1 September 2012, replacing both the *Code of Practice 2005* and the *Standard 2000 – Standard of Proficiency*.

The *Osteopathic Practice Standards* was sent to all osteopaths in July 2011. If you registered after this date, you will have received the *Osteopathic Practice Standards* as part of your GOSC Registration pack.

All GOSC standards are also available to view on our registrants' website, the zone: [www.osteopathy.org.uk/uploads/osteopathic\\_practice\\_standards\\_ozone.pdf](http://www.osteopathy.org.uk/uploads/osteopathic_practice_standards_ozone.pdf)



## What you should do now

Take a few minutes now to ensure your practice standards documentation is up to date and filed for easy access by you and your practice staff.

## GOSC Development Folder

The GOSC 'Development' folder is the light blue folder originally issued to you in 2007, or provided in your GOSC Registration pack if you registered after this date. To bring this up to date:



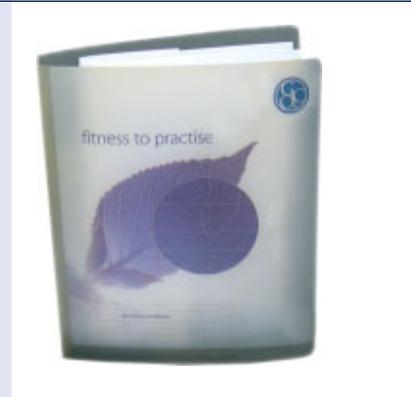
**1** Retain your copy of the *Continuing Professional Development – guidelines for osteopaths and associated forms*



**2** Discard the now obsolete *Standard 2000 – Standard of Proficiency*

# GOsC Fitness to Practise Folder

The GOsC 'Fitness to Practise' folder is the purple folder originally issued to you in May 2005, or provided in your GOsC Registration pack if you registered after this date. To bring this up to date, you should now do the following:



**1** Insert your copy of the *Osteopathic Practice Standards* in this folder if you have not already done so



**2** Discard the now obsolete *Code of Practice (2005)*



**3** Discard the now obsolete guidance document *Obtaining Consent – May 2005*. New guidance will be issued in due course



**4** Discard the now obsolete guidance document *Visual and audio recordings of patients*



**5** Discard the *Consent form for examination and/or treatment by an osteopath* \*



**6** Discard the *Consent form for visual and audio recording of a patient* \*

\* Guidance on obtaining and recording consent can now be found at A4 of the *Osteopathic Practice Standards*

## Support for you

On the **o** zone website you will now find a range of support pages for *Osteopathic Practice Standards* see: [www.osteopathy.org.uk/ozone/practice-guidance/Osteopathic-practice-standards](http://www.osteopathy.org.uk/ozone/practice-guidance/Osteopathic-practice-standards).

Here you will find additional information on the standards, a library of advice and guidance published in recent issues of *The Osteopath* magazine, and new interactive learning activities to help you to explore how the standards apply in practice.



For further advice or information, you can also email us at [standards@osteopathy.org.uk](mailto:standards@osteopathy.org.uk) or telephone 020 7357 6655 ext 235.

# GOSc goes on the road: regional conference round-up

Approaching 800 osteopaths attended the six GOSc regional conferences held around the UK between April and July this year. From the feedback we received, there was a strong consensus that such gatherings are welcomed and serve as an antidote to the sense of isolation some sole practitioners experience. It's encouraging that the vast majority of delegates (93%) found the conferences 'useful' or even 'very useful'. That said, we recognise a need to engage more fully with newer members of the profession, as the majority of conference attendees qualified before 2004.



## The 2012 conference online

If you were unable to attend the regional conferences – or wish to listen again to any of the presentations – a film of the morning session will shortly be available to view on the **o** zone. The detailed supplementary information provided in the delegate packs will also be available to download.

The online conference presentations include:

- > **Velia Soames**, GOSc Head of Regulation, outlining the new *Osteopathic Practice Standards* taking effect on 1 September 2012 (see also pages 4 and 5).
- > **Steve Vogel**, Chief Investigator of the Clinical Risk Osteopathy and Management (CROaM) study, on new evidence resulting from the GOSc Adverse Events Project relating to risks and benefits associated with osteopathic care.
- > **Pippa Bark**, Principal Research Fellow at University College London, offering practical advice on communicating

effectively to patients the benefits, risks and side effects of osteopathic treatment. Look out for further advice from Pippa in the next issue of *The Osteopath*.

- > **Fiona Browne**, GOSc Head of Professional Standards, outlines the strengths and weaknesses of the current GOSc scheme of continuing professional development, and invites your views on how this can be improved. The CPD consultation closes on 30 September – see p11 for more information.

### GOSc Chair, Alison White, who chaired the morning session of the conferences, shares her reflections on the conferences:

"I have been delighted to have the opportunity to meet osteopaths from all over the UK during the regional conference programme. Chairing the morning sessions at all six conferences gave me considerable insight into the diverse views of the profession and the challenges raised by issues such as gaining consent and effectively communicating risk and benefits to patients. Osteopaths were more than

prepared to express their views very frankly about the revalidation pilot and opportunities to change the arrangements for continuing professional development. I am truly impressed that so many wish to be involved in our work, contribute to research projects, take the time to participate in the pilot and relish the opportunity to improve their practice. In my view, this reflects with great credit on the profession.

"I took away a few key issues – clearly Council has more to do in building relationships with its registrants – we will be looking again at our communications and trying to respond to feedback, and also continuing to reassure osteopaths about their fears about fitness to practise complaints. In reality, the GOSc receives very few complaints relative to other regulators, and has recently received a clean bill of health from its own regulator (the Council for Healthcare Regulatory Excellence) about the process, which compares very favourably with all the other healthcare regulators particularly in terms of the time taken to deal with complaints. But as always, there are areas where we can improve and this will be among my priorities in the months and years ahead."



Steve Vogel



Pippa Bark



Alison White



## Future-proofing UK osteopathy

Independent facilitator **Mark Butler**, from The People Organisation, took the helm in the afternoon conference sessions to chair impassioned and wide-ranging discussions on priorities for the development of osteopathic practice. Two discussion documents had been distributed to osteopaths in advance of the conferences to stimulate debate, produced by the GOSc (*UK Osteopathy: Ten questions for the next ten years*) and the BOA (*A structure fit for the future of osteopathy – core issues and key questions*).

This keynote event saw the first active collaboration between the BOA, the GOSc, the Council for Osteopathic Educational Institutions (COEI) and the newly formed Osteopathic Alliance (OA), together seeking to secure the future of osteopathic practice. The aim was not an attempt to resolve issues immediately, but to provide an opportunity for individual osteopaths and osteopathic organisations, through discussion, to begin the process of establishing a consensus of views. Strong feelings were well in evidence but,

generally, discussions were positive and good natured, the profession at large welcoming the cooperation between the organisations represented.

Across the country, one thing seemed clear to audiences everywhere: ensuring a flourishing future for osteopathy is a job for every osteopath, and osteopaths should look to ways of working together.

Taking the lead in this, osteopathic organisations including the BOA, COEI, OA and GOSc have forged a common statement (see overleaf) on how this important development debate will be taken forward.



**Mark Butler**





General  
Osteopathic  
Council

## Future-proofing osteopathy – joint statement

Over the past four months, at six regional conferences, we have had the opportunity to hear the views of nearly 800 osteopaths on the future of the osteopathic profession.

We are grateful for the positive and productive feedback we have received from the profession, and encouraged by the view expressed widely that there is a need for all the organisations represented to work together to support the development of osteopathic practice and the osteopathic profession.

What we plan to do now is to reflect on your feedback and come together in the autumn to consider what actions need to be taken and over what time period.

We will continue to engage with the profession and seek to ensure the widest input we can from individual osteopaths into this work, while also communicating progress to you.

If you were unable to attend any of the conferences and would like to put forward your own ideas or views – whether on the documents published by the BOA or GOSC or on other relevant matters – please do so either via the BOA, the Council of Osteopathic Educational Institutions, the GOSC or the Osteopathic Alliance.

**Michael Watson**  
Chief Executive  
British Osteopathic  
Association

**Adrian Barnes**  
Chair  
Council of Osteopathic  
Education Institutions

**Nicholas Handoll**  
Coordinator  
Osteopathic Alliance

**Tim Walker**  
Chief Executive and Registrar  
General Osteopathic Council

# News from Council

**The 76th meeting of the Council on 17 July was the first meeting led by the GOsC's new Chair, Alison White, and also the first Council for new registrant members John Chaffey, Jorge Esteves and Haidar Ramadhan.**

## Improving fitness to practise

Council considered two reports around how the GOsC conducts fitness to practise hearings. The first was the results of a survey conducted over the past two years looking at registrants and complainants experiences of the process.

Although the numbers involved in hearings is small, the number of questionnaires returned has now reached nearly 50 including 30 registrants. Areas have been identified where the GOsC can make improvements, particularly in communicating with registrants, but the survey also noted the high proportion of registrants who believed the process to be fair.

The research will continue so that we maintain an up to date understanding of registrants and complainants experience.

The second report concerned the use of a Professional Conduct Committee procedure rule which would allow some cases to be concluded without a hearing. Using this procedure, a registrant can accept an admonishment without the GOsC (and the registrant's insurers) incurring excessive hearing costs. Council approved a consultation with the BOA, insurers and others before it will be decided to use this approach.

## Adverse events and NCOR research

Council was presented with an overview of the four GOsC-funded adverse events projects that have now been concluded; the last of these being the CROaM study which was presented at this year's regional conferences. Council also endorsed next steps for making use of the research findings which includes bringing together the projects' researchers, NCOR and the BOA to identify, develop and deliver resources to support osteopaths in their clinical practice.

Council was also presented with the NCOR three-year strategic and work plan, by NCOR Director, Dr Dawn Carnes (see p16 for more details).

## Data retention

The GOsC holds a range of data about individual registrants – including registration and complaints records – and we have a duty not to retain this longer than is necessary. Council considered a draft data retention policy, including the length of time that individuals' records and other documents should be held, before endorsing a consultation with interested parties including the National Osteopathic Archive.



## Annual Report and Accounts

Council approved the GOsC's Annual Report and Accounts which will be laid before Parliament shortly and then made available on the GOsC website.

## Changes to Council

Council considered the report of a working group on the structure of Council and its committees. Their plan would involve making committees' work more relevant to osteopathic practice and also reducing the size of Council. The aim is to make the Council more effective and to make cost-savings. Final decisions will be made at the October Council meeting.

The full Council agenda and papers can be found on the GOsC public website.

## Future Council meetings

- > Wednesday 10 October 2012
- > Thursday 13 December 2012
- > Wednesday 20 March 2012

Meetings begin at 10am at Osteopathy House. Agendas and papers for the public session are available at [www.osteopathy.org.uk](http://www.osteopathy.org.uk), the week before the meeting.

**For further information, contact Marcia Scott, on 0207 357 6655 x246 or email: [mScott@osteopathy.org.uk](mailto:mScott@osteopathy.org.uk)**



# Osteopaths' Opinion Survey 2012: key findings

**Thank you to everyone who contributed to the Osteopaths' Opinion Survey 2012 conducted earlier this year. Approximately 30% of the profession – 1,372 osteopaths, took part – a very high response rate for a survey of this kind.**

Our aim was to gauge the profession's current understanding of the role of the GOsC and its confidence in osteopathic regulation. We were keen to find out your assessment of the effectiveness of our communications with osteopaths. You have provided a lot of feedback which will help us greatly to focus and restructure our communications and engagement strategies.

We aim shortly to report in detail your views and our plans arising from your feedback, but share here just the key findings:

## The role of the GOsC

Understanding of the purpose of the GOsC was good: the vast majority recognised the GOsC's functions in relation to registration, the promotion of standards, Protection of Title, and complaints handling. However, one in three osteopaths still believe that promotion is the role of the regulator, suggesting that further communication work is needed to distinguish clearly between the roles of the GOsC and the BOA.

## Confidence in regulation

Overall there were high levels of confidence in the regulation provided by the GOsC, with an approximate ratio of 80:20 of confidence to lack of confidence. A similar question around confidence as to whether the complaints processes produce fair outcomes produced a ratio nearer to 60:40, suggesting a need for more information explaining clearly how these processes work.

A majority (58%) believe that regulation has had a positive effect on osteopathy, with 'don't knows' at 22% outweighing 'nos' at 17%.

## Whistleblowing

A high proportion of osteopaths (84%) say they would report unregistered practice to the GOsC, although a far lower number appear to be willing to share concerns with the GOsC relating to the performance or behaviour of another osteopath. An important issue for all health professionals, this needs more exploration in terms of what further guidance and support should be provided to osteopaths.

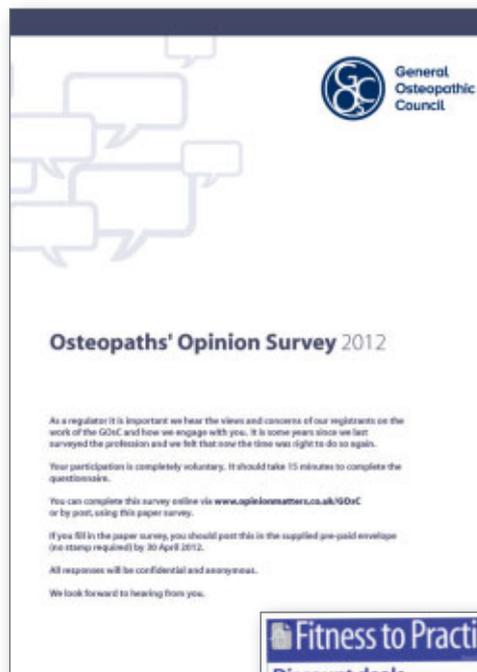
## Standards of practice

Nearly three-quarters of respondents were aware of the new *Osteopathic Practice Standards*. We will be writing shortly to all osteopaths to remind the profession of the implementation of the new *Osteopathic Practice Standards* from 1 September this year (see also pages 4 and 5). Just over 50% of osteopaths were not aware of the GOsC's *CPD Discussion Document* inviting your views on how the current CPD scheme should change for the better – see p11 for further information.

## GOsC communications

Assessment of the GOsC's communications was favourable, with nearly three-quarters (72%) of the opinion that we communicate 'very effectively' or 'fairly effectively'. A still higher proportion (82%) believe that the staff they have dealt with are knowledgeable and competent, and courteous and professional in dealing with enquiries (86%).

The GOsC's means of communicating with osteopaths, including via *The Osteopath*, the monthly news e-bulletin, fitness to practise bulletin, public website and the dedicated website for osteopaths – the **o zone**, were rated overall as 'good', but we



are conscious of the need to be more engaging in the tone, content and look of all our communication mechanisms. We will be using your feedback to also improve the navigation on our websites.

There is considerable variation in how osteopaths wish to receive communications, e.g. whether by email or letter, etc. This information will need to be analysed carefully across different demographics.

The GOsC is also seen to consult 'well', with 69% saying that we consult 'well' or 'very well'. As with communication, there is a variety of preferred methods for consultation – ranging from online to face-to-face.

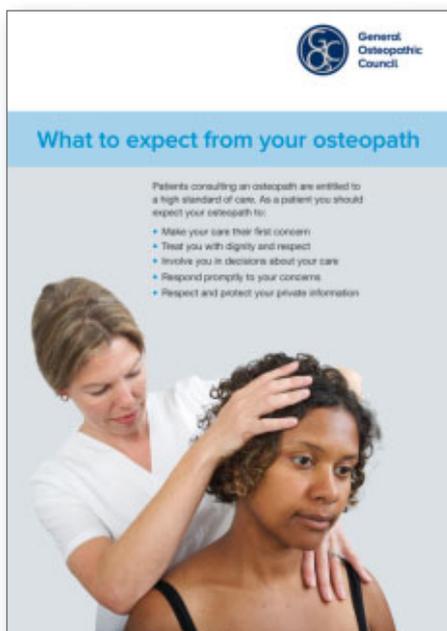
## More to follow ...

Along with the raw numerical data, there is a great deal of written feedback that is currently being analysed. Your feedback and the implications of this survey will inform future Council discussions and we will report further in *The Osteopath* in due course.

**For more information, contact the Communications Department on 020 7357 6655 ext 245 or email: [info@osteopathy.org.uk](mailto:info@osteopathy.org.uk)**

# New practice information leaflets

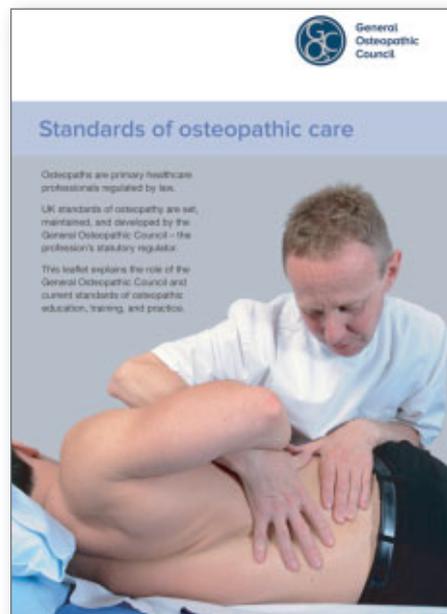
Two new public information leaflets produced by the GOsC are now available to help osteopaths raise awareness and understanding of osteopathic care.



## 'What to expect from your osteopath'

targets patients who are considering osteopathy for the first time. The information provided reflects the many questions we daily receive from patients and the public seeking reassurance on what to expect during the first and subsequent appointments with an osteopath.

'Standards of osteopathic care' aims to help the public know more about the high standards of training, professional skills and behaviour that are the hallmarks of an osteopath registered in the UK. This leaflet responds to the assurances typically sought by other healthcare professionals, notably GPs and NHS commissioners.



Both leaflets were developed in consultation with osteopaths and patients. They can be purchased from the Communications Department by calling 020 7357 6655 ext 242 or via the online shop on the **o** zone.

**For further information, please contact the GOsC Communications Department on 020 7357 6655 ext 242 or email: [info@osteopathy.org.uk](mailto:info@osteopathy.org.uk)**

## Having trouble accessing the **o** zone?

Find the **o** zone easily by going to the GOsC public website at [www.osteopathy.org.uk](http://www.osteopathy.org.uk) and clicking on "Registrants' Log in", which you can find in the top, right-hand corner of the Home page. To log into the **o** zone, put your GOsC registration number e.g. 2347, into the box marked 'Registration'. If you are logging into the **o** zone for the first time, your password is your date of birth in the format dd/mm/yyyy – and it is important to include the forward slashes when you type in your birth date.

### Changing your password

Once you are logged in for the first time, we would recommend that you change your password (your birth date) for something more secure. To do this, click on the tab 'My Registration', and then select the 'Update my details' page.

### Forgotten your password?

If you forget your password to the **o** zone, click on the 'Forgotten password?' link.

Enter your email address, and your password will be emailed to you. For you to be able to use this facility we must, of course, already hold an email address for you on the GOsC database. Providing the GOsC with an email address is important in order that we are able to keep you updated about professional matters and provide you with access to the **o** zone osteopath resources. If you are not sure that we have an email address for you, send your current email address and your registration number to the GOsC Registration Department on [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk).



### Further help

If accessing the **o** zone is still posing a challenge, email or call the GOsC Communications Department for help: email [webmanager@osteopathy.org.uk](mailto:webmanager@osteopathy.org.uk) and include your registration number, or contact us by telephone: 020 7357 6655 ext 242 or 228.

# Regulation watchdog gives GOsC a positive review



**In July, the GOsC received a positive endorsement of its work from the Council for Healthcare Regulatory Excellence (CHRE) – the body responsible for monitoring the performance of UK healthcare professional regulators.**

In common with all the health professions' regulators, the GOsC's performance is reviewed annually by the CHRE to ensure that we are complying with legal duties to promote the health, safety and wellbeing of patients and the public. All regulators' performance is measured against a set of standards that cover different areas of work, including practice standards, professional registration, complaints handling, and education and training.

This year's annual Performance Review Report concludes that the GOsC continues to regulate osteopathic practice effectively. Notable areas of work this year include the publication of the new *Osteopathic Practice Standards*, replacing the current *Code of Practice* and *Standard of Proficiency* from 1 September 2012; the

development of student fitness to practise guidance for osteopathic educational institutions; the piloting of a revalidation system for osteopaths; and improved advice on osteopathic standards of care for patients and the public.

The CHRE had identified that of the nine regulators, eight either do not meet one or more of the standards, or it has concerns about the consistency of their performance against one or more of the standards. The GOsC is not one of these eight regulators.

**The full report is available on the CHRE website via: <http://www.chre.org.uk/satellite/479>. Our review can be found in section 14 on pages 51-57.**

## How should CPD change for the better?

**We are looking at the current CPD scheme and seeking your views on how this can be improved.**

**To help you share your views with us we have launched an online survey, available at: <https://www.survey.bris.ac.uk/osteopathy/cpdsurvey>**

The survey invites your thoughts on a range of questions:

- > what should be the aims of the CPD scheme?
- > should there be a learning cycle?
- > is core CPD necessary?
- > is it better to have a CPD period longer than one year?
- > is quality assured CPD a good idea?
- > how effective is CPD?
- > how can osteopaths best show that they are up to date and fit to practise?

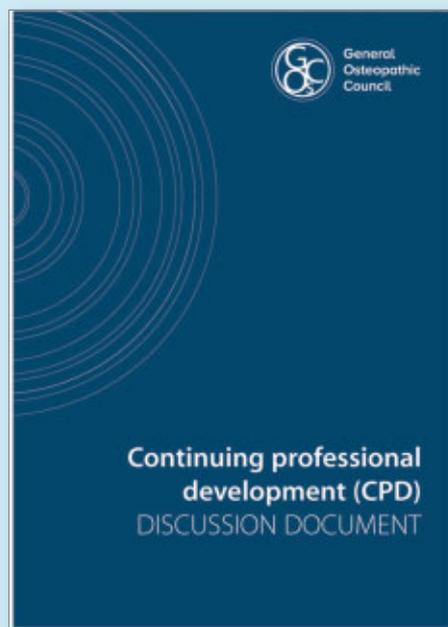
The full *CPD Discussion Document* published last year is available at: [http://www.osteopathy.org.uk/uploads/cpd\\_discussion\\_document\\_public.pdf](http://www.osteopathy.org.uk/uploads/cpd_discussion_document_public.pdf). This aims to generate debate and ideas on ways to improve the current scheme, to feed into formal proposals for change.

Your participation is entirely voluntary, and you can opt to answer some but not all questions.

At the end of the survey, we ask you a few questions 'About You'. It would be helpful to know a little more about you to enable us to see how representative the responses are of the profession as a whole, and to ensure that our guidance does not impact unfairly on any particular group of people; for example, the needs of osteopaths practising in more remote parts of the country might differ to those working in a city. Here too it is up to you how many questions you complete.

Your responses will remain anonymous unless you explicitly consent to your name or the name of your organisation appearing in any consultation analysis.

The survey should take around 20 minutes to complete.



**For further information contact Joy Bolt, Professional Standards Officer, General Osteopathic Council, 176 Tower Bridge Road, London, SE1 3LU, tel: 020 7357 6655 ext 238 or email: [jbolt@osteopathy.org.uk](mailto:jbolt@osteopathy.org.uk)**

# What's happening with the revalidation pilot?



**September 2011:** launch of year-long osteopathic revalidation pilot, funded by a Department of Health (DH) England grant.

For more information, see the 'Revalidation' section of the **o zone**: [www.osteopathy.org.uk/ozone/me-registration/revalidation](http://www.osteopathy.org.uk/ozone/me-registration/revalidation). Or, contact the Professional Standards Department on 020 7357 6655 ext 235 or email: [revalidation@osteopathy.org.uk](mailto:revalidation@osteopathy.org.uk)

**KPMG:** independent expertise, appointed to conduct the costs/benefits analysis into the proposed revalidation scheme. KPMG work is funded by the DH grant.

**'Revalidation round-up':** our monthly e-bulletin keeping pilot participants 'in the loop' and providing revalidation advice and support.

**Moodle:** our dedicated website linking together pilot participants and providing support and resources.

**16**

16 workshops held around the country for pilot participants from September to October 2011.

**31**

**31 revalidation pilot assessors** appointed. Revalidation assessors have been recruited from across the UK, encompassing a wide variety of experiences, patient populations and treatment approaches to reflect the richness and diversity of osteopathic practice. The assessors are a mix of pilot participants and non-participants. For more information, see June/July 2012 *The Osteopath*.

**2**

**2 training days** led by Caitrian Guthrie and Simeon London on 11 and 12 May 2012 instructed the revalidation pilot assessors on their roles within the pilot. The assessors will evaluate the evidence portfolios and provide feedback on the pilot process. The revalidation process is not a test of the osteopath – there is no pass/fail.

**4**

**4 survey windows** conducted by KPMG through the course of the pilot have generated invaluable feedback from participants on the process, in terms of the costs and the benefits. This feedback will inform the overall analysis of the scheme.



**30 September 2012:** completion of revalidation pilot and close of CPD consultation (see p12). Now follows an evaluation and consolidation of pilot findings, from input provided by pilot participants, assessors and patients.



**2013:** consultation on new proposals, informed by the pilot experience. The aim: a system that supports and ensures osteopaths' continuing fitness to practise in a way that is proportionate and effective. This consultation will take into account your views on our existing CPD scheme.

[revalidation@osteopathy.org.uk](mailto:revalidation@osteopathy.org.uk): dedicated email support for pilot participants. No questions are too challenging or too insignificant.

**020 7357 6655 ext 235:** dedicated phone support for pilot participants to help navigate the pilot.

[www.osteopathy.org.uk/ozone/me-registration/revalidation](http://www.osteopathy.org.uk/ozone/me-registration/revalidation)

# IJOM Plus – getting the most from your journals

Sarah Davies from Elsevier, the publisher of the *International Journal of Osteopathic Medicine (IJOM)*, gives some tips on making the most of IJOM Plus.

Two things were frequently mentioned in osteopath responses to the recent IJOM Plus readership survey. One was a request for regular emails to remind you about the IJOM Plus package and alert you when new issues of the journals are published. The other concerned use of the journals for CPD or as a reference for information relating to patient treatment: you thought that the package would be more useful if it allowed you to search across the journals by subject.

In fact, these features already exist and in this article we will show you how to set up and use them. Setting up email alerts and running and saving searches will help you keep up to date with the latest articles in your field of interest automatically.

## Accessing the IJOM Plus journals

To access the IJOM Plus journals on the Elsevier website you need to:

1. Log-in to the **o** zone. (If you are not sure how to do this, call the GOSc Communications Department on 020 7357 6655 ext 228).
2. Go to the 'Research journals' page via the link in the bottom left of the **o** zone home page.
3. Go to the Elsevier website by clicking on the link in 'Click here to access the online journals' at the top of the 'Research journals' page.

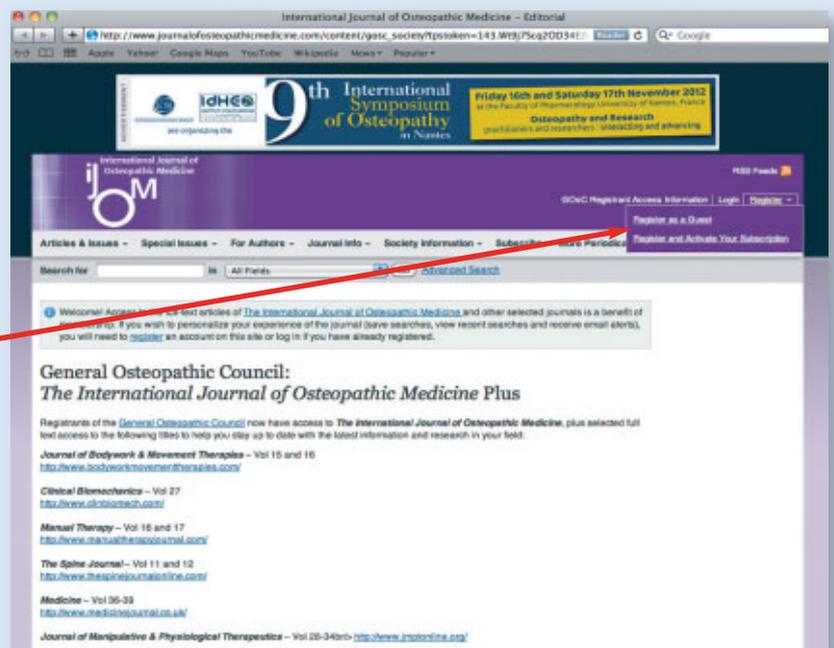
From this page you can access IJOM and selected content from the other journals in the IJOM Plus package. **You do not need to register or set up an account on the Elsevier site in order to read the journal content.** But – you do need to register and set up an account to receive email alerts and save searches.

## Registering for email alerts

You can get email alerts sent to your inbox to inform you about new issues of journals, including a full table of contents.

First you will need to register an account with Elsevier. Go to the top right of the IJOM Plus landing page on the Elsevier website and click on the 'Register link'. Select the 'Register as a guest' option.

You will be asked for your email address and you can then select a password, enter a few more details and register.



## Searching journals

You can search across multiple journals for content on a particular topic without registering an account with Elsevier. To do this, click on the 'Advanced Search' link towards the top of the IJOM Plus landing page.

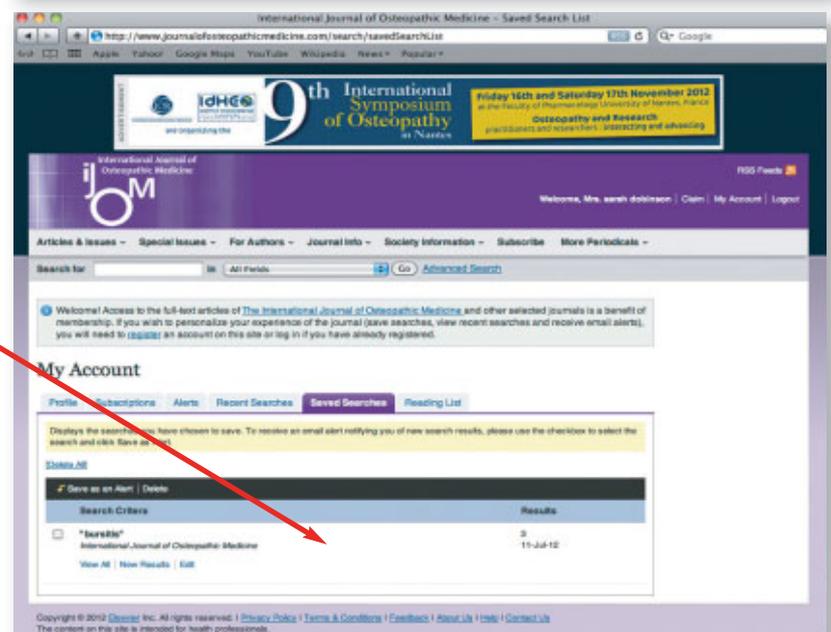
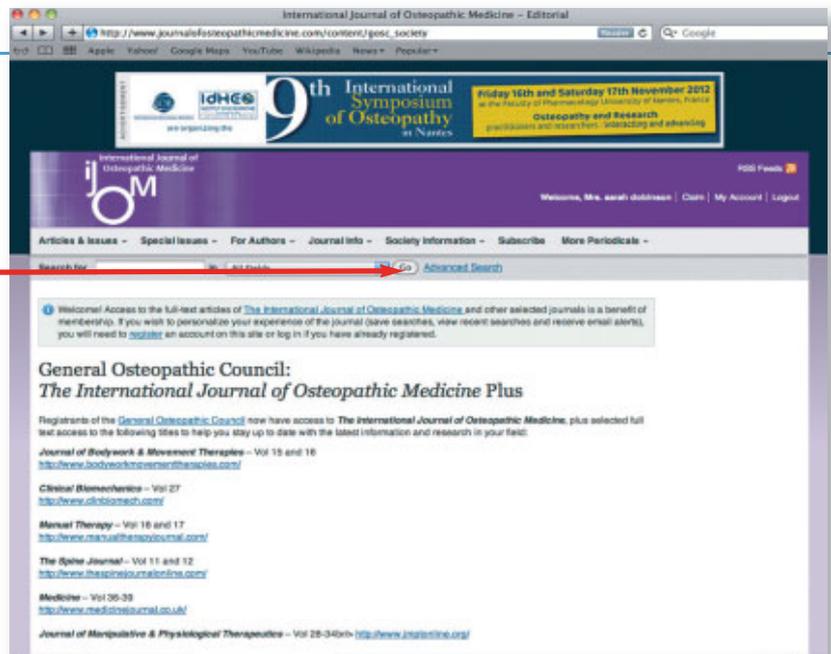
Osteopaths have access to an e-library of content from a suite of Elsevier journals to help you stay up to date with research and development. The package includes free access to a range of journals, including *IJOM*; *Clinical Biomechanics*, *Journal of Bodywork and Movement Therapies*, *Journal of Manipulative and Physiological Therapeutics*, *Manual Therapy*, *Medicine and Spine*.

Then click on 'multiple periodicals' to add the journals you wish to search. Tick the box marked 'Medline' to search Medline as well. When you have filled in all the required details, click on the 'Search' button and you will be presented with a list of periodical articles on your selected topic.

At this point, if you do have an Elsevier account, you can save the search or arrange to be sent an alert when new articles on the topic are published.

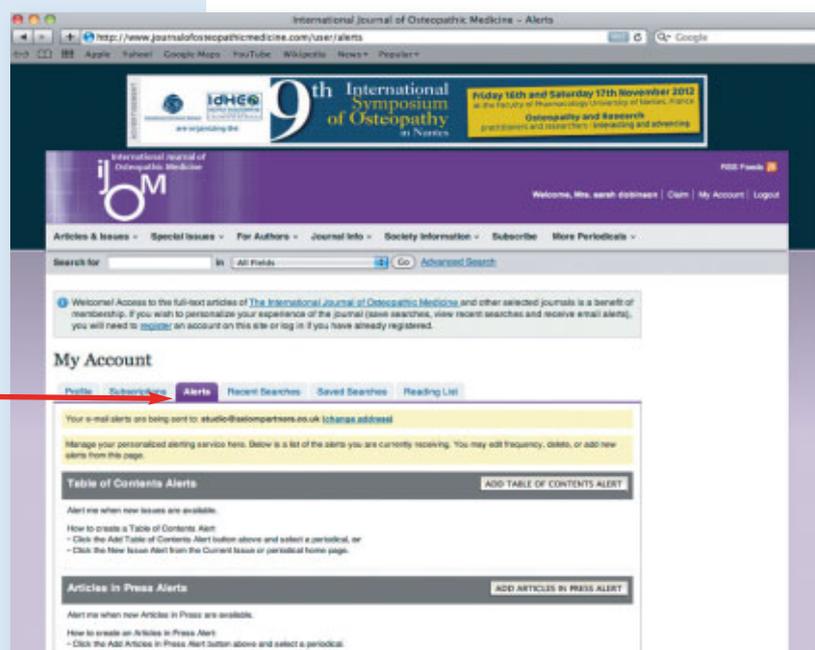
Your saved searches will be listed in your account.

If you click on the box to the left of each search, you will be sent emails alerting you when future articles on the same topic are published. From here you can also edit your saved searches.



To set up an email alert, log-in to your account at the top right of the IJOM Plus page. Your user name is the email address you registered your Account with. Once you have logged in, click on 'My Account' at the top right of the page. Select the Alerts tab and then click on 'Add table of contents Alert.'

Select and add as many journals as you wish and you will automatically be notified when new issues of your chosen journals are published.



For further information contact the Communications Department, on 020 7357 6655 ext 228 or email: [mpinder@osteopathy.org.uk](mailto:mpinder@osteopathy.org.uk)

# What's new at NCOR?

## Dawn Carnes gives an update on activity since her appointment as Director of the National Council for Osteopathic Research (NCOR) in May this year.

The NCOR stakeholders organisations met recently to review what is wanted from NCOR and how we are going to achieve this. The GOsC, Osteopathic Educational Institutions, British Osteopathic Association, Osteopathic Educational Foundation and osteopaths working in private practice and the NHS are all represented on the NCOR Research Council.

A three-year strategic plan has been devised to reflect the interests of all parties and this plan has now been ratified by NCOR's newly appointed Management Board representing NCOR's funders.

The priorities in the short to medium term for NCOR include:

1. The recruitment of a new junior research officer.
2. A 'Delphi' study to identify research priorities.
3. Securing funding for and recruitment of PhD students.
4. Development of NCOR's web resources.
5. Establishing UK-wide data collection to support osteopathic development, including the collection of patient reported outcomes and satisfaction (PROMs and PREMs).
6. Disseminating relevant research information to students, osteopaths and educators.



For more information about NCOR, visit: [www.ncor.org.uk](http://www.ncor.org.uk) or contact Carol Fawkes, NCOR Research Officer, via: [c.a.fawkes@brighton.ac.uk](mailto:c.a.fawkes@brighton.ac.uk)

## NCOR research hub news

**To encourage and facilitate widespread engagement in osteopathic research, NCOR developed a national network of research hubs.**

Groups have so far been established in Exeter, Bristol, Leeds, Sussex (Haywards Heath) and Glasgow.

For further information about the work being undertaken by these groups, contact Carol Fawkes, NCOR Research Development Officer, on 01273 643 457 (Monday to Thursday) or email: [c.a.fawkes@brighton.ac.uk](mailto:c.a.fawkes@brighton.ac.uk).

### > BRISTOL

Thursday 4 October  
7-9pm

Evidence concerning sleeping posture, mattresses and pillows.

### > EXETER

Saturday 8 September  
10-12am

Analysis of findings from an ongoing project.

### > HAYWARDS HEATH

Sunday 16 September  
10-12am

Examining the literature on exercise and other physical therapy recommendations for patients with osteoarthritis of the hip joint.

### > LEEDS

Monday 24 September  
5-7pm

Examining the evidence for the physical therapy and osteopathic management of respiratory conditions.

## Conference calendar

> 14-16 September 2012, London.

The 9th International Conference for Advances in Osteopathic Research (ICAOR).

Further information can be found at <http://www.bcom.ac.uk/research/icaor9>

> 22-23 September 2012, Paris.

Osteopathic International Alliance Conference – Competencies, Education, Evaluation.

Further information can be found at: <http://www.oialliance.org>

> 30 September-5 October 2012, Canada.

The International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT).

Further information can be found at <http://www.ifomptconference.org>

> 27-31 October 2012, Dubai.

8th International World Congress on Low Back Pain.

Further information can be found at [www.worldcongresslbp.com](http://www.worldcongresslbp.com)

# What's the difference between osteopaths, chiropractors and physiotherapists?

Dawn Carnes and Carol Fawkes, NCOR

**This must be one of the most frequently asked questions asked by patients at a first appointment, or when considering making an initial appointment. It is interesting to look at what each profession says about itself, and the table below summarises information provided by the professional body for each group.**

## Osteopathy

Source: General Osteopathic Council (GOsC)

[www.osteopathy.org.uk](http://www.osteopathy.org.uk)

### Definition

"Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body, and is based on the principle that the wellbeing of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together."

### Scope of practice

"To an osteopath, for your body to work well, its structure must also work well. So osteopaths work to restore your body to a state of balance, where possible without the use of drugs or surgery. Osteopaths use touch, physical manipulation, stretching and massage to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues, and to help your body's own healing mechanisms. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring."

## Chiropractic

Source: General Chiropractic Council

[www.gcc-uk.org](http://www.gcc-uk.org)

### Definition

"Chiropractic is a primary health-care profession that specialises in the diagnosis, treatment and overall management of conditions that are due to problems with the joints, ligaments, tendons and nerves, especially related to the spine."

### Scope of practice

"Chiropractic treatment mainly involves safe, often gentle, specific spinal manipulation to free joints in the spine or other areas of the body that are not moving properly. Apart from manipulation, chiropractors may use a variety of techniques including ice, heat, ultrasound, exercise and acupuncture as well as advice about posture and lifestyle."

"Although chiropractors are best known for treating back and neck pain, which they do very well, patients also consult chiropractors regarding a range of other, related conditions."

## Physiotherapy

Source: Chartered Society of Physiotherapists (CSP)

[www.csp.org.uk](http://www.csp.org.uk)

### Definition

"Physiotherapy helps restore movement and function to as near normal as possible when someone is affected by injury, illness or by developmental or other disability."

### Scope of practice

"Physiotherapists (*'physios'*) work in a wide variety of health settings such as: intensive care, mental illness, stroke recovery, occupational health and care of the elderly. They combine their knowledge, skills and approach to improve a broad range of physical problems associated with different 'systems' of the body. In particular they treat: neuromuscular (brain and nervous system), musculoskeletal (soft tissues, joints and bones), cardiovascular and respiratory systems (heart and lungs and associated physiology).

"Contemporary physiotherapy practice may have developed a great deal from its early roots but the four broad 'pillars' granted to the profession by Royal Charter in 1920 still have validity today: massage, exercise and movement, electrotherapy and kindred methods of treatment."

It is noticeable that there are considerable similarities between the three professions. Although professional groups do not want to lose their professional identity, it is important to recognise where there are areas of similarity, and how these can be utilised to undertake large scale collaborative research, such as the UK BEAM trial (2004). This study showed the effectiveness of a manipulation package of care for low back pain. The manipulation package was developed and delivered by osteopaths, chiropractors and physiotherapists. The new NHS commissioning policy is

looking for professional groups to deliver specific services irrespective of profession; for example, services for neck and back pain (these contracts are being put out to tender from 1 October this year by some commissioning consortia). The commissioners will not select clinical services on the basis of profession but by supportive evidence of effectiveness, safety service delivery and patient-reported outcome data and satisfaction. The osteopathic profession has a great deal to offer as the healthcare picture in the United Kingdom changes: recognising the strengths of osteopathy, the strengths of other professionals and

working collaboratively may help to promote the ethos and principles of osteopathic healthcare.

The way professions are described by other groups may not always match the way individual professions describe themselves. NHS Choices is described as 'the online front door to the NHS'. (<http://www.nhs.uk/aboutNHSChoices/Pages/NHSChoicesintroduction.aspx>). It is the United Kingdom's largest health website, providing some information to help make choices about healthcare. Each professional group is described in the table below.

## Definitions from NHS Choices website

### Osteopathy

#### Definition

Osteopathy is a way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints.

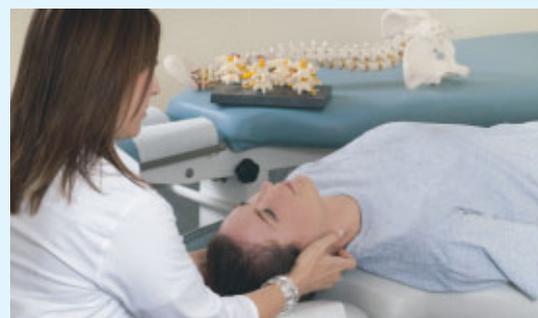
Osteopaths believe that problems with the way bones, muscles and joints fit and work together can affect all other parts of the body. They believe their treatments allow the body to heal itself. Osteopaths use a range of techniques but do not use drugs or surgery.



### Chiropractic

#### Definition

According to the General Chiropractic Council, chiropractic is "a health profession concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, and the effects of these disorders on the function of the nervous system and general health".

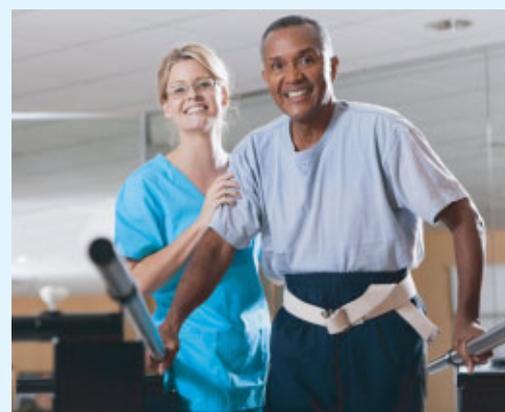


### Physiotherapy

#### Definition

Physiotherapy, often referred to as physio, uses physical methods, such as massage and manipulation, to promote healing and wellbeing. Physiotherapy treatments are often used to help restore a person's range of movement after injury or illness.

Physiotherapists are healthcare professionals who have trained specifically in physiotherapy. They work in a number of different places, including: hospitals, GP surgeries, private practices, workplaces and the community.



As an osteopath you may well disagree with the definition of osteopathy on the NHS Choices website, indeed discussions are ongoing with the Department of Health to amend this.

The NHS Choices website limits the definition of osteopathic practice to back pain. It does not appreciate the other aspects of the musculoskeletal system which osteopaths treat, or the packages of care, including advice, education, and, in some cases exercises, which are part of the everyday management of patients. A more accurate profile of everyday osteopathic practice was recorded in the national pilot

of the standardised data collection tool, undertaken by NCOR in 2009. ([http://www.brighton.ac.uk/ncor/news/SDC\\_final\\_report\\_2011.pdf](http://www.brighton.ac.uk/ncor/news/SDC_final_report_2011.pdf)).

This incomplete picture of everyday clinical practice emphasises the importance for all professions to collect data which describes their practice, e.g. the patients they see, their presenting symptoms, how they are managed, and the outcomes they achieve. This is simple information, which can be enormously helpful to provide accurate information to patients and other individuals or groups interested in osteopathy.

## References

UK BEAM Trial Team. United Kingdom back pain exercise and manipulation (UK BEAM) randomised trial: cost effectiveness of physical treatments for back pain in primary care. *British Medical Journal*. 2004;329(7479):1381. <http://www.ncbi.nlm.nih.gov/pubmed/15556954>

UK BEAM Trial Team. United Kingdom back pain exercise and manipulation (UK BEAM) randomised trial: effectiveness of physical treatments for back pain in primary care. *British Medical Journal*. 2004;329(7479):1377. <http://www.ncbi.nlm.nih.gov/pubmed/15556955>



### Scope of practice

Most people who see an osteopath do so for help with back pain or other problems related to muscles and joints. Some osteopaths also claim to treat a wide range of health conditions, including asthma, digestive problems and period pain.

Osteopathy is a complementary or alternative medicine (CAM), and is different from conventional western medicine. Osteopaths may use some conventional medical techniques, but the use of osteopathy is not always based on science.

### Scope of practice

Chiropractors (practitioners of chiropractic) use their hands to treat disorders of the bones, muscles and joints. Treatments that involve use of the hands in this way are called 'manual therapies'. Chiropractors use a range of techniques, with an emphasis on manipulation of the spine. They may also offer advice on diet, exercise and lifestyle, and rehabilitation programmes that involve exercises to do in your own time.

Chiropractic is a complementary or alternative medicine (CAM). This means that chiropractic is different in important ways from treatments that are part of conventional western medicine. The use and principles of chiropractic are not always based on scientific evidence.

### Scope of practice

Physiotherapists frequently treat problems that affect: muscles, joints and the heart, blood circulation and lungs.

Physiotherapists also help people with mental health conditions, neurological conditions (those affecting the brain and nervous system) and chronic (long-term) health conditions.

Physiotherapists use a wide range of techniques and approaches, including:

- > massage and manipulation, using the hands to relieve muscle pain and stiffness and encourage blood flow to an injured part of the body to help recovery
- > heat, cold, electric current, light and water
- > remedial exercise (exercise that takes into account a person's current level of health and any specific requirements they may have)
- > providing support to help patients manage chronic conditions.

# Recession-busting CPD 'with others'

## Fiona Browne, Head of Professional Standards, explains how osteopaths can 'learn with others' without always having to attend expensive courses

Many osteopaths practise independently, with little or no direct access to colleagues during the course of a normal day.

Practitioners have reported that this gives rise to an unwelcome sense of isolation. And, at a time of financial hardship for many, some osteopaths are also concerned that they may not be able to afford to access CPD courses with colleagues.

We consider here some different ways of interacting with colleagues that might help to counter those feelings of isolation and support independent sole practice, as well as counting towards the CPD requirement of 'learning with others', at little or no cost.

Above all, CPD offers the opportunity to learn new ways of doing things or to seek support and reassurance from others that you are applying current thinking or have approached a case in an appropriate way.

Many osteopaths report that the main opportunity to interact with colleagues comes from attending CPD courses two or three times per year. However, our analysis of the CPD Annual Summary Forms also tells us that some osteopaths are learning with others in a variety of different and perhaps more frequent ways.

The table below considers different types of CPD activities which you may want to try, to contribute to your annual requirement of learning with others.



CPD activity	Description	Evidence required for CPD record folder
Lectures, seminars or journal clubs (related to professional work as an osteopath)	Many hospitals and universities have open lectures or clubs, which can be of relevance to osteopathic practice and are often free of charge. Contact the rheumatology, pain management or surgical departments at local hospitals or even local GP surgeries to enquire if there are any multidisciplinary educational activities. Similar enquiries to local colleges or universities may also be fruitful. This could represent a useful opportunity both to learn with and from other health professions, at the same time promoting a better understanding of osteopathy.	Proof of attendance, lecture notes.
Local group or practice meetings	Discussion with two or more osteopaths or other healthcare professionals focused on a specific area of practice can be very beneficial to all. The <i>Osteopathic Practice Standards</i> might provide a useful framework to explore all aspects of practice. <i>The Revalidation Pilot Participation Manual</i> includes templates to help structure these discussions – see, for example, the case-based discussion template (pages 33-38 of the Manual). Perhaps you recall a particular case that raised uncertainties for you, small group meetings offer an opportunity to discuss issues and gain the input of peers. Or perhaps colleagues have applied different treatments or approaches and a discussion about this may be beneficial. The key is to reflect on discussions and relate them back to your practice. <i>The CPD Guidelines</i> and the <i>Revalidation Pilot Participation Manual</i> provide some templates to help support these reflections. There are many other templates for structured reflection to be found through Google or other search engines. Discussion with peers may confirm your current approach or inspire you to try a different approach; either of these is a useful educational outcome.	Signed declaration of attendance or meeting notes.

CPD activity	Description	Evidence required for CPD record folder
Regional Societies	Meeting with other osteopaths in your area can provide opportunities for developing skills, sharing ideas and discussing topics related to osteopathic practice (as well as sharing diverse and useful ways of undertaking CPD). These meetings might also support the dissemination of up-to-date research, drawing on the suite of journals that all osteopaths now have access to via the <b>o</b> zone. The meetings might also be an opportunity to collectively explore a new resource, such as NCOR's <i>Introduction to Clinical Audit for Practising Osteopaths</i> . This handbook includes a range of useful audit templates, including effectiveness of treatment and whether patient notes meet current standards (see Chapter 5). Exploring these audits with the support of colleagues, developing them in your individual practice, and sharing your findings with colleagues could provide an opportunity to learn more about your practice, benefitting both you and your patients in a safe and supportive environment.	Signed declaration of attendance and notes.
Work shadowing	Spending time with other practitioners to see how they practice – whether observing and reflecting on practice, engaging in discussion or providing or receiving feedback on practice, can be invaluable to your practice. The CPD Guidelines (available on the <b>o</b> zone) provide evaluation forms to support reflection on what has been learned from observing practice. There are also some peer review forms in the <i>Revalidation Pilot Participation Manual</i> (pages 66-68).	Signed declaration of attendance or notes.
Technique tutorials with other osteopaths	Colleagues within some group practices regularly get together to practise particular treatment approaches. Again, reflecting on what you have learned using the Evaluation Form in the <i>CPD Guidelines</i> or even the models of reflection in the <i>Revalidation Pilot Participation Manual</i> can be useful ways of confirming current practice or consolidating learning.	Signed declaration of attendance.
Learning via the internet or over the telephone	Pair or group discussions do not need to be face to face to provide an effective 'learning with others' experience. We hear from osteopaths of examples of learning via online discussion. Alternatively, effective case-based discussions might take place on the telephone, through Skype, or using other forms of technology to support learning. As with all forms of learning, an evaluation at the end of the activity can be an important way of confirming or consolidating learning.	Printout of discussion or contemporaneous notes of telephone discussion.

CPD also offers an opportunity to confirm or enhance practice or to learn new things. It is thought to be most effective when you:

- > Review your practice to identify the areas that would most benefit from development.
- > Plan CPD to meet those needs.
- > Evaluate or reflect at the end of a CPD activity.

### Sources of information and guidance

Templates to help you review practice, plan CPD and evaluate or reflect on the activity are available in our *CPD Guidelines* (available on the **o** zone at [http://www.osteopathy.org.uk/uploads/cpd\\_guidelines\\_interactive.pdf](http://www.osteopathy.org.uk/uploads/cpd_guidelines_interactive.pdf)) or in the *Revalidation Pilot Participation Manual* (available on the **o** zone at [http://www.osteopathy.org.uk/uploads/part2\\_guidelines\\_for\\_osteopaths\\_seeking\\_revalidation\\_pilot.pdf](http://www.osteopathy.org.uk/uploads/part2_guidelines_for_osteopaths_seeking_revalidation_pilot.pdf)).

NCOR's *Introduction to Clinical Audit for Practising Osteopaths* (available on the **o** zone at [http://www.osteopathy.org.uk/uploads/ncor\\_audit\\_handbook\\_ozone.pdf](http://www.osteopathy.org.uk/uploads/ncor_audit_handbook_ozone.pdf)) may also contribute to the reflection and planning process.

Other organisations, including the British Osteopathic Association and Osteopathic Educational Institutions, may also be able to support this process.

**For further information on any aspect of CPD, contact the Professional Standards Department on 020 7357 6655 ext 238 or email: [cpd@osteopathy.org.uk](mailto:cpd@osteopathy.org.uk)**

# Bookshelf

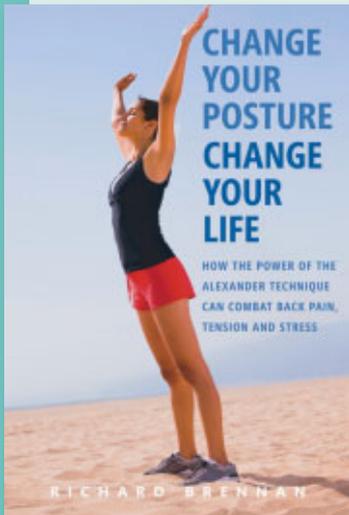
A selection of illustrated reference books for osteopaths

## Change your posture Change your Life. How the Power of the Alexander Technique can combat back pain, tension and stress

**Richard Brennan**

Published by Watkins Publishing  
ISBN 978-1-78028-024-0  
186 pages

A leading teacher of the Alexander Technique, with more than 20 years' experience, shows how changing your posture can turn your life around: strengthening your mind and body, promoting self-esteem and wellbeing, and helping to protect you against illness.



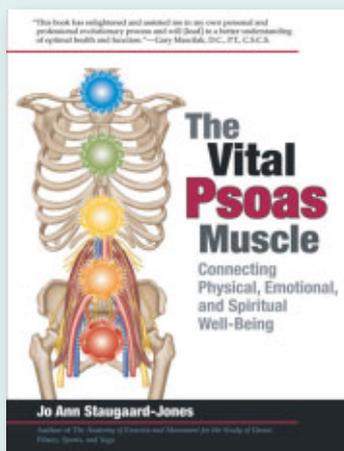
## The Vital Psoas Muscle. Connecting physical, emotional and spiritual well- being

**Jo Ann Staugaard-Jones**

Published by Lotus Publishing  
ISBN 978-1-905367-24-5  
128 pages

This book presents an in-depth look at the most important yet abused skeletal muscle in the human body. With detailed illustrations and key stretching and strengthening exercises,

including complete chapters on the role of the psoas in Pilates and yoga, *The Vital Psoas Muscle* shows readers how to release this muscle to create balance, harmony, and free movement.

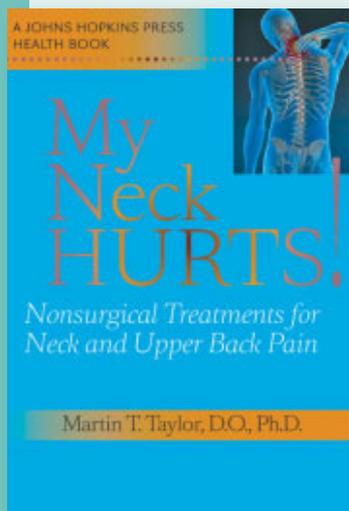


## My Neck Hurts! Non surgical Treatments for Neck and Upper Back Pain

**Martin Taylor, DO, PhD**

Published by John Hopkins University Press  
ISBN 978-0-8018-9666-8  
171 pages

Dr Martin Taylor's comprehensive, user-friendly guide to treating neck pain will help you become a partner with your healthcare team in charting an effective non-surgical plan for treatment. Dr Taylor identifies the various causes of pain and details the range of medical treatments and physical and alternative therapies available.



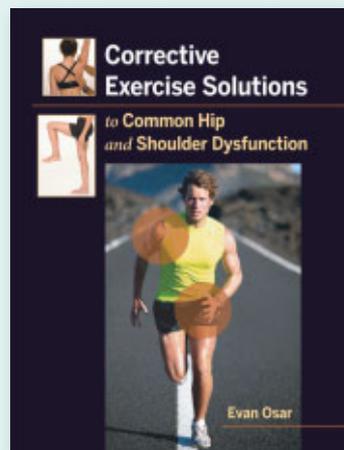
## Corrective Exercise Solutions to Common Hip and Shoulder Dysfunction

**Evan Osar**

Published by Lotus Publishing  
ISBN 978-1-905367-26-9  
335 pages

Full of colour photographs illustrating precise assessments, corrective strategies, and functionally progressions, this book demonstrates how the fitness professional/clinician can apply the three

principles of human movement – respiration, centration, and integration – to improve common movement dysfunctions of the hip and shoulder.



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)

# Courses 2012

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](http://www.osteopathy.org.uk/ozone).

## October

>3

### Hip Joint Master-Class

Speaker: John Gibbons  
Venue: Oxford University Sport, Jackdaw Lane, Oxford OX4 1EQ  
tel: 07850 176 600  
email: john@johngibbonsbodymaster.co.uk  
website: www.johngibbonsbodymaster.co.uk

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### How to treat: Tennis elbow

Speaker: Professor Eyal Lederman  
Venue: Whittington Education Centre, Whittington Hospital, Gordon Close off Highgate Hill, London N19  
tel: 020 7263 8551  
email: cpd@cpdo.net

>5–7

### LT: Listening Course; An Osteopathic Approach to Diagnosis & Evaluation

Lecturer: Annabel Mackenzie RST  
Venue: Stillorgan Park Hotel, Dublin, Ireland  
tel: 00 353 1 210 3967  
website: www.barralireland.ie

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### Cranio-Sacral Therapy – 2 Year Course (Weekend Format) – Start of full professional training

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

>6–7

### Foundation Acupuncture Training Course (3 weekends certificate course)

Speaker: Jennie Longbottom  
Venue: Whittington Education

Centre, Whittington Hospital, Gordon Close off Highgate Hill, London N19  
tel: 020 7263 8551  
email: cpd@cpdo.net

>6–7

### Internal medicine

Course directors: Clive Hayden and Liz Hayden  
Venue: Hawkwood College, Stroud  
email: info@sutherlandcranialcollege.co.uk  
website: www.sutherlandcranialcollege.co.uk

>6–7

### Osteopathic technique: Cervical spine, CD and UEX

Speaker: Professor Laurie Hartman  
Venue: Whittington Education Centre, Whittington Hospital, Gordon Close off Highgate Hill, London N19  
tel: 020 7263 8551  
email: cpd@cpdo.net

>6–9

### The Surfer on the Tide

Speaker: Michael Kern DO BCST MICrA ND  
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT  
contact: 07000 785 778  
email: info@cranio.co.uk  
website: www.cranio.co.uk

>6–9

### Behind the Smile – Emotional Expression

Speaker: Katherine Ukleja DO RCST BCST  
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT  
contact: 07000 785 778  
email: info@cranio.co.uk  
website: www.cranio.co.uk

>17

### Management of Anterior Knee Pain. Current evidence and when to refer?

Speaker: Mr Venkat Satish  
Venue: Faringdon Clinic, 10 Salutation Mansions, 1 Market Place, Faringdon, Oxfordshire SN7 7HL  
tel: 01367 244 699  
website: www.faringdon-clinic.co.uk

>18–21

### Dynamic Neuromuscular Stabilisations – Course B

Speaker: Prague Rehabilitation School DNS Team  
Venue: European School of Osteopathy, Maidstone, Kent  
tel: 01622 671 558  
email: corinnejones@eso.ac.uk  
website: www.eso.ac.uk/cpd-calendar.html

>20–21

### JEMS movement art part 2 (of 4)

Speaker: Joanne Elphinston  
Venue: Stirling, Scotland  
email: morag.fraser@btconnect.com

>20–21

### Functional stretching

Speaker: Professor Eyal Lederman  
Venue: Whittington Education Centre, Whittington Hospital, Gordon Close off Highgate Hill, London N19  
tel: 020 7263 8551  
email: cpd@cpdo.net

>25

### How to treat: Whiplash injuries

Speaker: Professor Eyal Lederman  
Venue: Whittington Education Centre, Whittington Hospital, Gordon Close off Highgate Hill, London N19  
tel: 020 7263 8551  
email: cpd@cpdo.net

>25–27

### Spark in the motor – CNS and fluids (module 7)

Course director: Kok Weng Lim  
Venue: Columbia Hotel, London W2  
email: info@sutherlandcranialcollege.co.uk  
website: www.sutherlandcranialcollege.co.uk

>27

### Pathways to traditional osteopathic practice

Speakers: Howard Beardmore DO and others to be announced  
Venue: Leighton Park School Reading Berkshire RG2 7ED  
tel: 01189 885 293  
email: biosteo@googlemail.com  
website: www.british-institute-of-osteopathy.org

>27–28

### MET in management of spinal, respiratory and pelvic dysfunction

Speaker: Leon Chaitow  
Venue: Whittington Education Centre, Whittington Hospital, Gordon Close off Highgate Hill, London N19  
tel: 020 7263 8551  
email: cpd@cpdo.net

## Attention osteopaths:

To advertise your course in the free course listing in *The Osteopath* and on the o zone, email details to the editor: [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk). The resource is open to all osteopaths running courses for their colleagues.

**CLASSIFIEDS**

**RECRUITMENT**

**Outstanding opportunity offered** for an experienced osteopath to gain a position at West Perth Osteopathic. This is a wonderful opportunity to enjoy a wonderful lifestyle in the city of Perth, Australia and to work in a well-established professional clinic with a committed group of professionals. An interest in cranial osteopathy and paediatrics would be an advantage. Please register your interest by contacting Elizabeth Cumming at westperthosteopathic@gmail.com.

**Experienced female osteopathic associate required** (contractual reasons) for busy multidisciplinary clinic in the New Forest, real potential for growth for the right candidate. Timings are reasonably flexible, initially 1 day a week with room for growth. We are growing and want someone who is keen to be an integral part of our expansion. Contact clinicmanager@thenew surgerybrockenhurst.co.uk with CV and covering letter.

**5 Years qualified osteopath required** at the Blackberry Clinic in Milton Keynes, one of the largest multidisciplinary clinics in the country with own fully equipped gymnasium including the latest Pilates equipment, seeing approx. 3,000 patients per month. For more information, visit our website: www.blackberryclinic.co.uk. If interested please mail: hr@blackberryclinic.co.uk.

**Algarve locum** wanted to work 4 days a week between January and April each year. Possibility of becoming full-time associate. Video and further details on www.bioregmed.org/locum.

**Successful multidisciplinary practice** in Tonbridge Kent seeks associate with view to a partnership. 12 months initial trial then if mutually agreeable buy share of goodwill and clinic building. Finance available, but flexibility and desire for long-term commitment to this great area essential. Please send your CV and aspirations to: c.bowman@btconnect.com.

**Canada – assistant wanted.** Assistant required for well-established structural practice in the beautiful Laurentian mountain area north of Montreal. Sound manipulative skills essential. An interest in sports injuries would be helpful. Work visas will be arranged. Please send CV and covering letter to osteopathclinic@gmail.com.

**Associate required** for a multidisciplinary clinic in Southampton, with an existing structural list. Some experience/qualification of cranial osteopathy required. Position is for 2.5 days a week (half day on Saturday). More information and CVs please contact info@thetotalcareclinic.co.uk.

**Martin Davies & Associates Ltd. associate osteopath required.** for busy practice in South Cheshire. Initially 3 days a week to replace existing practitioner, but could be full-time depending on performance. A unique opportunity to work in a team of 9 experienced osteopaths. Minimum 2-year commitment required. See our website: www.ukbackpain.com. Please send CV to Martin Davies, 59 Valley Road, Crewe, Cheshire CW2 8JZ.

**Osteopath required** for maternity and holiday cover in a busy multidisciplinary practice in Mayfield, East Sussex. There would also be an opportunity for a more permanent position in the future. Would suit an osteopath who favours the structural approach and deep tissue massage but is confident with cranial work too. Position available immediately: please contact Laura Knight on 01435 873 051 (practice) 07972 472 719 (mobile) or email: osteo@mayfieldosteopath.co.uk.

**Associate osteopath required:** to take over existing list in established multidisciplinary clinic in Norwich. Professional, friendly team. Would suit an experienced structural osteopath, or new graduate with good clinical skills and willingness to learn. For more information, please contact becky@thor.by.

**We are seeking a replacement osteopath** to work on Fridays and Saturdays taking over an existing list. We are a busy clinic with 6 osteopaths, 2 physiotherapists and a podiatrist. We are based in Hayes, Middlesex. Ability to drive will be an advantage, and we will consider applicants from outside the area. Please send your CV to pennclinic@yahoo.co.uk.

**Qualified osteopath required** to join respected, established chiropractic clinic in central Exeter. Cathedral Chiropractic, Exeter is looking to expand the service we offer by adding an osteopath to our team. The clinic is well equipped and full assistance/support will be given to help build a solid patient base. For more details please call Richard Gubbay 07811 284 011.

**COMMERCIAL**

**£275,000. Reluctant sale due to relocation.** Freehold of Cambridgeshire clinic premises including spacious two-bedroom apartment. Fantastic opportunity to purchase successful osteopathy practice incorporating complementary health clinic. Established 20 years. Excellent reputation, busy structural patient list, professional personnel. 07795 490 998 osteoclinic4sale@hotmail.co.uk.

**Devon/seaside practice for sale.** Goodwill with database, website and equipment. Great high street location, popular seaside town, three treatment rooms, bags of potential. Est. over 10 years with long lease option. Contact gemmabachle@yahoo.co.uk.

**£159,000. Relocation forces sale** offering excellent earning potential to owner. Fantastic opportunity to purchase successful osteopathy practice in Cambridgeshire incorporating complementary health clinic as well as freehold of clinic premises comprising three treatment rooms and reception area. Established 20 years with excellent local reputation, busy patient list, professional personnel. 07795 490 998 osteoclinic4sale@hotmail.co.uk. Option to buy/rent spacious two-bedroom apartment upstairs available.

**COURSES**

**Buteyko for osteopaths.** Two-day course and follow-up study to equip you to teach Buteyko breathing technique to adult patients. Led by specialist respiratory physiotherapist Catherine Moffat, 12-13 October, Cambridge. Accredited by Buteyko Breathing Association. Information about module, post-course study and booking at www.teachingbuteyko.co.uk or email kg@teachingbuteyko.co.uk.

**Classifieds:**

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

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Cowden Close  
Horns Road, Hawkhurst  
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# CPDO

# 2012

Dates	Title	Lecturer	Cost	Deposit	CPD hrs
<b>Weekend courses 10.00-17.00</b>					
8-9 Sep, 6-7 Oct, 17-18 Nov	<b>Foundation acupuncture training course (3 weekends certificate course)</b>	<i>Jennie Longbottom</i>	<b>£665</b>	<b>£350</b>	<b>42</b>
22 Sep	<b>Pilates: The neck and shoulders in focus</b>	<i>Susie Lecomber</i>	<b>£125</b>	<b>£125</b>	<b>7</b>
28-29-30 Sept Start Friday 18.00	<b>Harmonic technique</b>	<i>Prof. Eyal Lederman</i>	<b>£385</b>	<b>£200</b>	<b>20</b>
6-7 Oct	<b>Osteopathic technique: Cervical spine, CD and UEX</b>	<i>Prof. Laurie Hartman</i>	<b>£265</b>	<b>£150</b>	<b>14</b>
27-28 Oct	<b>MET in management of spinal, respiratory &amp; pelvic dysfunction</b>	<i>Leon Chaitow</i>	<b>£265</b>	<b>£150</b>	<b>14</b>
3-4 Nov	<b>Functional stretching</b>	<i>Prof. Eyal Lederman</i>	<b>£235</b>	<b>£150</b>	<b>14</b>
3-4 Nov	<b>Basic visceral: The thorax</b>	<i>Joanna Crill Dawson</i>	<b>£235</b>	<b>£150</b>	<b>14</b>
7-8-9 Nov	<b>Advanced abdomen and pelvis</b>	<i>Jean-Pierre Barral</i>	<b>Fully booked</b>		
17 Nov	<b>Managing acute and chronic neck conditions – a process approach</b>	<i>Prof. Eyal Lederman &amp; Tsafi Lederman</i>	<b>125</b>	<b>125</b>	<b>7</b>
<b>Evening courses &amp; lectures 19.00-22.00 / 19.00-21.00</b>					
4 Oct	<b>How to treat: Tennis elbow</b>	<i>Prof. Eyal Lederman</i>	<b>£45</b>		<b>3</b>
25 Oct	<b>How to treat: Whiplash injuries</b>	<i>Prof. Eyal Lederman</i>	<b>£45</b>		<b>3</b>
9 Nov	<b>Fascial fitness: Training principles for the collagenous tissue network</b>	<i>Dr. Robert Schleip</i>	<b>£55</b>		<b>3</b>
15 Nov	<b>How to treat: Impingement syndrome of the shoulder</b>	<i>Prof. Eyal Lederman</i>	<b>£45</b>		<b>3</b>

### Functional stretching

*An active, multidimensional approach to recovering range of movement*

*Prof. Eyal Lederman*

Cochrane Database: Clinical stretching has limited contribution to recovery of movement range in many musculoskeletal conditions - Immediate: 3<sup>0</sup>, short-term: 1<sup>0</sup>, long-term: no effect

*Find out why and how it can be resolved*

Traditional stretching methods were shown to have a limited influence in improving range of movement (ROM) in conditions where there are pathological tissue shortening. These modest outcomes were observed for all forms of stretching approaches.

Functional stretching has been developed over 10 years by Prof Lederman to provide a solution to the limitations of traditional stretching approaches. It focuses on active restoration of ROM, using task-specific, functional movement patterns. This approach is informed by research in the areas of tissue adaptation, motor control, pain and cognitive-behavioural sciences.

Functional stretching can be used to recover ROM losses in various musculoskeletal conditions including post-injury rehabilitation, immobilisation, surgery, frozen shoulder and central nervous system damage. Part of the course will also examine the potential use of functional stretching in pain alleviation and ROM desensitisation.

**Date: 3-4 Nov 2012**

### New venue for courses:

**From September 2012 all of CPDO's courses will be held at:**

**Whittington Education Centre, Whittington Hospital,  
Gordon Close off Highgate Hill, London N19  
(Except for Barral's courses)**

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

**Or send payment to:**

**CPDO Ltd. 15 Harberton Road, London N19 3JS, UK**

*Tel: 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)

## E-CPD

CPDO is now providing **online courses** for manual and physical therapists.

Our first course is run by **Professor Laurie Hartman**. It explores the examination and treatment of the cervical, thoracic and lumbar spine and SI joint.

**For further information see:  
[www.cpdo.net](http://www.cpdo.net)**



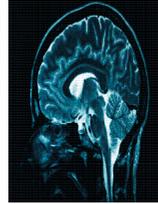
# THE BRITISH SCHOOL OF OSTEOPATHY

## 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)

### Osteopathy in the Cranial Field

The preliminary five-day course is approved by the Sutherland Cranial Teaching Foundation and includes the detailed anatomy and physiology specific to the involuntary approach, together with instruction in the basic principles of diagnosis and treatment procedures. Approximately half of the contact time is devoted to practical instruction in groups of 4 participants to 1 tutor giving intensive, participant-centred tuition in practical skills.



**7,8,9,15 & 16 September**

**Course fee: £975 (with discounts for new graduates)**

**CPD: 40 hours**

### Advanced Spinal Manipulation



This collaborative course run by osteopaths Dr David Evans, who has authored several publications about spinal manipulation and back pain, and Neil Wayman, an experienced Technique Tutor at the BSO, brings together the theoretical and practical aspects of spinal manipulation.

The course looks at the effects and processes of manipulation in detail, providing better information for practitioners to inform decisions about when manipulation is indicated or not. It is aimed at proficient manipulators who want to better understand techniques that they already use, and to add more advanced techniques to their current repertoire.

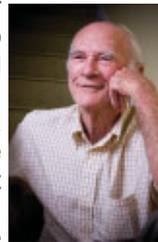
**Saturday 13 October**

**Course fee: £125 CPD: 7 hours**

### Osteopathic Care of the Older Patient

In this brand new course, delegates will learn about several areas of Geriatric Osteopathy, including the important area of falls; relating these to frequency, prevention and the consequences as well as rehabilitation and treatment with practical demonstrations of exercise prescription.

In addition, functional changes, such as mental capacity and dementia (including Alzheimer's) will be discussed in relation to working with the older patient and issues relating to consent. Delegates will also learn about specific geriatric illnesses and how physical therapists can be involved in a multi-disciplinary approach to mitigate the consequences of adverse effects.



**Saturday 24 November**

**Course fee: £125 CPD: 7 hours**

### Paediatric Osteopathy Part 1 & 2



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

**Part 1: Saturday 8 December Part 2: Sunday 9 December**

**Course fee: £125 CPD: 7 hours**

### Contact

For more information, please contact Katie on 020 7089 5352 or email [cpd@bso.ac.uk](mailto:cpd@bso.ac.uk)

### Courses Coming Up

**7,8,9,15,16 September**

Osteopathy in the Cranial Field

**Sat 8 September**

Pilates

**Sat 13 October**

Ergonomics

Adv. Spinal Manipulation

**Sun 14 October**

Still Technique 1

**Sat & Sun 13&14 October**

Visceral Osteopathy 1

**Sat 24 November**

Osteopathic Care of the Older Patient

OA Junction

**Sat & Sun 8&9 December**

Paediatrics (Part 1 & 2)

**Sat & Sun 12&13 January**

Nutrition in Practice

**Sat 26 January**

Emergency First Aid

### Discounts

Ex-BSO students receive a 10% discount on all course fees

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# 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.

**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.

**Course Leader: Dr Jorge Esteves**  
**Course fee: £2,200**

### **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.



**Course Leader: Professor Stephen Tyreman**  
**Course fee: £3,900**

To register your interest or for further information on any of our 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:

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

Join our inspiring programme  
from beginner to advanced level

All module courses have a 1:4  
tutor - student ratio



## Foundation Course

Host a two day course in your area. Join us in learning to develop centering and refine palpation of shape change by monitoring the Primary Respiratory Mechanism.

**Dates by arrangement** | CPD 16 hours | non-residential £275 | Location by arrangement  
Course Director: Alison Brown DO MSCC

## Osteopathy in the Cranial Field **Module 3**

Develop palpatory and diagnostic skills using the involuntary mechanism. Learn treatment principles which can be used in practice to treat a wide range of patients.

*'Great content, excellent feedback during practicals, VERY well organised, a refreshing experience'*

**10-14 September** | CPD 40 hours | non-residential £1225 | London | Course Director: Ana Bennett DO MSCC  
**\*New graduates discount and scholarships available**

## Internal Medicine

An approach to the visceral systems that is truly osteopathic in understanding and treatment.

*'Gave me some great new ways to integrate visceral work into my daily practice. Love it'*

**6-7 October and 3-4 November** | CPD 32 hours | residential £995 | Stroud  
Course Directors: Liz Hayden DO MSCC and Clive Hayden MSc DO MSCC

## Spark in the Motor **Module 7**

This course offers an in-depth exploration of fluid approaches such as the CV4, automatic shifting, directing the potency of the Tide and EV4. We also cover principles of diagnosis and treatment of the central nervous system, treatment of the autonomic nervous system, stillness, still-points and fulcrum.

*'Inspiring and useful in practice, enabled me to palpate different tissue qualities'*

**26-27 October** | CPD 24 hours | non-residential £825 | London  
Course Director: Kok Weng Lim DO MSCC With Guest Speaker: Dr Andy Goldman DO from USA

## Spark in the Motor - Master Class with Dr Andy Goldman DO



Bringing a more infinite sense of space, and 'Divine Intelligence' that is at the center of Osteopathic thinking. Perceiving space, beginning with the anatomical shapes of spaces.....

**28 October** | CPD 7 hours | non-residential £195 | London | Course Director: Dr Andy Goldman DO

\*Modules 1 and 2/3 (Entry level courses) provide a high standard of training in palpation of the Involuntary Mechanism (IVM) and a firm grounding in osteopathic treatment approaches.

\*Module 4 teaches the principle of Balanced Ligamentous Tension for treating every joint of the body and provides a useful bridge between structural and cranial approaches.

\*Modules 5-9 (Pathway Courses) are aimed at practitioners wanting to refine and advance their IVM skills and knowledge. These can be taken in any order.

# The path to quality training

**The Rollin E. Becker Institute** is a **Sutherland Cranial Teaching Foundation-approved** organisation providing education, practical skills and development with osteopathy in the cranial field (OCF). Established by an existing team of highly educated, motivated and experienced teacher-practitioners in OCF, the Rollin E. Becker Institute blends philosophical traditions with developments in knowledge in the cranial concept. We aim to inspire newcomers to OCF, as well as those already practising, by delivering essential and expert knowledge, invigorating the way you work.

**The Rollin E. Becker Institute** is committed to delivering a high-quality programme of courses, masterclasses and seminars relevant to the challenges facing osteopaths in the 21st century. Visit [www.rollinbeckerinstitute.co.uk](http://www.rollinbeckerinstitute.co.uk) for more details.

**Rollin E Becker Institute**  
*Inspiration in practice*

## Train with the Rollin E. Becker Institute in 2012

### OCF Update Day (Cirencester)

Date: 3rd November Venue: Cirencester  
CPD: 6 hours  
Cost: £150

This update course is aimed at people who have already completed a 40-hour/5-day OCF course with any recognised SCTF provider.

It will be an interactive day, with 3 short revision sessions and plenty of practical. We will identify together the areas of your practise which need help and improvement.

The individual needs of the participants will be addressed with an emphasis on supporting practitioners to develop their treatment skills.

As with all our courses, there will be a ratio of 1:4 tutors to students.

### Palpation

Date: 25th November Venue: BSO, London  
CPD: 6 hours  
Cost: £150

An experiential course which helps participants to gain a greater understanding of how we palpate and make sense of what we feel.

There will be discussion of the concept of tissue quality, how we quantify it and how understanding what it is helps us to treat more accurately to get better results.

### Later in 2012/13:

Dates, venues and costs vary - please contact our administrator Gilly Dowling, for further details on 0845 5193 493

25th NOVEMBER **ENT course (BSO)**  
JAN/FEB 2013 **40-hour level 1/2 course**

Call 0845 5193 493  
[www.rollinbeckerinstitute.co.uk](http://www.rollinbeckerinstitute.co.uk)  
for updated course information and booking.



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# FOUNDATION FOR PAEDIATRIC OSTEOPATHY CONFERENCE 2012

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The Developing Child – An Osteopathic Challenge

Date: 13 & 14 October 2012

Venue: Thistle Hotel, Marble Arch, London

Registration: [www.fpoconference.org.uk](http://www.fpoconference.org.uk)

All delegates and their guests are invited to a special dinner & social on the Saturday evening.

Visit [www.fpoconference.org.uk](http://www.fpoconference.org.uk) for full schedule and booking details.



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## A functional integrated approach using advanced muscle energy techniques for the lumbar spine and pelvis

Saturday 22 to Sunday 23 September : £250

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(Crochetage Ekman 'Hooking' Technique)

Saturday 24 to Sunday 25 November : £395

*Fee includes Myofascial release hooks and manual*

## A functional integrated approach using muscle energy techniques for kinetic chain dysfunction

Saturday 19 to Sunday 20 January 2013 : £250

### Further information and booking

Courses are tutored by **Carl Todd** MSc (Sport Med), BSc (Hons) Ost, DO, Cert Ed, Clinical Director and Consultant Osteopath England National Football Team and Chelsea FC.

Course run from 9.30 to 4.30 each day, with an hour's lunch break and two coffee breaks.

To book your place please get in touch, or for more details, please visit our website.

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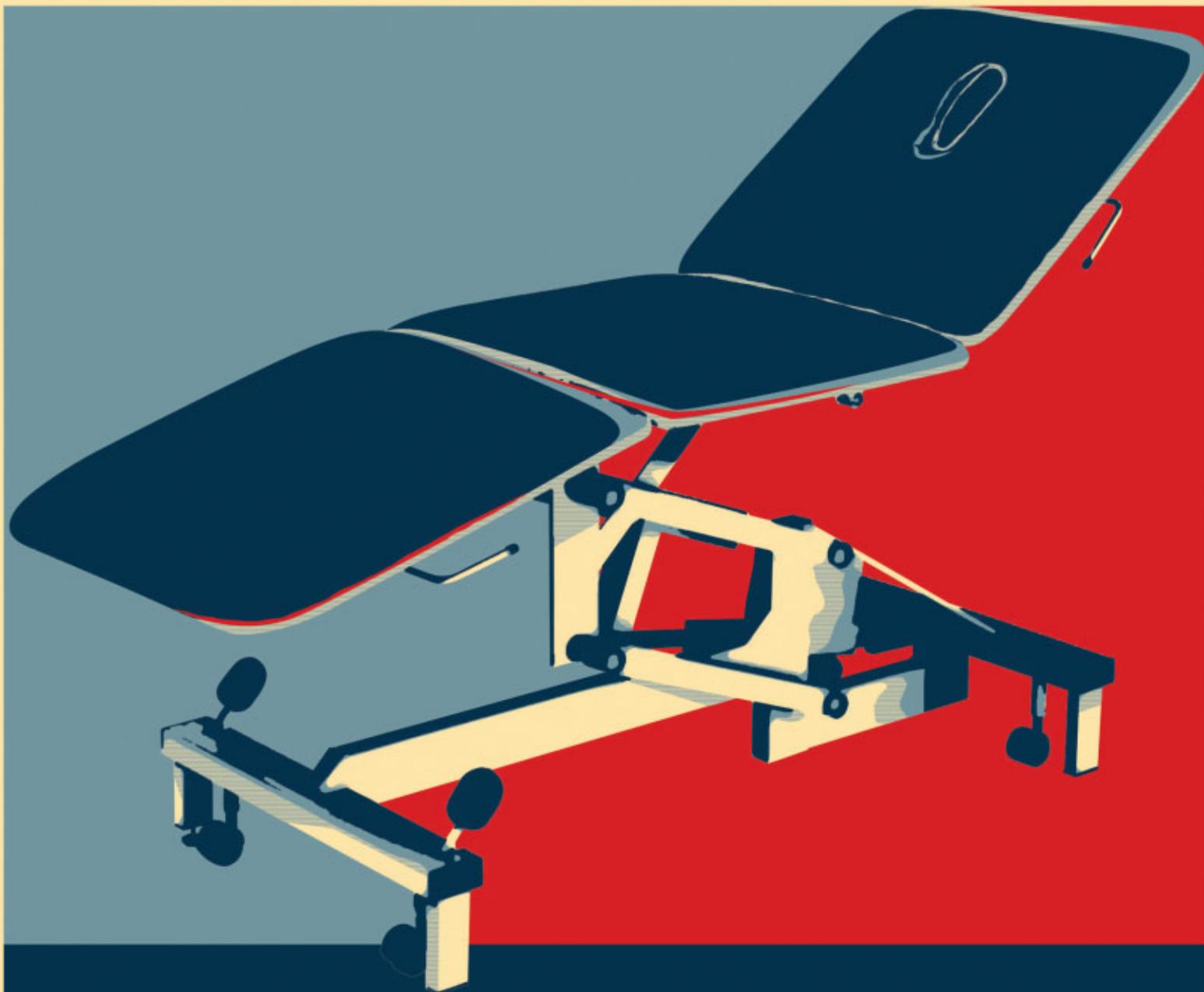
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## Dynamic Neuromuscular Stabilization

Following the success of previous DNS courses, and in response to delegate demand, we are delighted to welcome back to the UK the Prague Rehabilitation School DNS Team

### A Developmental Kinesiology Approach: Intermediate Course B

Thursday 18 to Sunday 21 October 2012

Cost: £600 (inclusive of lunch and refreshments) - 28hrs CPD

Dynamic Neuromuscular Stabilization is an innovative and increasingly popular approach to restoring functional stability. Delegates must have completed DNS Course A in order to attend - for further information please visit <http://www.eso.ac.uk/cpd-calendar.html>.



### DNS Skills Weekend: Reflex Locomotion

Saturday 26 to Sunday 27 January 2013

Cost: £300 (inclusive of lunch and refreshments) - 14hrs CPD

The Skills Weekend will include: DNS tests review; Reflex locomotion - anticipatory movement, zones' combination, modifications for: RT1, RT2, RC and 1st position; Active exercise in the developmental positions - combination of reflex locomotion principles with verbal and manual instructions. Delegates must have completed courses A and B to attend.

### A Developmental Kinesiology Approach: Intermediate Course C

Thursday 11 to Sunday 14 April 2013

Cost: £600 (inclusive of lunch and refreshments) - 28hrs CPD

This four-day course continues on from DNS courses A and B - delegates must have completed both courses in order to attend. For further information please visit <http://www.eso.ac.uk/cpd-calendar.html>.



### DNS Skills Weekend: Active exercise

Saturday 18 to Sunday 19 May 2013

Cost: £300 (inclusive of lunch and refreshments) - 14hrs CPD

The Skills Weekend will include: DNS active exercise in "higher" developmental position; Refining manual skills to achieve ideal joint centration; Performance enhancement in the athletic population; DNS based mobilization techniques for the spine. Delegates must have completed courses A and B to attend.

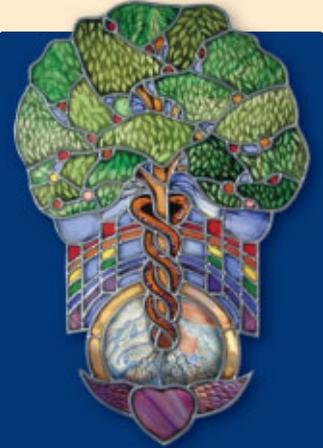
## *What previous delegates have told us ...*

*"The effects of Professor Kolar's techniques are dramatic and can easily be assimilated into osteopathic practice. If you treat babies, children or adults then this knowledge will improve your results tenfold"*

*"One of the most interesting courses I have been on and one which will add a major dimension to my practice."*

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