



General
Osteopathic
Council

VERIFYING CPD
HOW TO STAY
ON TRACK

CPD SURVEY
PLAN, REFLECT,
PREPARE

FOCUS ON OPS
RAISING A
CONCERN

The Osteopath

Supporting high standards in osteopathic practice

MAY/JUNE 2019 | VOL 22 | ISSUE 3

A large, stylized graphic of a human ear in a reddish-brown color, positioned centrally on the cover. The ear is set against a background of dark blue and orange abstract shapes. A small orange circle is located at the bottom of the ear's canal.

LISTENING AND LEARNING

HOW PATIENT FEEDBACK CAN
INFORM YOUR PRACTICE



General
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Council

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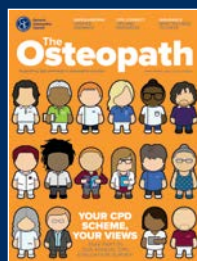
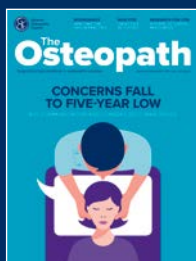
Education, standards and new CPD scheme

Osteopathic education, the Osteopathic Practice Standards, the new CPD scheme, policy development and research, enhanced patient partnership, patient care and patient safety.
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Welcome



‘Do we hear what we want to, and not what people are actually thinking or saying to us?’ This is one of the interesting questions that osteopath Diana Pitt considers in relation to gathering patient feedback (p8). Read an overview of patient feedback on p6 and find

out about the new workbook to help guide you through this CPD activity (p5).

Have you taken part in this year’s annual CPD Evaluation Survey yet? On p16 we explain how taking the survey can help you plan your CPD. Two osteopaths who tested the survey share, on p18, why they would recommend taking part before the survey closes on 9 July 2019.

As more osteopaths start on the new three-year CPD scheme, we have received some questions about how your CPD will be verified. On page 14, we explain exactly what you’ll need to provide and how it will be checked.

Looking for ways to connect with other osteopaths for CPD? Check if there’s a regional or local CPD group near you on the map on p12. Plus, find ideas for connecting for your CPD, forthcoming events, and a report from a recent event.

Raising a concern about a colleague, in order to protect patient safety, can be very challenging. On page 10, GOsC’s Policy Manager, Steven Bettles, explores the guidance around this in the updated Osteopathic Practice Standards to help you with decision-making in this area.

Clare Conley

Managing Editor

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Update

May/June 2019



GOSC NEWS

The GOSC to recruit Chair and Council members

We will soon be looking for our next Chair and two new Council members. Could you pick up the mantle in 2020?

In July 2019 we will start the process of selecting a new Chair of the GOSC's Council, followed in September with recruitment of two new members of Council. Osteopaths and lay (non-osteopaths) are encouraged to consider applying for these posts – all three posts start from April 2020.

Look out for more information in the next edition of The Osteopath, where current GOSC Chair, Alison White, who comes to the end of her term in March 2020 after eight successful years, will outline why she'd recommend applying for the role. We will also advertise the positions on social media, as well as on our website and in the national press.

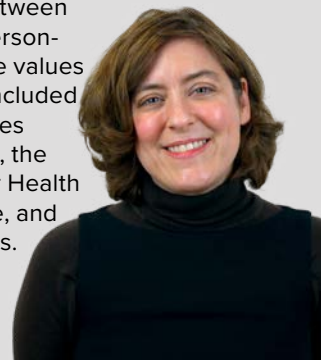
GOSC NEWS

Raising the profile of osteopathic regulation and practice

Fiona Browne, the GOSC's Director of Education, Standards and Development, recently gave presentations at two high-profile healthcare conferences, helping to raise the profile of osteopathic regulation and practice throughout the health sector.

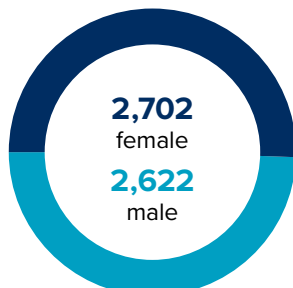
On 7 March Fiona delivered a keynote speech at a regulatory conference hosted by the Professional Standards Authority. Fiona's talk explored the topic of professional judgement in the context of the Osteopathic Practice Standards. Read the presentation at: bit.ly/PSA-academic-conferences.

Later in March, Fiona spoke at a two-day conference on shared clinical decision-making. The conference focused on the inter-relationship between decision-sharing, person-centred care and the values agenda. Speakers included senior representatives from UK universities, the National Institute for Health and Care Excellence, and global health experts. See: bit.ly/ESPCH-shared-decision-making.



SNAPSHOT

REGISTER STATISTICS: 1 MAY 2019



GOSC NEWS

New GOsC Chief Executive is keen to engage

Leonie Milliner joined as Chief Executive and Registrar in March, and is focusing on getting to know the osteopathic profession



I am keen to meet as many osteopaths as possible. On my third day here as the new GOsC Chief Executive, I spent a couple of hours with a south London osteopath, starting my journey of listening and learning. This continued in Bristol, at the Institute of Osteopathy's (iO) Roadshow where I heard iO President Ben Katz outline the iO's ambitious plans for the profession. The GOsC was also presenting at Bristol and the other iO Roadshow events (see p13).

I have met patients keen to help the GOsC shape our policies, stakeholders from the education providers and the National Council for Osteopathic Research, as well as gaining an insight into how osteopathic practice is organised in a fascinating morning spent observing an osteopath treat patients in a busy clinic in Hornchurch, Essex.

Here at Osteopathy House in London I have been listening and learning from

the small GOsC team, as well as meeting Council members and those involved in our governance, as part of my commitment to ensure a smooth transition. In the longer term, my ambition is to better connect osteopathy with wider healthcare, strengthening our relationship with our education providers and demonstrating the benefits of a well-regulated profession to patients, government and our stakeholder community, while supporting osteopaths in their care for patients.

We should be rightly proud of our strong track record as a modern and innovative regulator, and I was delighted to meet with key stakeholders in the regulatory sector, the Professional Standards Authority (PSA) and the Department of Health and Social Care, where that view was confirmed in our excellent 2017/2018 PSA report.

I plan to meet as many osteopaths as possible to continue this journey, building on my experience as Chief Executive of the Association for Nutrition, the voluntary regulator for Registered Nutritionists, where we strategically repositioned the profession as central to the delivery of the government's public health improvement agenda. I also hope to connect osteopathy with my work in higher education, specifically with the government's Teaching Excellence Framework, bringing clinical education and patient-centred care to the forefront of the assessment of teaching quality.



NEW CPD

Gathering and analysing patient feedback: new workbook

Patient feedback involves getting feedback from patients (using questionnaires or other methods) about your practice and it is an objective activity option for the new CPD scheme.

Patient feedback can be used to explore a particular area of your practice that you are interested in developing – anything from patient experiences of getting an appointment and the first point of contact, to exploring levels of patient satisfaction.

This workbook gives an overview of the new CPD scheme and explains the different ways you might gather patient feedback, including useful templates and guidance on how you might want to go about analysing the results. It also gives examples of the aspects of practice that osteopaths have chosen to explore using this method.

The workbook explains that reflecting on how you communicate with patients in response to their feedback may enable you to meet the communication and consent requirements of the new CPD scheme. It also explores how you may be able to link this CPD activity with all four themes of the Osteopathic Practice Standards.

See the article and osteopathy case study about patient feedback on p6 and read the Patient Feedback Workbook, and other practical CPD workbooks, at: cpd.osteopathy.org.uk/workbooks.

GOSC NEWS

Share your views: consultations

We are proposing the introduction of guidance on the arrangements for, and procedure at, a hearing where an osteopath applies to be restored to the Register after being removed following a fitness to practise hearing. The consultation will run until 20 June 2019, and the results will be included in papers for the GOsC Council meeting on 17 July 2019. Go to: osteopathy.org.uk/draft-restoration-guidance. We are also consulting on updates to the registration assessment process and documentation. The deadline for responses is 6 June 2019, please go to: osteopathy.org.uk/registration-assessment-consultation.

Listen and learn



Have you asked your patients what they think? Getting feedback can help you reflect on and enhance your practice, explains Managing Editor **Clare Conley**



Asking patients for their feedback on an aspect of your practice can be a good way to learn more about your practice and about how different patients feel about it. Considering structured feedback from patients can also help to reassure you about what you are doing well and can help you to identify learning points you can plan to explore in future CPD.

How can feedback inform my practice?

Patient feedback can be used to explore an aspect of your practice that you are interested in or feel that you may be able to improve in some way, such as:

- Patient outcomes – how does your treatment contribute to patients' improved health outcomes? (For example, Patient Reported Outcome Measures or PROMs.)
- Patient experience – what are your patients' experiences of your practice and treatment, from the moment they contact your practice for the first time to the moment they are discharged from your care?
- Patient satisfaction – how satisfied are patients with your care? This is often a more subjective measure.

Here are some examples of feedback exercises carried out by osteopaths:

- Patient experiences of getting an appointment, from the first point of contact – were they able to get an appointment when they needed it? Was the osteopath running on time?
- Patient experiences of how they can follow up after an appointment – did they know how to contact the osteopath if there were any questions? Do they prefer follow-up contact by phone, email and/or text?
- Patient satisfaction – understanding what is important to the patient, for example did they feel listened to or part of the decision-making process?

How do I gather patient feedback?

There are various methods, including:

- Online questionnaires
- Paper questionnaires
- Patient focus groups
- Recording patient stories or verbal feedback

Our national YouGov survey on public and patient views of osteopathy found that most patients (75%) prefer to leave feedback via an online survey. See page 11 of bit.ly/TheOsteopathNovDec2018.

Can the PROMS scheme help me?

The Patient Reported Outcomes Measures (PROMs) scheme, developed by the National Council for Osteopathic Research

(NCOR), is a way of getting independent feedback analysed for you by NCOR. NCOR will send you a confidential, personalised report once they receive your feedback from 25 patients. You can use the report as objective feedback to inform your CPD and practice. Find out more about PROMs at: ncor.org.uk/practitioners/patient-reported-outcomes.

WHICH ELEMENTS OF CPD COULD PATIENT FEEDBACK RELATE TO?

Objective activity: Getting objective feedback from your patients, reflecting on what you do (with colleagues if you choose), and considering how you might enhance your CPD and practice as a result.

Communication and consent:

Reflecting on how you communicate with patients in response to feedback is a core part of the process, so it can also meet the communication and consent requirements of CPD.

Linking to the Osteopathic Practice Standards (OPS):

It may be possible to link CPD learning with all four themes of the OPS. See the Patient Feedback Workbook for a worked-up example of this.

HOW CAN I FIND OUT MORE ABOUT PATIENT FEEDBACK?

1. The Patient Feedback Workbook provides a practical guide to the feedback process. See: cpd.osteopathy.org.uk/resources/patient-feedback-workbook
2. Read about how osteopath Diana Pitt gathered patient feedback on page 8
3. Find resources, including more case studies from osteopaths who share their experiences and findings, on the CPD site at: cpd.osteopathy.org.uk
4. Read an article about how patients generally view giving feedback in a positive way at: cpd.osteopathy.org.uk/the-patient-perspective

**‘Feedback can
also reassure you
about what you
are doing well’**

■ Gathering patient
feedback can help
you identify learning
points about
your practice

→ p8

CASE STUDY:

Building positive patient relationships

Osteopath and university course leader **Diana Pitt** shares her learning and insights into gathering patient feedback, and how she applied this to improve her service and grow her practice

Photographs Jo Denison

Diana Pitt graduated from the European School of Osteopathy in 1988 and later took an MSc in Research Methods (1995) and a Teaching Qualification PGCAP in 2014.

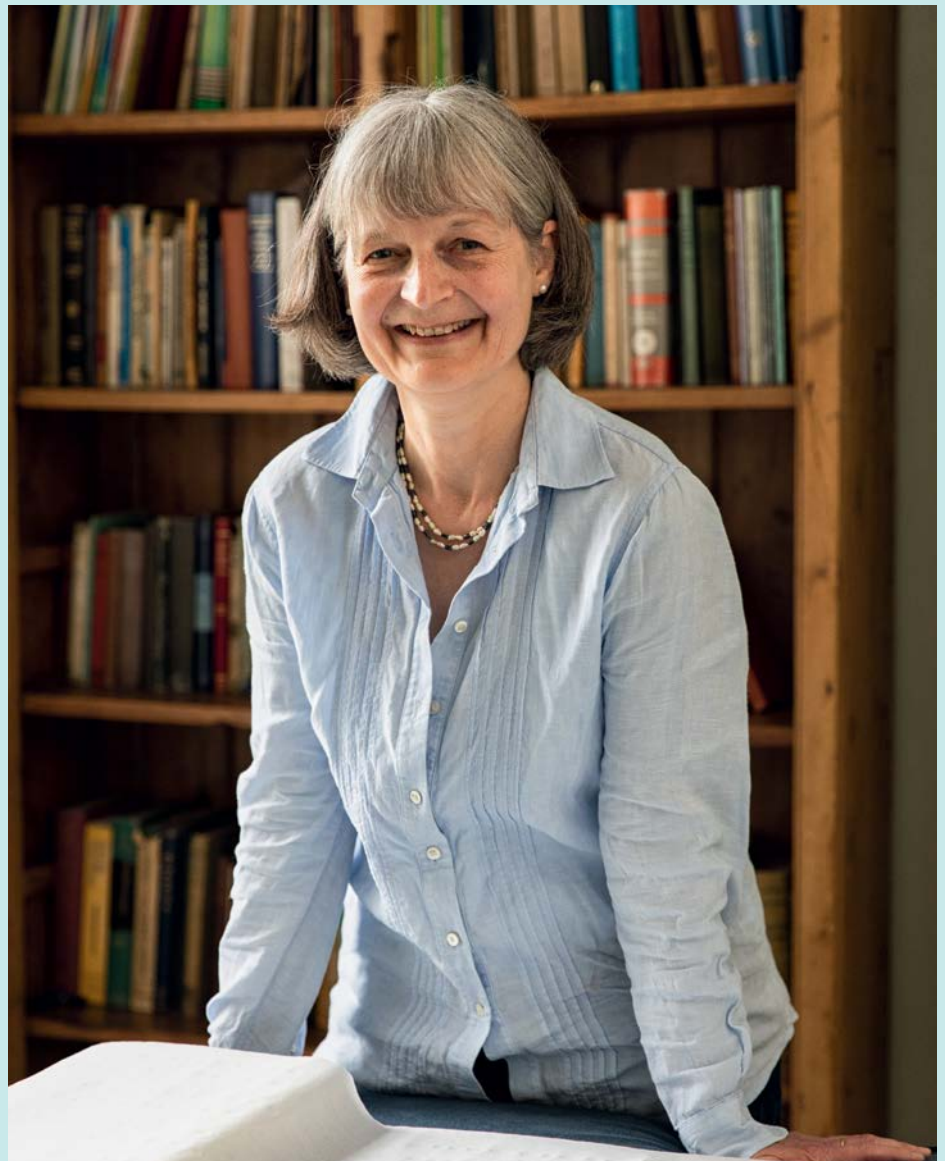
Diana ran her own multidisciplinary clinic in Kent from 1996 to 2013, relocating to Yorkshire to work for Leeds Beckett University. She now works one-and-a-half days a week in clinical practice in York and is also the Course Leader for the MSc Pre-Registration Osteopathy at University College London.

Which aspect of your practice did you decide to get feedback on?

The information I hoped to obtain was feedback about my ability to build positive patient relationships. I'm always giving feedback to students and encouraging them to receive feedback, and felt it was important to be in that situation myself too! It's very easy to think that we listen to patient feedback, but do we really? Do we hear what we want to and not what people are actually thinking or saying to us?

Why did you choose this aspect to explore?

I had several reasons for doing this: I'm interested in how we come across to our patients because we have to adapt to all different types of people and their individual needs and problems. It's difficult to see one's own behaviour through our own eyes, and receiving feedback from patients is a valuable way



of gaining insight into how they see our communication and behaviours.

I also know from observing clinical students over many years that having excellent communication skills is an extremely important factor in gaining patient confidence in the treatment you are giving and encouraging 'compliance' with self-care advice, etc.

Which method did you use to gather feedback?

I decided to use the CARE patient feedback measure, which has been validated and widely used for 10 generic cross-professional aspects of patient care (caremeasure.org/about.php). For example, the patient is asked to rate how well you 'let them tell their story'. It's simple to complete by using tick boxes for a range of responses, with the useful addition of a free text box for any comments which patients wish to make.

I printed out 30 questionnaires and stapled a simple covering letter to each of them. The letter explained that responding to the questionnaire was entirely voluntary and completely anonymous. I asked them to post the completed form through our practice front door letter box (this was not overlooked in any way by staff or patients). I also reassured them that there would be no follow-up but that we might use the data for marketing on our website.

How long did it take?

It took six weeks to give the questionnaire to 30 patients who were willing to complete it. I waited two months to make sure I received as many questionnaires back as possible before analysing the results.

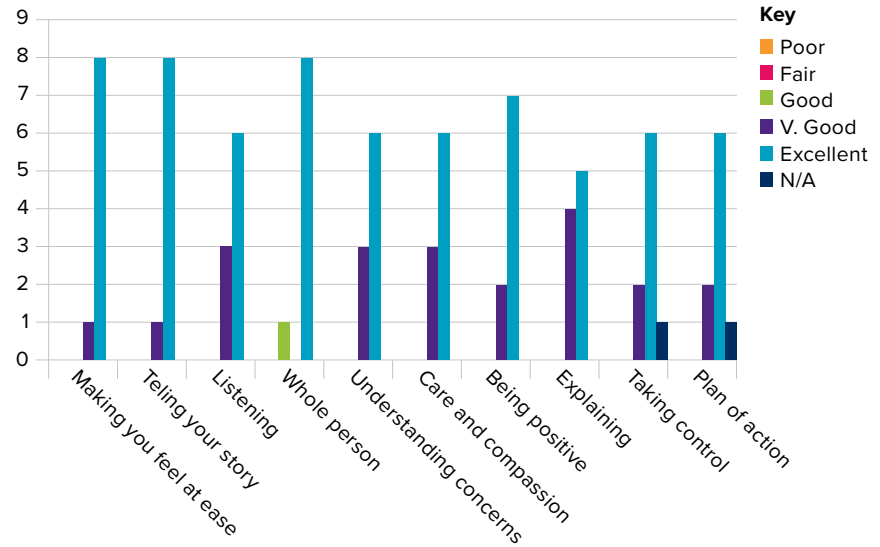
How did you analyse the feedback?

I received nine completed questionnaires, so the numbers were small, and I used a very simple tally system to record the scores which were on a six-point Likert-type scale for the 10 questions. Then I put the scores for each question on a simple bar chart in Excel (see bar graph above). This made the results very easy to view. The free text was analysed separately by looking for broad themes.

After reflecting on the results, what were the learning points for you?

I had good feedback in most areas – mainly excellent – which was reassuring.

Care Patient Feedback Measure for D Pitt n=9.



Particular strengths were:

- Making the patient feel at ease
- Letting the patient tell their story
- Seeing the patient as a whole person
- Being positive.

However, I had a few responses in the 'very good' category and I was surprised that two respondents didn't think that 'having an action plan' and 'allowing the patient to take control' were applicable to their problem. This did make me alter my practice and set aside specific time within a consultation to really explain the management plan and what their part in it is, to help patients take better control of their symptoms and management.

In terms of the method I used to collect feedback, I thought the response rate would be greater because I opted to give the form out in person. I believe some practitioners in our support/study group had a better response rate from online questionnaires, so I may try this in the future, so that I can compare results across the years.

Did you link the learning with the themes of the Osteopathic Practice Standards?

I linked this learning with:

■ **Theme A:** Communication and patient partnership.

But it also links to:

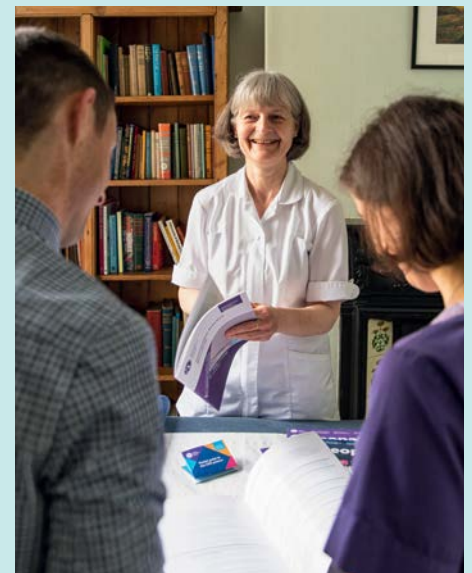
■ **Theme B:** Knowledge, skills and performance.

as I have learned more about undertaking patient feedback and analysis.

See: standards.osteopathy.org.uk

Would you gather patient feedback again?

Yes, it helps keep me reflective and ensures that I'm continuing to provide a good service to patients and adhering to practice standards. Ultimately, data like this may help with practice-building too, and could be used for marketing on the practice website. ●



■ Diana Pitt discussed the useful patient feedback from her simple questionnaire with colleagues

Raising concerns



Steven Bettles, GOSc's Policy Manager and an osteopath, explores the OPS guidance for raising a concern to protect patient safety and wellbeing

What's changed?

In the previous edition of The Osteopath, we looked at updated standard:

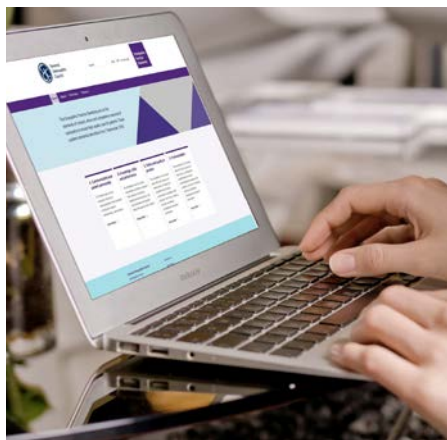
Theme C: Safety and quality in practice.

C4: You must take action to keep patients from harm.

This includes guidance around safeguarding of children and vulnerable adults, and we signposted some resources to provide further information around this. (See p16 at bit.ly/TheOsteopathMarApril2019.)

As we mentioned, the updated standard includes guidance that reproduces the current guidance (C9 of the current Osteopathic Practice Standards), which outlines options for managing situations where you believe that the health, conduct or professional performance of a colleague or other healthcare practitioner poses a risk to patients. The guidance states that, in these circumstances, you should consider one of several courses of action, keeping in mind that your objective is to protect the patient. These options include:

- Discussing your concerns with the colleague or practitioner.
- Reporting your concerns to other colleagues, or to the principal of the practice, or to an employer.
- Reporting the concerns to the practitioner's regulator, if they belong to a regulated profession, or to a voluntary register if they belong to one.
- Where there are immediate and serious concerns for a patient, reporting the practitioner to the police or social services.



■ Start familiarising yourself with the updated Osteopathic Practice Standards, which include guidance for what to do if you think a colleague's conduct poses a risk to patients

'Consider situations in the context of patient safety and wellbeing and use your professional judgement for the best way to deal with them'

What does this mean in practice?

The OPS guidance provides a framework to support decision-making in these circumstances but does not – and nor could it – provide a definitive approach to address every concern which might arise.

Osteopaths are thus required to use their professional judgement to handle situations where the behaviour or competence of another osteopath or healthcare professional raises a concern about the safety of patients.

Using your professional judgement

The scenarios opposite are just illustrations, of course, and how any of these examples might develop will rely on a range of circumstances. The key thing, however, is to consider these types of situations within the context of patient safety and wellbeing, and using your professional judgement to consider the best way of dealing with them.

If you find yourself in circumstances such as these, you can also seek advice in the first instance by talking to a colleague, the Institute of Osteopathy (if you are a member), or the GOSc. ●

USING THE UPDATED OPS IN PRACTICE

You'll need to link your CPD with the four themes of the OPS as part of the new CPD scheme, so it's a good idea to start familiarising yourself with them now. You can read the OPS online at: standards.osteopathy.org.uk

Consider, for example, the following scenarios

In each of these cases, you might have genuine concerns for the safety and wellbeing of patients. How might you manage these concerns?

1 You suspect that a colleague is drinking

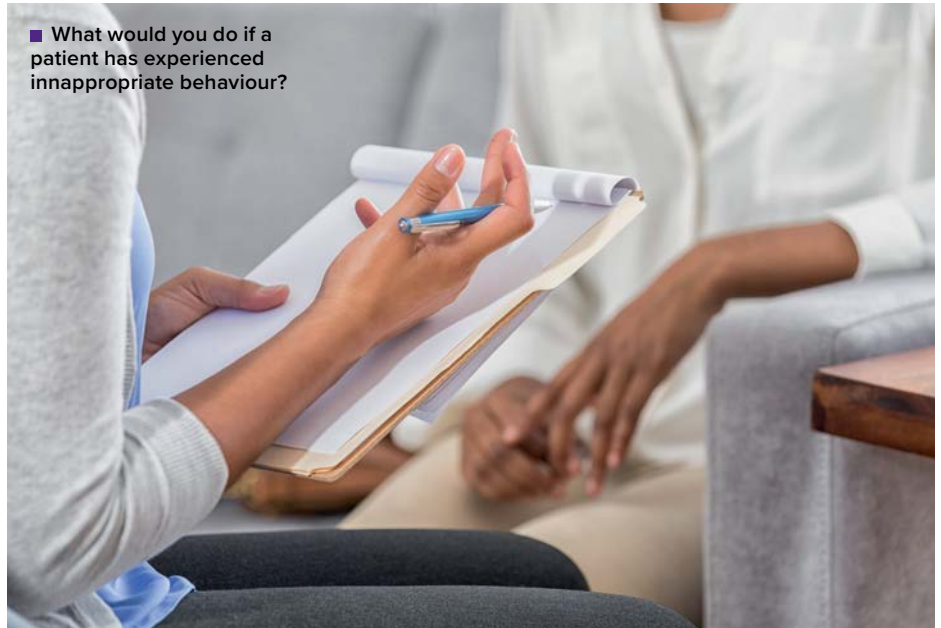
You become aware that an osteopath colleague from your practice is in the habit of drinking alcohol at lunchtime. Recently, this behaviour seems to have worsened, and a few times in the past month, they have been late back from lunch and left a patient waiting up to 10 minutes for their return, causing them to run consistently late for the rest of the day.

Consider

It's likely that a conversation with your colleague in the first instance would be the best way to start. You might ask if they're OK – point out that you've noticed they seem to be struggling to keep to time in the afternoons, and ask whether they have, in fact, been drinking at lunchtimes. These conversations may not be the easiest, but they can still be put in a supportive context, with the wellbeing of patients being paramount. Depending on the outcome of such a conversation, this may be enough to address the issue. You may be reassured by the discussion, and by what your colleague has to say. If the pattern of behaviour persists, however, or if the colleague denies that there is a problem when you feel clear that there is, you may need to escalate the concern by contacting the GOsC about it.

'These conversations may not be easy, but they can still be supportive'

■ What would you do if a patient has experienced inappropriate behaviour?



2 A patient tells you about bad behaviour

A female patient tells you that their previous osteopath (who you don't know) made inappropriate sexual comments, watched while she undressed, and behaved in a way she described as 'creepy'. She saw him three times, becoming increasingly uncomfortable as his behaviour worsened. At the last one, he asked her out for a drink. She declined and didn't rebook.

Consider

You might talk to the patient about how to raise a complaint or concern with the GOsC (osteopathy.org.uk/making-a-complaint). If she doesn't want to do so, you might offer to contact the GOsC yourself to alert the regulator, without revealing the identity of the patient. It may be that there are other concerns or complaints already about that particular osteopath, so this might form part of a wider picture.

3 You're worried about your own osteopath

You visit your own osteopath for a treatment – she has been treating you for many years and you have a very good relationship. You notice, though, that she appears forgetful and anxious, which is unlike her. She loses her train of thought when taking the case history, and having manipulated your cervical spine, asks some 10 minutes later whether she'd actually done this, or 'just thought that she had'.

Consider

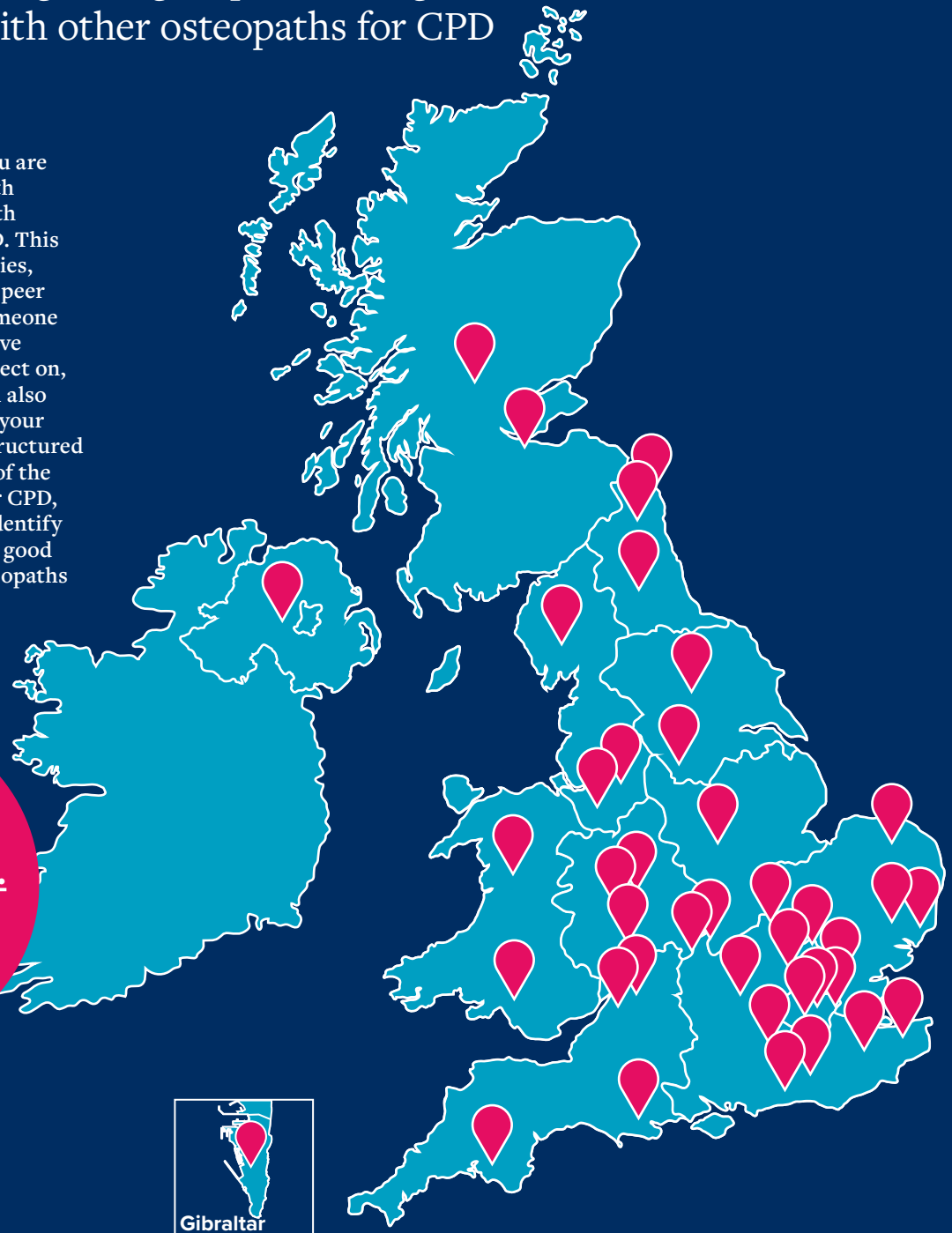
This is likely to be a scenario where a conversation with the osteopath in the first instance is appropriate. Maybe she has health issues or is particularly stressed at the moment, and a supportive conversation around this might enable her to reflect and make some changes to address these – perhaps by taking some time out or seeking help elsewhere.

Is there a CPD group near you?

Joining a local or regional group can be a good way to connect with other osteopaths for CPD

In the new CPD scheme, you are encouraged to connect with osteopaths and other health professionals for your CPD. This can be for objective activities, like case-based discussion and peer observation, or just to have someone you can speak to, to get objective feedback that you can then reflect on, to develop your practice. You'll also need to pair up with a peer for your Peer Discussion Review, the structured conversation towards the end of the three-year cycle to review your CPD, so you might find it useful to identify someone now. Groups can be a good way to connect with other osteopaths for your CPD.

Find a group at cpd.osteopathy.org.uk/groups or set up your own



Connecting for CPD in Norfolk



Liz Niman, Head of Communications and Engagement, reports from an event run by the Norfolk Osteopathic Society

Connecting is a central concept to the new CPD scheme, so it was great to see about 20 osteopaths gathered together doing just that, near Norwich on Saturday 23 March. The Norfolk Osteopathic Society is run by two very friendly and helpful osteopaths: Zoë Clark and Felicity Hancock.

The session started with Maurice Cheng, Chief Executive of the Institute of Osteopathy (iO) talking about osteopaths' new status as Allied Health Professionals and setting out the iO's vision and strategy, including their new brand: Osteopathy for Health.

Then it was the turn of Steven Bettles, GOsC's Policy Manager, who explained the new CPD scheme and highlighted the resources on the CPD website: cpd.osteopathy.org.uk.

Some of the questions asked by attendees

included: 'How do you record your CPD and share it with colleagues under the new scheme?' Easy, you can use the online CPD Diary (see p15 bit.ly/TheOsteopathNovDec2018), and share it to help with your Peer Discussion Review (PDR).

'Will GOsC read my CPD Diary?' Steven explained that the GOsC won't look at everything and everyone's records, but we will verify a sample. See p14 of this issue and check out the Keeping CPD Records Workbook (cpd.osteopathy.org.uk/themes/keeping-a-record) for lots of practical advice.

Moving on to discussing the Peer Discussion Review (PDR), Steven reassured attendees that the best advice is to try it out, talk it through, and remember it should be a supportive and encouraging process. There is also specific advice in the PDR Guidance – see: cpd.osteopathy.org.uk/pdr. ●

THE GOsC GOES OUT AND ABOUT

The GOsC's Professional Standards team has been getting out and about. They've met with osteopaths in Cambridge and Colchester in March and April, to talk about how osteopaths can meet the requirements of the new CPD scheme.

The team also met with University College of Osteopathy (UCO) faculty at their annual staff conference, and with osteopathic students and faculty at Plymouth Marjon University. More events are planned over the next few months as more osteopaths join the new scheme.

The GOsC runs sessions at the iO Roadshow

The GOsC has run sessions at the Institute of Osteopathy's (iO) Roadshow in Coventry, Bristol and Manchester. There are two events in June: Perth on 9 June and Maidstone on 21 June. Come along to hear about the GOsC's strategic approach and the new CPD scheme, including Peer Discussion Review. Open to non-members of the iO. For more information about the roadshow and to book your ticket, see: iosteopathy.org/for-osteopaths/iO-roadshow.

Webinars for regional leads: let them know if you have any questions

The GOsC will be running more webinars for regional CPD group leads, providing the opportunity to:

- Get an update on CPD
- Feedback any concerns or queries from your groups
- Let the GOsC know if there are other areas of support we could offer.

So do tell your regional lead if you have any tips to share, or concerns or questions about the new CPD scheme. Or contact the GOsC directly by emailing: newcpd@osteopathy.org.uk.

3 WAYS TO CONNECT FOR CPD:



1. JOIN A GROUP

- Check the list of groups with contact details on the **o** zone: members.osteopathy.org.uk/regional-groups
- Get more information about groups and communities: cpd.osteopathy.org.uk/groups



2. SET UP A NEW GROUP

If you don't have a group near you, why not set up a new one? It could be a face-to-face group that meets up regularly or a virtual group, where you connect by Skype or phone, for example.

- Read tips from other osteopaths who have set up virtual groups at: cpd.osteopathy.org.uk/virtualgroups
- The GOsC can put you in touch with osteopaths in your area and may be able to provide expert speakers. Email Rachel Heatley at: rheatley@osteopathy.org.uk



3. STAY IN TOUCH

Stay in touch, or get back in touch, with osteopaths you met at college, on courses, via other events, or colleagues you've worked with previously.

How will your CPD be verified?

Osteopaths have been asking us what exactly they will need to provide and how the GOsC will be verifying the scheme. Here we set out what you will be required to do, and what we will be checking

The CPD requirements send an important message to patients, the public and other health professionals, providing assurance that all osteopaths on the Register practise in accordance with published standards and requirements.

What information will I need to record?

Just as you did on the previous CPD scheme, you will need to keep a record of your CPD, including evidence for the activities you have done. Examples of the sorts of evidence you might want to keep include notes of a group practice discussion or a course certificate, including your reflections on your practice and your CPD.

What information will I need to provide?

Each year you will still be required to complete an annual renewal of registration form, and as part of this you will now make a declaration about the CPD activities you have done in that year of your three-year cycle. (See next page for example of an annual renewal form.) But you will no longer need to submit an annual CPD summary form.

Each year you will be asked to declare:

- The number of hours of CPD you have done in the past year.
- The number of hours you have done in the past year which are in the category 'learning with others'.



■ Make sure you know what information you need to provide

- Which of the four themes of the Osteopathic Practice Standards (OPS) you have covered in the past year (each year, including year 3, you only need to tick the themes you have covered in the past year, so you don't need to tick all four themes in year 3, as long as you've ticked each of them at least once by year 3).
- Whether an objective learning activity has been completed in the past year.
- Whether a communication and consent activity has been completed in the past year.
- Whether you have identified your peer to carry out your Peer Discussion Review (it's a good idea to identify your peer within the first year if you can).
- Whether the Peer Discussion Review

has been completed (this is likely to be in the third year of your cycle). See p16 of bit.ly/TheOsteopathSeptOct2018.

How will the GOsC check osteopaths are on track?

Starting in October 2019, after the first osteopaths to join the scheme have submitted their first annual renewal of registration declarations, we will be contacting a sample of registrants every month. The aim will be to check some of the information recorded by getting more details about a selection of activities, and to understand how the osteopath is planning their hours across the three-year CPD cycle.

To give you a better idea of the kind of verification we will seek, if a registrant declares on their renewal form that they have done activities which meet themes:

- A:** Communication and patient partnership.
- C:** Safety and quality in practice.

of the Osteopathic Practice Standards, for example, we might ask to see evidence of those activities so we can verify they do meet both themes.

Will the GOsC let us know how we're doing?

Yes, we will provide feedback, advising whether or not you are on track for your three-year CPD cycle. ●

MORE INFORMATION

Read the CPD Guidance at: cpd.osteopathy.org.uk/cpd-guidance

Example of a completed form

Here is an example of what a completed annual renewal of registration form might look like.

Confirm that you hold continuous professional indemnity insurance and give the name of your insurer	Confirm your health and fitness status	State how many of the hours you have done in the past year are 'learning with others'	Insert the number of hours of CPD you have done over the past year
<p>Declarations</p> <p>By completing this form I declare that all information supplied in support of my application to re-register with the GOsC is, to the best of my knowledge, accurate and true. I understand that the Registrar may take steps to verify any information supplied by me.</p> <p>Indemnity insurance</p> <p>Section 37 of the Osteopaths Act 1993 and the GOsC (Indemnity Arrangements) Rules Order of 2015 require all osteopaths to hold an adequate indemnity arrangement.</p> <p>It is your responsibility to ensure that you hold continuous professional indemnity insurance cover at all times. If your practising status changes, for example to non-practising, or you return to practice, you must contact the GOsC so that your registration status can be updated on the Register. You should also contact your insurance provider to advise them of the change in your registration status so that they can arrange run-off cover insurance if you become non-practising, or reinstate full insurance cover when you return to practice.</p> <p>Please click the declaration statement to confirm that you have cover. Please be aware that you may be randomly selected for an audit, where you will be required to send us proof of your insurance.</p> <p><input checked="" type="checkbox"/> I declare that I hold an indemnity arrangement which meets the GOsC (Indemnity Arrangements) Rules Order of 2015. My insurer is:</p> <p><input type="text" value="Please Select"/></p> <p>Character</p> <p>In the past year and to the best of your knowledge, have you been convicted of a criminal offence or are currently subject to any police investigations which might lead to a conviction, caution, reprimand, final warning, been party to civil proceedings, been subject to an adverse outcome from disciplinary proceedings from any other professional body, in the UK or any other country?</p> <p><input type="radio"/> Yes <input checked="" type="radio"/> No</p>	<p>Health and fitness</p> <p>Do you have any medical conditions, either physical or mental, which might jeopardise the wellbeing of patients whom you may treat or other fellow health care professionals? Do you have an ongoing medical condition, either physical or mental that requires regular medical review?</p> <p><input type="radio"/> Yes <input checked="" type="radio"/> No</p> <p>CPD</p> <p>You are required, over 3 years, to undertake 90 hours CPD of which a minimum of 45 hours must be learning with others. Over 3 years you will need to ensure you have undertaken activities across the four themes of the Osteopathic Practice Standards, an objective activity, an activity focused on communication and consent, and a peer discussion review towards the end of the three-year cycle.</p> <p>Please declare how far you have progressed in completing these requirements by completing the declaration below.</p> <p>In the past renewal year, I have undertaken <input type="text" value="32"/> hours of which <input type="text" value="18"/> hours are in the category of learning with others.</p> <p>I have undertaken activities which cover:</p> <p><input type="checkbox"/> Osteopathic Practice Standards Theme A <input checked="" type="checkbox"/> Osteopathic Practice Standards Theme B <input type="checkbox"/> Osteopathic Practice Standards Theme C <input type="checkbox"/> Osteopathic Practice Standards Theme D</p> <p><input checked="" type="checkbox"/> Objective activity <input type="checkbox"/> Communication and consent <input checked="" type="checkbox"/> I have identified my peer <input type="checkbox"/> I have completed and recorded my peer discussion review</p>		
Confirm your character status	Tick which OPS themes are relevant to the activities you have done in the past year (and only the past year)	Tick which of these you have done in the past year (not so far in your cycle)	

Read Your Guide to the New CPD Scheme for an overview of the new CPD scheme and see p9 for verifying CPD at: cpd.osteopathy.org.uk/yourguide



CPD Survey: plan and reflect on your CPD



Stacey Clift, Professional Standards Officer, explains how completing this year's CPD Evaluation Survey can help you prepare – and you can claim CPD for doing it

The third annual CPD survey is now open and will run until 9 July 2019. We have designed the survey to support osteopaths in preparing for the new scheme, planning their CPD and reflecting on their practice, as well as providing valuable feedback for the GOsC.

It's important to take part in this year's survey, whether or not you have started on the new scheme, and even if you have filled in the past two surveys. In this year's survey, we have added some questions that focus on the new CPD scheme, which was launched in October 2018.

How are osteopaths engaging with the CPD scheme?



Many osteopaths will have started on the new scheme already, and by October 2019 everyone will be on it. We want osteopaths to participate successfully in the scheme, and by completing the survey you will help us understand your experience of it and where you and other osteopaths might need further support.

The survey is anonymous and helps us understand how prepared osteopaths feel for the new scheme, and how they are going about planning their CPD activity now that there is a three-year cycle. It also helps us see how CPD resources are being used, to identify where more support might be needed and provide tailored resources (see p8 of: bit.ly/TheOsteopathMarApril2019).

We will feed back the findings from this year's survey so you can have an understanding of CPD activity across the wider profession.



What does the survey cover?

This year's survey is made up of four main sections, which cover:

- About you and your CPD
- Planning, selecting, recording and reflecting on your CPD activities
- Communication, engagement and resources: helping you prepare for the new CPD scheme
- Giving and receiving feedback.

How can the survey help you to plan your CPD?

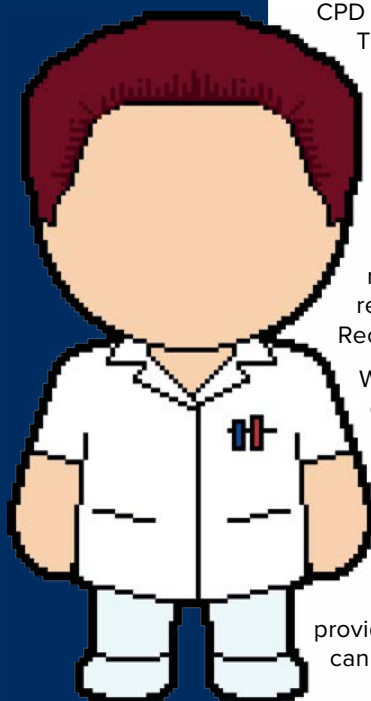
In completing the questionnaire, osteopaths are taken through the key areas of CPD that will help with your preparation and planning, and can provide a framework for thinking about your CPD. In addition to collecting information for the GOsC, to help us understand how osteopaths are approaching the scheme and how confident they are feeling, it is also intended to be a learning resource to help everyone who completes it to identify any questions you may have about your CPD and the new scheme.

Links to key resources on particular aspects of the CPD scheme are included throughout the survey.

This will help if you are unclear about things such as: Peer Discussion Review, what counts as objective activity, or how to go about recording your reflections on your practice. Alternatively, you might just want to check out what resources are available for future use and bookmark the links in your browser. For example, a question that asks about resources used to assist with recording reflective practice, links to the Keeping CPD Records Workbook.

We hope that by completing the survey you will gain a good overview of the CPD resources that are already available.

Given that documenting and evidencing CPD is often a concern for many osteopaths, due to an array of factors such as time and being unsure about what counts, the topics covered in the survey provide an overview of the types of evidence that can be included.



What osteopaths have told us about completing the survey

Osteopaths who have tested the questionnaire for us have commented that it takes around 30 minutes to complete and was useful in thinking about CPD, identifying gaps in their CPD and reviewing possible areas to explore. Some osteopaths told us they thought it could be done in a coffee break between patients.

We know that some osteopaths find the idea of doing CPD worrying or onerous. However, many osteopaths are doing activity that will count as CPD in the new scheme, without necessarily realising it. You might find by completing the survey that you are already covering some of what you thought of as new CPD requirements. For example, through attendance at regional events or by having case-based discussions with colleagues. The survey might

prompt you to record these things and include them in your CPD records.



→ Two osteopaths who tested the survey share why they recommend taking part

Kathryn Elliott

DO and DPO

Kathryn Elliott qualified from the BSO in 1988 and completed the Paediatric Diploma with the Foundation for Paediatric Osteopathy in 2001. She is principal of a mixed practice in Knaresborough, Yorkshire, where her youngest patient was seven days old and her oldest is 99. Kathryn has been involved in the Northern Counties Society of Osteopaths (NCSO) for 11 years, first as Convention and Minutes Secretary, then as the Society's Secretary for the last four years.



'Having been part of the consultation group as a 'regional representative' for the NCSO and learning what is required to

complete the new CPD requirement, I am really looking forward to starting my three-year cycle.

Taking the survey was an opportunity to have time to really reflect on what I need to do to prepare for the new CPD scheme. In particular, considering what I want to do for my practice and patients and to promote osteopathy to other healthcare professionals in my locality, while learning and complying with the Osteopathic Practice Standards.

In 30 years of practice I have only worked with other osteopaths in my initial five years and for the last 18 months, so the idea of the Peer Discussion Review was daunting. But, having had a 'test run' with a colleague, I've found that it is a great way to listen and exchange viewpoints about different forms of CPD and to identify what needs to be done. I would encourage everyone to use their regional societies as a source of CPD wherever possible, and also as a network of colleagues who will offer support for those working solo who may be in need of a peer reviewer.

Good luck to everyone, make use of the survey, don't be scared of the new three-year cycle, and enjoy your new way of embracing truly osteopathic reflective CPD, it's basically what we do everyday anyway – or should be!

Olwen Grindley

BA (Hons) International and MSt

Olwen Grindley graduated from the British School of Osteopathy (BSO, now University College of Osteopathy) in 2015. Olwen worked simultaneously in the UK and Ireland after graduating, and is now an associate at a practice in Dublin. She is a Council Member of the Osteopathic Council of Ireland. Olwen is also a professional dancer and treats dancers in her practice.



'Completing the questionnaire was useful to highlight the areas of the new CPD scheme that I need to address. I'm

reasonably familiar with the scheme in theory, but have not yet figured out some of the practical requirements.

The main issue I identified through the questionnaire is that I have not yet initiated the search for my Peer Discussion Reviewer, something I wish to do at the start of the three-year cycle, rather than the end. I was also not clear about how to fulfil the Communication and Consent part of the new scheme.

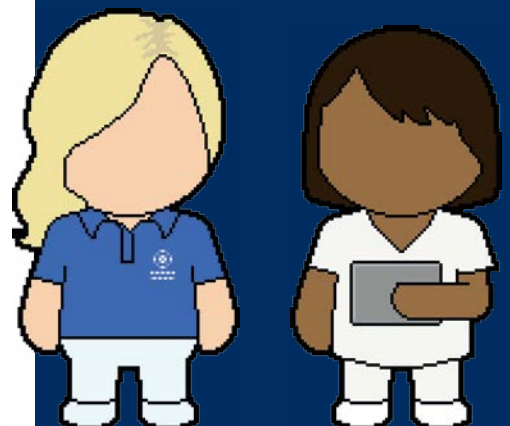
I plan to use my questionnaire answers to guide my CPD planning for the coming years, using the resources on the GOsC CPD microsite (cpd.osteopathy.org.uk). Once I have a reasonably clear idea for myself about what is needed, I will suggest it as a discussion topic to my regular Skype group colleagues. We will then be able to share what each of us already knows and address any concerns we have.' ●

'I'll use my answers to guide my CPD planning for the coming years and will also use the resources on cpd.osteopathy.org.uk'

HOW TO TAKE PART IN THE 3RD ANNUAL CPD SURVEY

1. It should take about 30 minutes to complete, but you don't need to finish it in one sitting – you can return to it again within 24 hours after starting it.
2. You might find it useful to have your most recent CPD record in front of you, and to check the Osteopathic Practice Standards at standards.osteopathy.org.uk and the new CPD site at cpd.osteopathy.org.uk.
3. You can claim 30 minutes of CPD for completion of the questionnaire, along with any additional time you spend reflecting on the content, either individually or with a colleague.
4. Once completed, you can save a copy of your survey answers as evidence of CPD. But remember, you will only have 15 minutes to download them after you have pressed 'submit' at the end of the survey.
5. You could consider using this survey as a 'learning with others' exercise with colleagues or your CPD group, given that reflective learning and connecting with others are central to the new CPD scheme.
6. Remember, if you completed the evaluation survey last year it's still important to fill it in again this year, especially as you will probably only just be starting on the new scheme. It will also help us to understand what your needs are now, as well as allowing us to build up a picture of the results over time.
7. Responses to the survey are anonymous.
8. The closing date for responses is 9 July 2019.

Take the survey now at:
bit.ly/CPDsurvey19





What do we mean by 'osteopathic research'?



NCOR Director **Dawn Carnes** explores the concept of osteopathic research and which research methods can be used for different aspects of osteopathy

The concept of 'osteopathic research' is rarely questioned. But what do we mean by 'osteopathic research': is it research done by osteopaths for osteopaths, and/or research exploring the effects and/or the effectiveness of the osteopathic approach to care?

Unfortunately, this is where the difficulty starts, because defining and determining the osteopathic approach is hard for a number of reasons:

- There is no agreed definition of osteopathy.
- Osteopathy works outside the orthodox health science paradigm, where one treatment is designed to suit and treat one disease or condition.
- Osteopathy is largely theory-driven and these theoretical explanations can vary between practitioners.
- Bespoke treatments are devised and agreed for each patient, depending on their presenting symptoms and circumstances.
- Osteopathy is a complex multi-component intervention, it is more than a 'hands-on' intervention.
- Psychological support and reassurance, exercise and lifestyle advice all feature as part of osteopathic care.

As a profession we find it difficult to define concisely what 'osteopathy' is. However, we can say what we do and therefore investigate this and what impact it has on patients in receipt of osteopathic care (Fawkes et al 2014, 2016). By understanding what we do, we are then in a position to use different forms of research that are relevant to osteopaths' practice, and therefore inform osteopathic patient care.

There is a wealth of research available around:

- patient practitioner relations
- psychological interventions
- the effects and impact of exercise on function and health
- public health guidance for health and wellbeing.

Other areas of research relevant to osteopaths and patient care are those that consider:

- physiological change
- imaging
- examination
- testing.

The research available helps osteopaths to make choices about care,



guide treatment options, inform diagnosis, answer patients' questions and give them sufficient information to make informed choices about their care and treatment.

But there are different types of research that we can use to inform our practice and patients. It is important to understand what research is relevant to answer which type of questions and then be able to source and critically appraise the quality of research we choose to use.

Research questions and methods

No single research methodology is suited to answering all research questions. Each methodology has a specific purpose and is appropriate in different circumstances. This means that aspects of osteopathy can be explored in various ways. Particular methodologies are appropriate depending on what is being studied, and what we aim to demonstrate. The next section looks at research methods that can be used to explore the effectiveness of 'osteopathic' treatment, treatment safety, good practice, and views, opinions and beliefs around research.

Effectiveness: RCTs

Randomised controlled trials (RCTs) are the gold standard for demonstrating

treatment effectiveness. They can compare a treatment to nothing at all, best usual care, another treatment or a placebo or sham. Clinical trials that take place in the real world and not in the tightly controlled conditions of the laboratory are known as '**pragmatic trials**'. The untidy and complex realities of daily life intrude into the clinical encounter and this is why large numbers of patients are needed for pragmatic trials so that we can investigate the effects of the treatment, despite all the potential confounding variables that may influence the results.

Unfortunately, large-scale clinical trials are time-consuming and costly, and need to conform to many regulations. An example is the UK BEAM trial (2004) which compared: a manipulation package of care for low back pain alone, and with an exercise intervention; best GP care and exercise; and best GP care. This four-arm trial, with 1,334 participants, showed that the manipulation package and the manipulation package followed by exercise, showed moderate benefits at three months and a small benefit at 12 months in comparison to best practice GP care. This trial cost nearly £3m and took five years to complete.

Another trial that involved osteopaths



‘There are different types of research that osteopaths can use to inform their practice and patients’

Good practice: audits and surveys

Audits and surveys are helpful when we need to study what we do. Audits of clinical practice can reveal much about osteopathic care and enable osteopaths to compare and reflect on their practice against national benchmarks or standards (Fawkes et al, 2013). Patients can be surveyed to find out what happens to them after their osteopathic treatment; we use Patient Reported Outcome Measures (PROMs) to check on change, adverse reactions, satisfaction and experience. NCOR is establishing a national database of PROMs for osteopathy; if you would like to contribute to this project, you can find out more about PROMs and contact NCOR via ncor.org.uk/proms.

Attitudes, opinions and beliefs: qualitative interview studies

Qualitative studies can enable researchers to explore, understand and explain thoughts, opinions, beliefs, attitudes and experiences relevant to care. For example, there are qualitative studies that examine language (Thomson and Collyer, 2017) and psychological support (Edwards and Toutt, 2018).

However, we cannot rely on osteopaths alone to deliver all the information we require to inform good practice. The internet is awash with interesting and relevant research, and part of NCOR's job is to appraise its quality and relevance to the profession. NCOR has been identifying research relevant to osteopaths for the past 16 years.

Please visit ncor.org.uk to see the new studies we post each week and our Snapshot Summaries (bit.ly/NCOR-Snapshot-Summaries) produced by members of the profession who are curious to know more about certain topics of care and clinical conundrums.

To conclude, there is a wealth of useful research available for osteopaths to access, appraise, interpret and apply to clinical care. This information can be used to promote care, inform patients, improve patient safety and enable osteopaths to talk in a language that is also relevant and can be understood in the wider healthcare community. ●

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delivering a self-management intervention for chronic pain (Taylor et al, 2016) showed that it was successful in helping participants with depression and social integration over a 12-month period.

In a different trial, topical ibuprofen was shown to be as effective as oral ibuprofen for older people with knee pain, and it had fewer side effects (Underwood et al, 2008). This led to clinicians changing their advice and prescribing patterns, and increased our understanding of drug-taking behaviour in older people (Carnes et al, 2008). All this knowledge, while not ‘osteopathic’, is still highly relevant to osteopathic clinical practice.

Safety: prospective cohort studies

Serious adverse events are not common. Therefore, many patients need to be studied over a long period during or after treatment. These studies are called ‘**prospective cohort studies**’ and are one of the better methods to determine prevalence and incidence of events (Carnes et al, 2010). An example is the UK CROaM study that showed minor transient reactions to osteopathic care occur in around 35% of patients and that serious adverse effects are very rare (Vogel et al, 2013).

Courses 2019/20

For more courses, see the CPD site at: cpd.osteopathy.org.uk/events

Please email details of future courses to: info@osteopathy.org.uk

Inclusion of courses does not imply approval or accreditation by the GOsC.

June

1-2

Foundation in acupuncture for osteopaths: part 1

Venue: University College of Osteopathy (UCO), London, SE1 1JE
bit.ly/UCO-acupuncture-June19

1-2

A yoga-based approach to therapeutic movement and exercise

Tutor: Yinka Fabusuyi
Venue: UCO
bit.ly/UCO-yoga-June19

3

The vital cervical spine masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex, Jackdaw Lane, Oxford OX4 1EQ
Tel: 07850 176 600

4

The vital shoulder complex masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

5

The vital glutes and psoas masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

7

Pain and pharmacology

Speaker: David Baker
Venue: UCO
bit.ly/UCO-pain-June19

7

Thorax – introduction to visceral osteopathy

Tutor: Valeria Ferreira
Venue: UCO
bit.ly/UCO-thorax-June19

7-9

The pelvis, sacroiliac joint and lumbar spine masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

10

Osteopaths CPD evening workshop: case-based discussion

Speaker: Kenneth McLean
Venue: Eyre Place Osteopathic Practice, 23 Eyre Place, Edinburgh EH3 5EX
Kenneth@kennethmclean.com

10

Spinal manipulation and mobilisation technique masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

11

Kinesiology taping for the athlete masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

12

Muscle energy techniques masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

15

Managing the acute and chronic shoulder: a process approach

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551
cpd@cpdo.net
cpdo.net

17

The vital knee joint masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

18-19

Advanced soft tissue techniques masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

20

The vital nerves masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

21

The vital hip and groin masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex

22

Cambridgeshire Osteopathic Group: consent and communication

Venue: Dry Drayton Village Hall, High Street, Dry Drayton, Cambridge CB23 8DD
cog@oakingtons.com

23

The miserable baby: part 3 – clinical applications day

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384 592
mumandbabyCPD@gm.com
mumandbaby-at-home.com/cpd-courses

29

An introduction to paediatric mental health

Speaker: Samantha Fennell
Venue: UCO
bit.ly/UCO-paed-mental-health-June19

29-30

Motivational interviewing

Course leader: Dr Vanessa Bogle
Venue: UCO
bit.ly/UCO-motivational-June19

29-30

Clinical mat-based Pilates: foundation course

Course leader: Sandie Ennis
Venue: UCO
bit.ly/UCO-Pilates-June19

29-30

Osteopathic approaches to supporting fertility

Course leaders: Claudia Knox and Dr Erich Mayer-Fally
Venue: European School of Osteopathy, Maidstone, Kent
Tel: 01622 760 816
cpd@eso.ac.uk

30**First aid appointed person course**

Speaker: Steven Bruce
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
Tel: 07000 785 778
info@cranio.co.uk
cranio.co.uk

July

13-14**Exercise and function without pain: a multimodal clinical concept for treating neuromusculoskeletal disorders**

Speaker: Arie Michaeli
Venue: Whittington Education Centre

22**Spinal manipulation & mobilisation technique masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

23**The vital shoulder complex masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

30**Kinesiology taping for the athlete masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

31**The vital cervical spine masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

August

1**The vital glutes and psoas masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

2**Muscle energy techniques masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

5**The vital knee joint masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

6**The vital hip and groin masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

14**Cambridgeshire Osteopathic Group – emergency first aid at work**

Venue: Dry Drayton Village Hall

September

2**Kinesiology taping for the athlete masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

3-4**Advanced soft tissue techniques masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

5**The vital nerves masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

6**Spinal manipulation and mobilisation technique masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

7**Cambridgeshire Osteopathic Group: anatomy workshop with Cambridge University**

Venue: The Anatomy Building, 7 Downing Place, Downing Street, Cambridge CB2 3DY
cog@oakingtons.com

8**Bump to baby: part 1 – treating the pregnant patient**

Speaker: Miranda Clayton
Venue: Northallerton Osteopaths, Hale House, 62 Thirsk Rd, Northallerton, North Yorkshire DL6 1PL
Tel: 07792 384 592
mumandbabyCPD@gmail.com
mumandbaby-at-home.com/cpd-courses

11**The vital shoulder complex masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

14-15**Paediatric osteopathy for under ones**

Speaker: Samantha Fennell
Venue: UCO
bit.ly/UCO-paed-Sept19

14-15**Applied biomechanics of the spine**

Course tutor: Francesco Contiero
Venue: UCO
bit.ly/UCO-spine-Sept19

15**Paediatric sensory integration and GI dysfunction in autistic children**

Course tutor: Dr Bramati
Venue: UCO
bit.ly/UCO-autistic-Sept19

20-22**The pelvis, sacroiliac joint and lumbar spine masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

21**The miserable baby: part 1 – treating feeding and digestive disorders in babies**

Speaker: Miranda Clayton
Venue: LSO
Tel: 07792 384 592
mumandbabyCPD@gmail.com
mumandbaby-at-home.com/cpd-courses

28**How to use placebos to help patients: an evidence-based approach**

Speaker: Dr Jeremy Howick
Venue: Whittington Education Centre

30**The vital knee joint masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

October

1**The vital hip and groin masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

2**The vital cervical spine masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

3**Muscle energy techniques masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

4**The vital glutes and psoas masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

5

From paleo to vegan: how to make sense of special diets and their impact on human health and wellbeing
Holding back the years: diet and exercise strategies to increase health-span

Speaker: Prof Adam Cunliffe
Venue: Whittington Education Centre

5-6**Hartman's masterclass in manipulative techniques: lower body**

Speaker: Prof Laurie Hartman
Venue: Whittington Education Centre, London, N19

7**Spinal manipulation and mobilisation technique masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

8**The vital shoulder complex masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

12**The five C's of the Osteopathic Practice Standards**

Speaker: Deborah Smith
Venue: UCO
bit.ly/UCO-OPS-Oct19

12-13**The abdomen: visceral osteopathy**

Speaker: Valeria Ferreira
Venue: UCO
bit.ly/UCO-abdomen-Oct19

20**Bump to baby: part 2 – treating the pregnant patient**

Speaker: Miranda Clayton
Venue: LSO
 Tel: 07792 384 592
mumandbabyCPD@gm.com
mumandbaby-at-home.com/cpd-courses

26-27**Functional stretching**

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre

November

9**How to use placebos to help patients: an evidence-based approach**

Speaker: Dr Jeremy Howick
Venue: Whittington Education Centre

9**Demystifying the female pelvic floor**

Course tutor: Sandie Ennis
Venue: UCO
bit.ly/UCO-pelvic-Nov19

9-10**Hartman's masterclass in manipulative techniques: upper body**

Speaker: Prof Laurie Hartman
Venue: Whittington Education Centre

11-12**Advanced soft tissue techniques masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

13**The vital nerves masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

14**Spinal manipulation and mobilisation technique masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

17

The miserable baby: part 4 – infant examination 0-6 months, colic, infant dyschezia and constipation in children

Speaker: Miranda Clayton
Venue: LSO
 Tel: 07792 384592
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22-24**Harmonic technique**

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre

23**Brain foods – food and mood and human biome in health and disease**

Speaker: Prof Adam Cunliffe
Venue: Whittington Education Centre

23-24**Chronic fatigue syndrome/ ME and fibromyalgia**

Course tutor: Dr Raymond Perrin
Venue: UCO
bit.ly/UCO-ME-Nov19

25**The vital knee joint masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

29**The vital hip and groin masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

December

3**The vital glutes and psoas masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

4**Muscle energy techniques masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

4-6**Viscero-osteo articular connections: cervical spine in focus**

Speaker: Jean-Pierre Barral
Venue: Whittington Education Centre

4-6**The pelvis, sacroiliac joint and lumbar spine masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

7-8**Placebo and touch in osteopathy**

Course leader: Dr Francesco Cerritelli
Venue: UCO
bit.ly/UCO-placebo-Dec19

8**Still technique, part 2: introduction to still technique**

Speaker: Jonathan Edis
Venue: UCO
bit.ly/UCO-still2-Dec19

9**Spinal manipulation and mobilisation technique masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

11**The vital cervical spine masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

16**The vital shoulder complex masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex

2020 January

18

Cambridgeshire Osteopathic Group: anatomy workshop with Cambridge University
Venue: The Anatomy Building, 7 Downing Place, Downing Street, Cambridge CB2 3DY
cog@oakingtons.com

18

The lymphatic system: anatomy, physiopathology, diagnosis and treatment
Course leader: Dr Raymond Perrin
Venue: UCO
bit.ly/UCO-lymphatic-Jan20

February

1

Emergency first aid
Course tutor: Tony Bennison
Venue: UCO
bit.ly/UCO-first-aid-Feb20

1-2

Applied biomechanics of the lower limb, an osteopathic approach to rehabilitation
Course leaders: Francesco Contiero
Venue: UCO
bit.ly/UCO-limb-Feb20

22-23

Management of headaches: evidence-based manual therapy approach
Speaker: Dr. César Fernández-de-las-Peñas
Venue: Whittington Education Centre

March

14-15

A biopsychosocial framework for clinical practice
Course leaders: Dr Hilary Abbey, Dr Cindy McIntyre, Dr Jerry Draper-Rodi
Venue: UCO
bit.ly/UCO-bio-March20

28-29

Applied biomechanics of the shoulder: a functional approach to rehabilitation
Course leader: Francesco Contiero
Venue: UCO
bit.ly/UCO-shoulder-March20

Classifieds

Osteopath locum required: Bedworth, Warwickshire

2 days with potential for more. Extremely busy town practice in the Midlands. Enthusiastic osteopath with interest in sport, as we have close links with triathlon and running club. Support offered in this multidisciplinary practice with gym and Pilates studio onsite. Contact details are Katherine Spencer 02477 674 324 or 07729 424 461 or email: kspencerosteopath@yahoo.co.uk

Osteopath required: Fulham

Ideal candidate is confident

and has 5 years of practice; has done the cranial and classical course and treats babies. Available on Saturdays and two shifts during the week. Please send your CV to: info@fop.co.uk

Osteopath required: Peak District, Derbyshire

Excellent opportunity to join busy clinic in the Peak District, Buxton, Derbyshire. Apart from general clinic, we use new cutting-edge modalities such as spinal decompression programme (IDD Therapy) and Shockwave Therapy. You will be fully trained, and we will help, advise and fully support

you in all aspects. You will be taking over an established list working 3 full days per week with 1 day being a Saturday (and possibility of more work). Recent graduates welcome to apply. Please email your CV and covering letter to: phil_heler@hotmail.com or call 07980 930 755.

Osteopathic manual therapist required: Canada

Full time contract (6-12 months) starting in July 2019 in Halifax, Nova Scotia. Successful candidates require membership with the Nova Scotia Association of Osteopaths and must

be legally authorized to work in Canada. Contact Jocelyn Glover: jocelyn@halifaxosteopathy.ca for details.

Associate osteopath required: Bourne and Stamford, South Lincolnshire

Wanted for 2 busy practices. Immediate start option. Part week or full week available with job share. Flexible up to 2.5 days per clinic. Good structural skills required and other skills very welcomed. CPD and mentoring offered. CV and questions to: philip@thewellheadpractice.co.uk



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A yoga-based approach to therapeutic movement and exercise

This two-day course will introduce you to an exercise-based approach to patient care informed by hatha yoga principles.

1-2 June, £270, UCO

Foundation in acupuncture for osteopaths

This course teaches osteopaths how to safely and effectively needle a limited range of acupuncture points as part of their clinical practice. Western and Chinese concepts of musculoskeletal acupuncture are discussed and integrated with osteopathic clinical reasoning.

1-2 June, and 6-7 July £495, UCO

Pain and pharmacology

Delivered by Dave Baker this course will give delegates the opportunity to increase their knowledge and confidence of pharmacology and pain control medication.

7 June, £135, UCO

Thorax — Introduction to visceral osteopathy

This one-day workshop is designed to assist the participant to appreciate some of the different layers of the thoracic cavity including an assessment of its fascial and visceral contents.

7 June, £135, UCO

An introduction to paediatric mental health

This one-day course will introduce practitioners to paediatric mental health, the common conditions and what to look out for. It will also identify the relevant pathways for onward referral of patients and the legal responsibilities including consent.

29 June, £135, UCO

Practical social media marketing and blog writing

This practical one-day course in social media marketing and blog writing will give you all the tools you need to get started on your social media journey and feel confident in promoting your clinic and services in the digital world.

7 July, £135, UCO

Clinical mat-based pilates: foundation course

You will learn introductory and beginner level exercises, with graded step by step modifications and adaptations, along with clinical reasoning to justify each exercise. We will also look at relevant research and evidence in spinal and pelvic management.

29-30 June, £340, UCO

Motivational interviewing

Every interaction between a patient and a health care practitioner presents an ideal opportunity to have a helpful conversation about behavioural changes. However, initiating behavioural changes and sustaining such changes are seldom easy, presenting major challenges for practitioners and patients alike. Applying the techniques of Motivational Interviewing (MI) in patient interaction may make this communication process more effective.

29-30 June, £270, UCO



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Osteopathic approaches to supporting fertility

Presented by Claudia Knox and Dr Erich Mayer-Fally
Saturday 29th - Sunday 30th June 2019

£300 (includes lunch and refreshments)

One in 5 couples suffer with unwanted childlessness; 80% of those have no medical reason for this. Osteopathically, we often have much to offer this patient group. Often it is possible from the case history to ascertain which structures are disturbed in their function.

In this course we will discuss the clinical presentation of a variety of causes for sub-fertility. We will review relevant anatomy, consider how we can positively influence mobility, circulation and nerve supply to all relevant organs. We will develop treatment plans for a variety of presentations and practise some choice techniques for each area of the body being discussed. Some experience in visceral osteopathy is beneficial for this course.



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The ESO is working in partnership with Animal Osteopathy International to provide an exciting programme of high quality animal courses*. These canine and equine courses are designed and led by Dustie Houchin, the ESO's Animal Consultant and a highly respected member of our international faculty. Visit our website for course details or call the Animal Osteopathy team on 01622 760816 / email animalosteopathy@eso.ac.uk.

* STRICTLY LIMITED SPACE (Max. 10 students). This course is open ONLY to osteopaths and student osteopaths. Due to higher running costs associated with animal courses, these are subject to sufficient delegate bookings being received.



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Osteopathy in the Cranial Field [M2]

with DIANNA HARVEY

Columbia Hotel, LONDON non-res
11-15 SEP 2019 £990

Paediatric Diploma Access Day [P0]

with HILARY PERCIVAL & MARK WILSON

Hawkwood, STROUD non-res/res
1 NOV 2019 £200/£289

Obstetrics [P1]

with HILARY PERCIVAL & MARK WILSON

Hawkwood, STROUD non-res/res
2-3 NOV 2019 £549/£599

Foundation Course [M1]

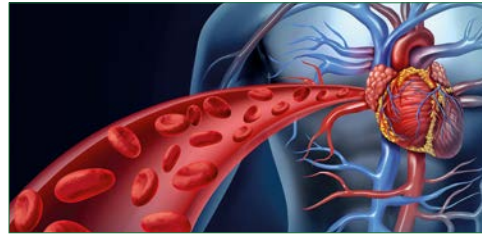
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FEATURED COURSES

Rule of the Artery [Part 1]

Leaders: TIM MARRIS



"Lecture content highly relevant to practice, workshop built on lecture content in step wise manner [and] the whole has proved relevant to enhanced practice skills." "Interesting and thought provoking theory technique applicable to practice. Inspiring information from all tutors."

29 SEP - 1 OCT 2019

Hawkwood, STROUD

non-res / res
£895 / £995

Would you like to include blood vessels in the care of your patients? Do you consider the heart and circulation as important as the CNS? If so, then Rule of the Artery is for you! Many consider it a total game-changer in how to think and work osteopathically.

Living, Breathing Bone [M6]

Leader: JANE EASTY



"What I learned brought greater clarity to the anatomy under my fingers and has revolutionised my treatment approach – with some amazing results." "Brilliant course – extremely well and professionally run, with just the right amount of challenge and support."

8-10 NOV 2019

Hawkwood, STROUD

non-res / res
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Everyday in practice we encounter patients who have suffered physical trauma in many forms and at different stages of their life and development. With highly developed palpatory skills, osteopaths have a unique insight into the effects of trauma.

Integrating Cranial into Practice [M10]

Leader: JEREMY GILBEY



"Our tutor has a real talent for making complex things sound easy and being concise. You can feel his passion for osteopathy and teaching." "I would recommend this course to anyone."

16 NOV 2019

UCO, LONDON

non-res
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A one day course aimed at helping you to integrate cranial work into your existing osteopathic practice, and to give you the confidence to communicate effectively with your patients.



Date	Topic	Lecturer	Cost	Deposit	CPD points
15 June	Managing the acute and chronic shoulder: a process approach	Dr. Eyal Lederman	£135		7
28 Sept	How to use placebos to help patients: an evidence-based approach	Dr. Jeremy Howick	£135		7
28-29 Sept	Hartman's master class in manipulative techniques: lower body By popular demand: ADDITIONAL LOWER BODY COURSE	Prof. Laurie Hartman	£385		14
5 Oct	From Paleo to Vegan - special diets' impact & Diet & exercise strategies to increase health-span	Prof. Adam Cunliffe	£135		7
26-27 Oct	Functional Stretching	Dr. Eyal Lederman	£285	£150	14



Functional Stretching has been developed over 10 years by Dr. 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 stiffness in chronic low back and neck complaints, 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 and stiffness alleviation and ROM-desensitisation.

9-10 Nov	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	£385		14
22-24 Nov (Start Friday 17:00)	Harmonic Technique	Dr. Eyal Lederman	£385	£200	18
23 Nov	Brain foods - Food and Mood & Human biome in health and disease	Prof. Adam Cunliffe	£135		7
4-6 Dec	Viscero-osteo articular connections: cervical spine in focus NEW COURSE - ONLY FEW PLACES LEFT	Jean-Pierre Barral	£725	£395	18

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

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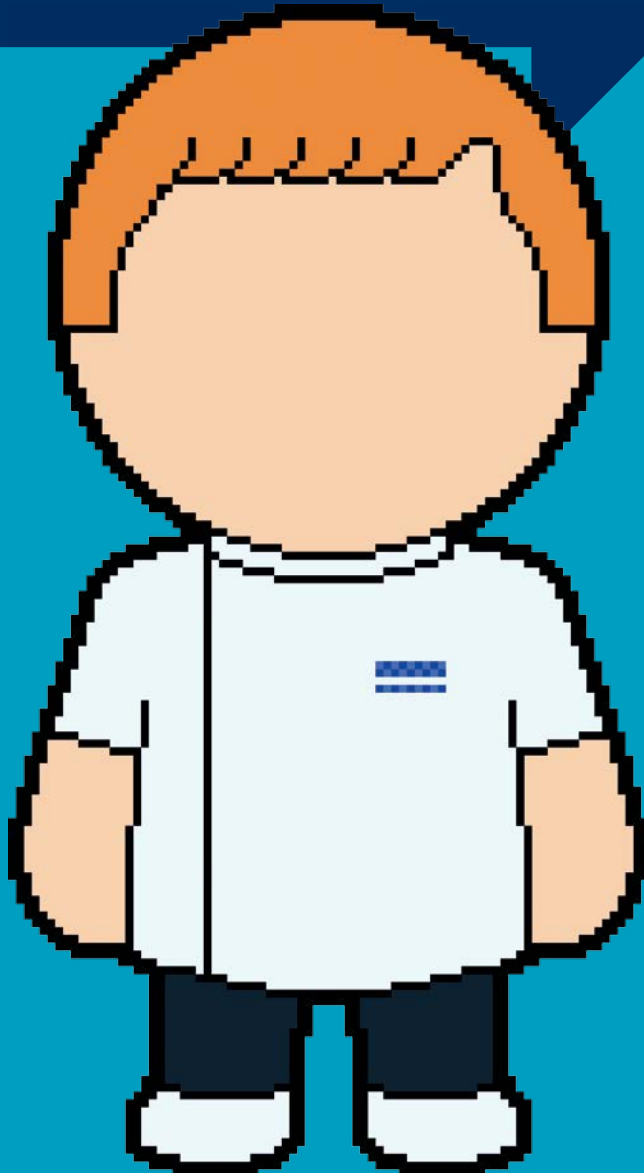
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