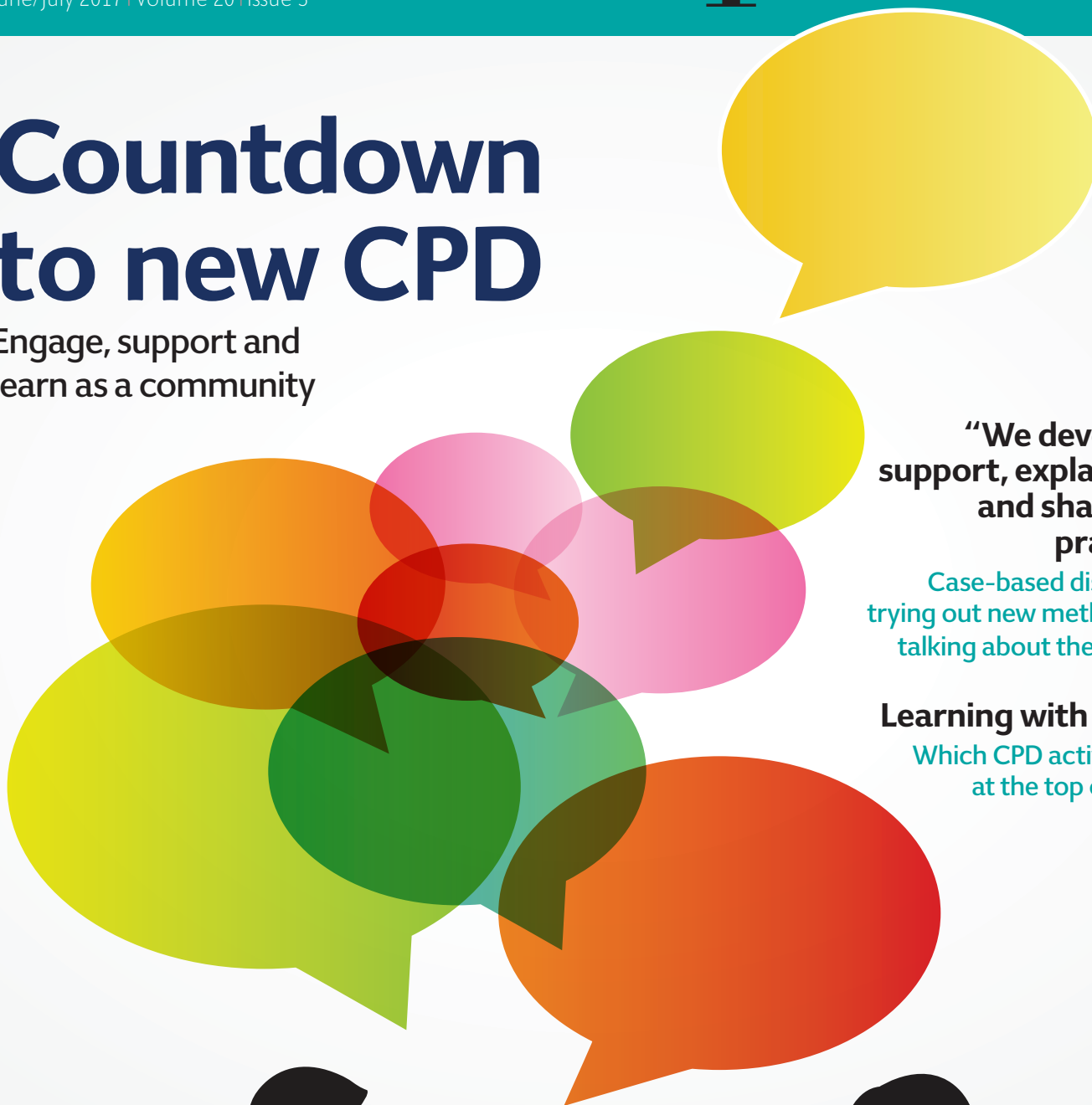


## Countdown to new CPD

Engage, support and  
learn as a community



**"We developed  
support, explanation  
and sharing of  
practice"**

Case-based discussion:  
trying out new methods and  
talking about the benefits

**Learning with others**

Which CPD activities are  
at the top of the list?



**PLUS Your FAQs: how do I get a DBS check?**

# Contents



## News

- Osteopathy joins Allied Health Professions in NHS England **p4**
- Guides for managing health and disability for students and colleges
- Chief Executive, Tim Walker, on why GOsC has registered as a charity **p5**
- New guide *Communities of Practice* is out now **p6**
- Take part in the iO Census now **p7**
- NCOR team awarded at Milan conference

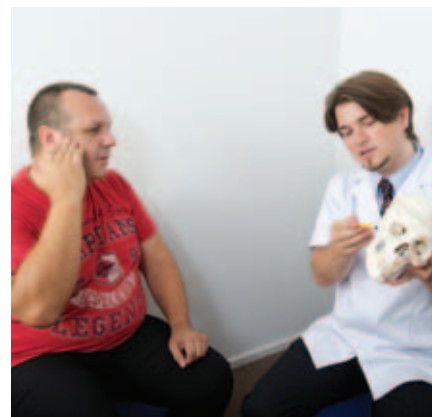


## Countdown to new CPD

- Reflecting, reviewing and recording your CPD **p8**
- Starting point for the new CPD scheme **p11**
- Focus on case-based discussions **p12**
- Use the PROMs app for patient feedback and practice development **p16**

## Research

- Planning for next Standardised Data Collection **p18**



## In practice

- FAQs: DBS checks and is a joint injection course suitable? **p19**

## Perspectives

- Check out new reference books for review **p20**
- Read book reviews by osteopaths
- Letter: when should you refer to a GP? **P21**

## Key GOsC services and contacts

### Communications

#### Enquiries about:

publication orders (including public information leaflets, GP consent forms and statements of fitness to work), Registration Marks and posters, general advice.

**x242**

#### Enquiries about:

*the osteopath* magazine, ebulletins.

**x222**

#### Enquiries about:

events, the media, consultations and surveys, regional groups, osteopathic regulation overseas.

**x245**

### Enquiries about:

GOsC website (including the online Register) and o zone, social media, *International Journal of Osteopathic Medicine*

**x228**

### Governance

#### Enquiries about:

Council and committees (including all meetings and business), Chief Executive and Registrar, staff, complaints about the organisation.

**x246**

### Regulation

#### Enquiries about:

dealing with patient concerns, protection of title.

**x224**

#### Enquiries about:

complaints against an osteopath.

**x249**

### Education, standards and the new CPD scheme

#### Enquiries about:

osteopathic education, the *Osteopathic Practice Standards*, the new CPD scheme and policy development and research.

**x230 or x233**

### Registration and current CPD

#### Enquiries about:

applying to the Register, annual renewal of registration, registration fees, updating your registration details, non-practising status, practising abroad, retiring/resigning from the Register, professional indemnity insurance, the current CPD scheme, CPD audits.

**x229, x256 or x235**

# Welcome to the latest June/July 2017 edition of the osteopath



## Courses

Course listings and advertised courses **p22**

## Marketplace

Classified and display advertisements **p24**



Want to know more? Look out for this symbol accompanying articles in each section of the magazine for links to further information



General  
Osteopathic  
Council



facebook.com/goscnews



twitter.com/gosc\_uk



linkedin.com/company/general-osteopathic-council

**The General Osteopathic Council**  
**Osteopathy House**  
**176 Tower Bridge Road**  
**London SE1 3LU**

**tel: 020 7357 6655**  
**email: info@osteopathy.org.uk**  
**osteopathy.org.uk**

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

The GOsC is a charity registered in England and Wales (1172749)



I'd like to introduce myself as the new Managing Editor of *the osteopath*. It's an exciting time to join the GOsC with so much happening in the profession, including the introduction of the new CPD scheme, a review of the *Osteopathic Practice Standards*, the development of more learning communities to support you in your professional development and much more. I look

forward to meeting and hearing from you and very much welcome your feedback on what information you need from the GOsC, what works well and what could be improved. Get in touch at: [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

In this edition, we launch 'Countdown to CPD', a new series of features and communications to help you prepare for the new CPD scheme, which starts from autumn 2018. In the second focus on feedback from the recent online survey (page 8), find out more about how you told us that you currently reflect, review and record your CPD. On page 12, there's a practical how-to guide to case-based discussions – explore new ways to carry them out; learn more about giving and receiving constructive feedback, and read first hand accounts from osteopaths and groups. Then find out how you can use the PROMs app to get patient feedback, which can inform your clinical and practice development, on page 16.

Do get in touch if you have a question or you'd like to review a reference book; it can count towards your CPD and you can keep the book you review. See this month's new books and reviews on page 20. Or send in a letter if you'd like to raise an issue.

We hope you find this edition useful and informative.

**Clare Conley**

**Email:** [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

**Countdown to new CPD  
starts here p8**



**Continuing  
Professional  
Development**  
for Osteopaths

# the osteopath

*the osteopath* is the official journal of the General Osteopathic Council.

**Managing Editor:** Clare Conley

**Email:**  
[editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

*the osteopath* is published by the General Osteopathic Council. Editorial contributions are welcome, but opinions expressed by contributors or advertisers do not necessarily reflect the views of publishers. *the osteopath* is the copyright of the General Osteopathic Council and no part of this journal may be reproduced in any form without permission from the publishers.

**Design and production**  
CPL (Cambridge Publishers Ltd)  
1 Cambridge Technopark  
Newmarket Road  
Cambridge CB5 8PB  
01223 378000  
[cpl.co.uk](http://cpl.co.uk)

Send editorial to:  
General Osteopathic Council  
Osteopathy House  
176 Tower Bridge Road  
London SE1 3LU

**Cover image:**  
[iStock.com / lvcandy](http://iStock.com/lvcandy)

**Advertising sales only:**  
Richard Walters or John Wheaton  
CPL  
1 Cambridge Technopark  
Newmarket Road  
Cambridge CB5 8PB

**Tel:** 01223 378001  
**Email:** [theosteopath@cpl.co.uk](mailto:theosteopath@cpl.co.uk)

**Approval of material:**  
The publishers reserve the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity. Products and services advertised are for general information and inclusion does not imply approval or accreditation by the GOsC.

# Osteopaths to be represented alongside Allied Health Professions in NHS England



**T**he Chief Allied Health Professions Officer for NHS England, Suzanne Rastrick (pictured left), announced recently that she would take responsibility for representing osteopaths within NHS England, alongside other professions such as physiotherapy and podiatry.

The aim is to facilitate the involvement of osteopaths with other health professions in helping improve patient care and delivery, and wider areas around prevention, self-care and self-management. Until now osteopathy has been solely considered as a complementary and alternative medicine or 'CAM' profession and has had little opportunity to engage with NHS England.

The Institute of Osteopathy (iO) has welcomed this development and the chance to work with NHS England, saying: "This marks an important milestone for our profession and, by working with others, we know we can raise the contribution that the profession can make to patient wellbeing, and play our part in the mandate for positive change in UK health."

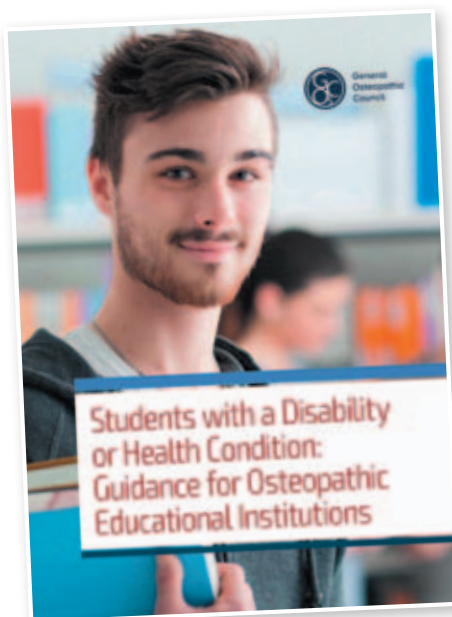
Tim Walker, Chief Executive of the GOsC, added: "This provides an opportunity to ensure that there is greater understanding of our role as a regulator and to support the iO's work as it develops stronger relationships with NHS England and Health Education England. We also propose to use our contacts with the devolved governments for similar recognition elsewhere in the UK."

## Guides for managing health and disability

Two revised guides on the management of health and disability for students and osteopathic educational institutions are now available online.

The guides were developed by external experts in equality and health education, after holding focus groups and interviews with students and staff in osteopathic educational institutions.

Many people with a disability or long-term health condition are able to undertake osteopathic education and training, achieve a Recognised Qualification, and practise osteopathy with or without adjustments to support their practice. We are committed to equality and want to ensure that disabled people who have the potential to become independent osteopathic practitioners can consider education, training and a career in osteopathy.



### The revised guides are:

- Students with a Disability or Health Condition: Guidance for Osteopathic Educational Institutions at: [bit.ly/oeis-healthanddisability](http://bit.ly/oeis-healthanddisability)



- Guidance for Applicants and Students with a Disability or Health Condition at: [bit.ly/students-healthanddisability](http://bit.ly/students-healthanddisability)



# GOSc now a registered charity



The GOSc has recently joined other healthcare profession regulators in registering as a charity. The GOSc's Chief Executive, **Tim Walker**, explains what this means for the organisation

**B**eing registered as a charity with the Charity Commission will make no difference to the work we do but it does provide some helpful clarification to our role.

First of all, it makes it clear that the GOSc exists to provide public benefit, not just to serve the interests of osteopaths. That doesn't mean we don't work for or on behalf of osteopaths, just that everything we do must be in the wider public interest.

Second, registration as a charity also brings additional responsibilities for Council members as trustees of the charity, and clarifies their duties to the GOSc rather than representing any personal or professional interests.

Finally, we have also identified some financial advantages from registering as a charity which will also help us to keep osteopaths' registration fee at its current level.

The decision to pursue charity status was taken last year, after much debate by Council. The background to this decision arises from a number of factors.

Ideas about the purpose of regulatory bodies have evolved since the GOSc was created by

the *Osteopaths Act* in 1993. Then, regulators were seen as a mechanism for professions to police themselves and the interests of patients rarely got a look in.

As public and political attitudes have changed, so too has the legislation governing the work of the GOSc. Our role in law is now defined as:

- protecting, promoting and maintaining the health, safety and well-being of the public
- promoting and maintaining public confidence in the profession of osteopathy, and
- promoting and maintaining proper professional standards and conduct for members of that profession.

In addition, since a General Medical Council test case in 2001, it has become possible for regulators like the GOSc to register as charities.

Over the coming months you will increasingly see the GOSc registered charity number (1172749) appearing on publications and stationery, however the change in the GOSc's status requires no action to be taken by osteopaths themselves.

**"It makes it clear that the GOSc exists to provide public benefit, not just to serve the interests of osteopaths"**

# Look out for important GOsC consultations this summer

It's vital that you share your views in these three consultations

**W**e are working hard to improve the way that the profession is regulated and we are implementing various changes as part of this. We wanted to alert you in advance to three forthcoming consultations. These are:

## The updated *Osteopathic Practice Standards*

The consultation on the updated *Osteopathic Practice Standards* (OPS) will take place from August to October 2017. The proposed changes are intended to enhance clarity and accessibility, and reflect contemporary expectations of healthcare professionals. The updates take into account feedback received in response to our initial 'call for evidence' in 2016. The current four themes of the OPS are retained.

In the consultation, you will have the chance to give feedback on the content, clarity, accessibility and presentation of the updated OPS. Feedback received will support the development of a final version to be approved by Council for publication in 2018. The updated standards have to be published for a year before they come into effect, so it is intended that they will be implemented from September 2019.

Please look out for more details about the consultation in our next issue. Reviewing the draft OPS is good CPD and your feedback will contribute to a document that works for osteopaths and patients.

## CPD legislation

The GOsC CPD requirements are set out in statutory rules dating from 2006. Some small amendments to these legal rules are necessary in order to fully implement the new CPD scheme

agreed by Council, following public consultation, in 2015 and 2016.

### Amendments are proposed to:

- Include reference to CPD guidance (including a requirement for consultation) within the rules.
- Fully implement a move from an annual to a three-year CPD cycle to enable the incorporation of the new requirements.
- Remove an anomaly whereby new graduates have an initial exemption from CPD.

The consultation will take place from July and will last for 12 weeks. The aim of the consultation is to ensure that the CPD scheme agreed by Council is fully reflected in the legislative framework. The Council is expected to agree the revised rules in February 2018 and this will then enable the new scheme to come fully into force from autumn 2018.

## Guidance for hearings and sanctions

Revised guidance is being developed to enhance the transparency and consistency in decision making of the Professional Conduct Committee, while ensuring that any sanction imposed is both targeted and proportionate. The guidance has been developed following a comprehensive review of the existing Indicative Sanctions Guidance and we will carry out a consultation shortly to gather your views.

## Share your views

We will be launching these consultations shortly and will provide you with all the information you need to respond and share your views. Look out for articles in *the osteopath* and updates in the GOsC ebulletins and via social media.

# Practical guide to Communities of Practice

Are you thinking about setting up a local interest group but not sure how to go about it? Or are you looking for new ideas for your existing osteopath network? *The Osteopathic Communities of Practice* is a practical guide, which can help with this. Produced by the Osteopathic Development Group (ODG), you can download it at:

[bit.ly/ODGCommunitiesofPractice](http://bit.ly/ODGCommunitiesofPractice)

Along with information on: how to form a professional group; recruiting and maintaining membership; running events and managing finances, you can also find details of the support offered by ODG member organisations.

We welcome feedback on the Guide and tips we can include on what's worked for you and your community. Email the project team at:

[katieg@osteopathy.org](mailto:katieg@osteopathy.org)

## What is the ODG and what does it do?

The ODG brings together the major osteopathic organisations in the UK:

- The Council for Osteopathic Educational Institutions,
  - General Osteopathic Council,
  - Institute of Osteopathy,
  - National Council for Osteopathic Research and Osteopathic Alliance
- in a unique collaboration involving a number of projects to support the long-term development of the profession. See [osteodevelopment.org.uk](http://osteodevelopment.org.uk)



# Have your say in census of the profession

**T**he GOsC is encouraging all osteopaths to take part in the 2017 Institute of Osteopathy (iO) Census by the deadline of 28 July 2017.

Launched on 1 May 2017, the census covers topics such as: the training needs of osteopaths; career aspirations; research and opinion on a variety of critical subjects. It will also introduce questions on new topics such as prescribing and the new CPD scheme. The results will inform the development activities of the Osteopathic Development Group (ODG) – a national initiative of five organisations, including the GOsC and the iO ([osteodevelopment.org.uk](http://osteodevelopment.org.uk)) –



and the range of services provided by the iO in the future.

The iO launched its first census in 2014 and the results of this will be used to benchmark the results of the 2017 census. Matthew Rogers, iO Head of Professional Development, said: "The insights provided by the 2014 census have been a major influence on our work to

develop the profession. For example, 40 per cent of respondents said then, that they worked in isolation with no access to other osteopaths. In response, the iO has been working with the ODG to instigate a culture of 'communities of practice', which will help to reduce professional isolation."

Responses will be collated by an independent market research company, to ensure confidentiality. The iO is offering participants the option to enter a free prize draw to win an Apple iPad, on completion of the census.

The closing date for taking part in the census is 28 July 2017. You can take part in the 2017 iO Census even if you are not an iO member at: [osteopathy.org/welcome-to-the-2017-io-census](http://osteopathy.org/welcome-to-the-2017-io-census)

## NCOR researchers win awards at Milan conference

National Council for Osteopathic Research's (NCOR) Senior Research Officer, Carol Fawkes, and Research Officer, Austin Plunkett, were awarded prizes at this year's International Conference on Advances in Osteopathic Research (ICAOR), hosted by the British College of Osteopathic Medicine and the Accademia Italiana Medicina Osteopatica in Milan, in April ([aimo-osteopatia.it/icaor11/](http://aimo-osteopatia.it/icaor11/)).

Carol was awarded the prize for best presentation by an experienced researcher. Her presentation was about NCOR's Patient Reported Outcomes Measures (PROMs) project, reporting some early findings and discussing the value that PROMs can add to the osteopathic profession (see page 16). Carol addressed how PROMs can be used by osteopaths to benchmark

their practice, and examined the converging and diverging views of patients and clinicians.

Austin won the poster presentation prize with a poster about challenging experiences in UK osteopathic practices, using data gathered from NCOR's Patient Incident Learning and Reporting System (PILARS). Communications between osteopaths and their patients remain a key factor in many incidents, alongside concerns about misdiagnosis, consent, and risks versus benefits of osteopathic treatment.



PROMs is available for use by all UK osteopaths. Find out more at: [bit.ly/ncor-proms-app](http://bit.ly/ncor-proms-app)

PILARS is also available exclusively to UK osteopaths at: [ncorpilars.org.uk](http://ncorpilars.org.uk)



# CPD: reflecting, recording and reviewing

Managing Editor, **Clare Conley**, reports on how osteopaths are currently approaching these areas of CPD and how you can build on this for the new 2018 scheme

**M**ore than 350 osteopaths (seven per cent of the profession) recently completed an online evaluation about their current CPD activities. The aim of the survey was to find out more about how osteopaths are currently selecting, undertaking and reflecting on their CPD, in order to assist with identifying areas where we can offer more support and resources to enable you to get ready for the new scheme in autumn 2018.

There was so much useful feedback that we have split it into two articles. Following on from 'CPD: be discerning about your learning' in the April/May edition of *the osteopath*, which covered obstacles to CPD; how much CPD is planned and applying the practice standards, in this second article, we focus on how you're currently: obtaining and acting on feedback from third parties; recording and reflecting on your CPD activities, and discussing your CPD with peers.

## Obtaining and acting on feedback

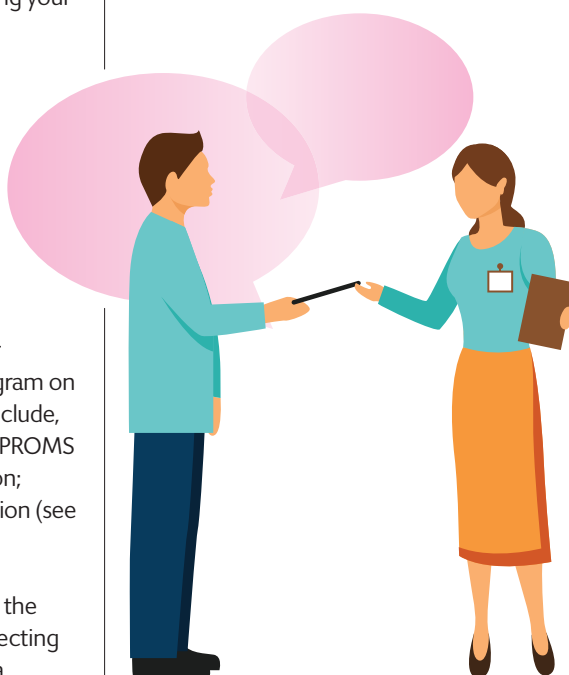
When the new CPD scheme is introduced in 2018, you will need to carry out at least one objective activity involving feedback from external sources, then demonstrate how this has influenced your CPD or practice in order to support your professional development (see diagram on page 11). Objective activities can include, for example: patient feedback (see PROMS report on page 16); peer observation; clinical audit, or case-based discussion (see focus on page 12).

The 2016-17 online evaluation revealed that just over a quarter of the 350 respondents are currently collecting feedback from external sources via

the following methods:

- Patient feedback questionnaire
- Clinical audit
- Feedback from another osteopath on their practice, either through observed consultations; or
- Regularly discussing practice issues with another osteopath in a neighbouring practice.

This means that nearly three quarters of the respondents are not currently collecting feedback from external sources using these more formal methods. So it could be useful to look at ways of incorporating a wider variety of ways of collecting feedback from external sources to ensure that this element is part of your three-year CPD cycle for the new scheme. We have resources and guidance to help with this and will continue to update these to ensure that they are as helpful for you as possible. See [bit.ly/cpd-objective-activity](http://bit.ly/cpd-objective-activity)



**'Changes involved being more careful with their choice of words and deconstructing misconceptions and patient anxieties'**

## Asking patients for feedback

Looking at the current situation for gathering patient feedback on a more informal basis – 40 per cent of the 350 respondents who are already collecting feedback, ask for feedback from their patients and 36 per cent then go on to make changes to the way they practise as a direct result of comments made to them by the patient. These changes in practice primarily focus on communication and dealing with patients expectations. Changes cited involved being more careful with their choice of words; deconstructing misconceptions and patient anxieties; clarity of fee structure and cancellation requirements, and a greater provision of written information via website and email.

There are a range of resources available on the new CPD site ([cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk)) to help you to plan and carry out feedback activities. Osteopaths who have volunteered to take part in Early Adopter webinars have been exploring how to make the most of patient feedback. They have considered how to clarify the aim of the feedback exercise by considering which area of practice they want to inform; choices include patient outcomes, satisfaction or experience, for example.

The area of practice you choose to inform will then steer the type of questions



you ask and the method of gathering feedback you use. Methods of obtaining feedback can include interviews, focus groups, questionnaires (online or print copies) or more informal methods like talking to a patient at the end of a session and keeping notes of their feedback. The next step is reflecting on and recording how you can use that information to improve your practice in the future. You will also need to inform participants clearly of the reason for collecting feedback and how their data will be used. You can find out more about this at: [bit.ly/gosc-cpd-valid-consent](http://bit.ly/gosc-cpd-valid-consent)

### Recording and reflecting on your CPD

There was a general consensus among the respondents that completing CPD enhances their practice as an osteopath,

with 48 per cent considering CPD always enhances their practice and a further 45 per cent believing it sometimes enhances practice.

Over two-thirds of the osteopaths responding to the survey had carried out a greater number of CPD hours than the amount they recorded on their last Annual Summary Form. Just 26 per cent recorded the minimum 30 hour requirement, while most (43 per cent) recorded 31-40 hours, 12 per cent recorded 41-50 hours and 2.5 per cent in excess of 121 hours of CPD.

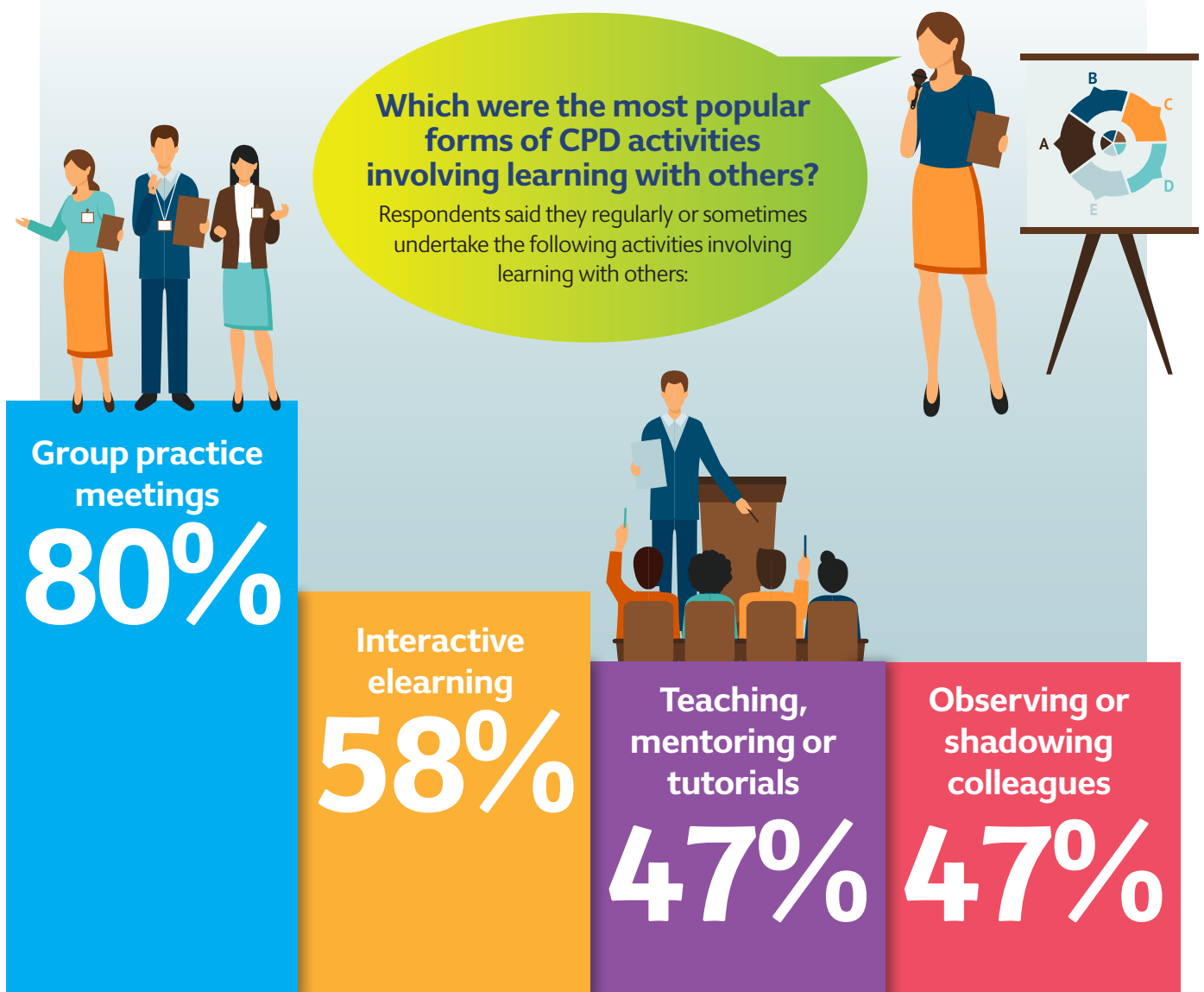
### Recording learning with others

Respondents were asked about interpretations of 'what learning with others' meant to them. Just 11 per cent thought this meant purely CPD activities in the form of taught courses, while the

majority (89 per cent) had a broader perspective of what these activities could include. Learning with others can be broadly defined as anything that has involved interacting with fellow osteopaths or another health professional to achieve that learning. Find out more about the CPD guidelines for learning with others on page 15 of the guidelines at: [bit.ly/gosc-cpd](http://bit.ly/gosc-cpd)

### Carrying out CPD with other organisations

The majority of respondents undertook CPD activities with professionals outside of osteopathy – including in the NHS, surgeons, physiotherapists, orthotists, acupuncturists, nutritionists and homeopaths – with 65 per cent reporting 1-15 hours with other professionals and a further 19 per cent recording more than 16 hours. The next most popular outlet for



**“Reflective practice is a structured and thoughtful evaluation of CPD activities to consider learning points and the impact they could have, or have had, on practice”**  
**GOsC Policy Manager, Steven Bettles**



this form of CPD was with a regional society CPD group, local practice or linking with colleagues in their own practice (44 per cent reported recording 1-10 CPD hours). While 27 per cent reported recording 1-10 hours CPD in association with one of the UK accredited osteopathic educational institutions, just 24 per cent reported carrying out 1-10 hours with a shared interest group, such as an Osteopathic Alliance member organisation or Osteopathic Sports Care Association.

### What are the main barriers to reflective practice?

One of the issues is that there may not be a common understanding of what ‘to reflect’ means in the context of reflecting and recording CPD activity. GOsC Policy Manager and practising osteopath, Steven Bettles, defines it as: “Reflective practice is a structured and thoughtful evaluation of CPD activities to consider learning points and the impact they could have, or have had, on practice, rather than just recording how many hours undertaken on a course, for example.”

Difficulty in undertaking reflective practice is not a concern for many – over half (56 per cent) of the respondents said they did not have a barrier to it and 91 per cent believed that osteopaths already reflect on their practice and learn from

it. When asked about any difficulties with carrying out reflective practice, respondents cited the main barriers as:

- “it gets in the way of actual practice” (14 per cent)
- “not sure how to” (12 per cent) and
- “worried about recording things like this” (6 per cent).

Some respondents felt that working alone can make reflection and discussion more difficult – 22 per cent always work alone. Comments from participating osteopaths illustrate this:

“To become a good osteopath there is a continual conscious and unconscious reflection going on. It cannot be otherwise, but to have to record this process makes it meaningless and school-like.”

“We need someone else to bounce ideas with, have a discussion about our reflections.”

“Osteopaths are more likely to work in isolation and not work in teams, which reduces stimulus for reflection and discussion.”

GOsC Policy Officer, Stacey Clift, who led on this report said: “Reflection doesn’t have to eat into practice time and we want to help osteopaths to find ways that suit them individually, so that they can easily and efficiently embed reflection and recording into their CPD. The main aim is to reflect

on how it has helped to enhance your skills as an osteopath and how it has made you think about what to plan next for your professional development. Sometimes this can be recorded in a few lines or even by taking a photograph of some reflective work that’s been undertaken – like Post-it notes, a grid or anything that has made you think about things further.” The new CPD site has guidance for reflective practice at: [bit.ly/gosc-cpd-planning](http://bit.ly/gosc-cpd-planning)

### Discussing CPD with peers

The majority (79 per cent) of respondents currently discuss their CPD, the value of it to them, with a colleague while 85 per cent have access to someone they can discuss their CPD activity with (including areas of skills and development). Most (92 per cent) of the 350 respondents also felt they would be able to discuss concerns that may arise in practice with a trusted colleague.

This is encouraging, as two of the mandatory elements of the new 2018 CPD scheme will involve seeking objective feedback, for example from another colleague, as well as a Peer Discussion Review by the end of the three-year cycle. Why not start talking to a colleague now about preparing for the new scheme? You’ll find lots of resources, including a template for the Peer Discussion Review, on the new CPD website at: [bit.ly/gosc-cpd-planning](http://bit.ly/gosc-cpd-planning)

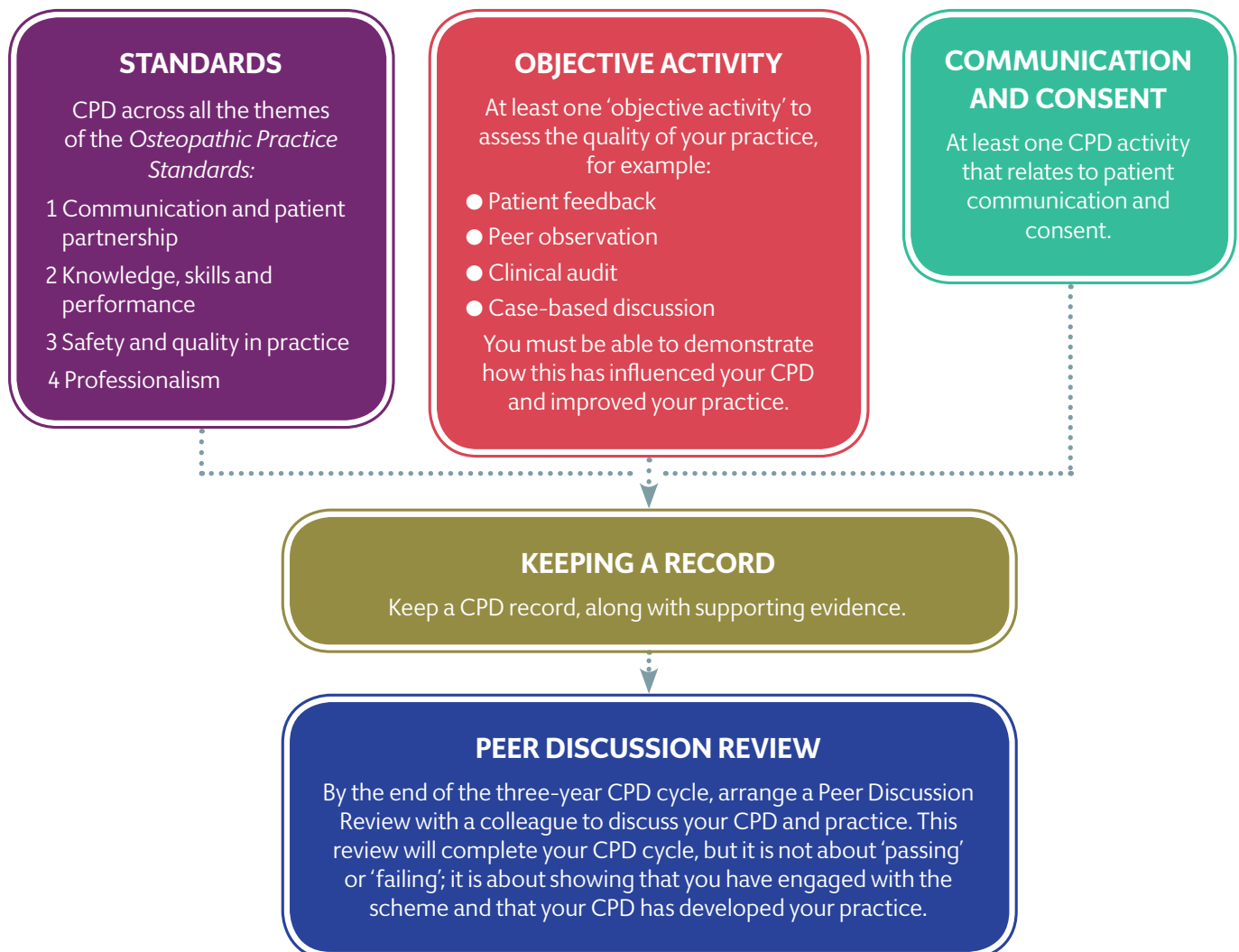
# What you need to know about the new CPD scheme

Have you checked out the new CPD website yet? It will guide you step by step through the new CPD scheme and provides a hub of learning resources, case studies, FAQs, blogs, thought pieces and tips from other osteopaths.

**See [cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk)**

There is an interactive page in the CPD in Action section of the new website which lays out the new scheme.

**Over a three-year CPD cycle, as an osteopath you will need to undertake:**



## Share your tips and ideas for CPD

We want the site to be as useful for you as possible and welcome ideas for what would help you. We also want to help you share the learning with your community, so do let us know if you have an idea for a blog post, case study or tips for incorporating CPD into your daily activities or anything else to do with CPD. Email [cpdfeedback@osteopathy.org.uk](mailto:cpdfeedback@osteopathy.org.uk)

# Case-based discussion: learning and engaging with peers

Managing Editor, **Clare Conley**, looks at different ways to prepare and carry out case-based discussion – one of the options for an objective activity, which is a mandatory element of the new CPD scheme

**C**ase-based discussion can provide a safe space to discuss both difficult and successful cases and to share learning, with the aim of supporting reflection, enhancing practice, providing reassurance and professional support. For the new CPD scheme, it will be mandatory to carry out at least one objective activity, and you could choose case-based discussion to fulfil this. Some other options for objective activities are listed in the CPD survey focus on page 8.

The new CPD scheme is being introduced in autumn 2018. Through extensive work in partnership with osteopaths and others we have developed a new scheme that better supports practice, patient care and CPD.

The three underpinning themes of the new CPD scheme are about engagement, support and community. The new scheme has many familiar features, but suggests clearer requirements in areas where there is evidence that practice could be further supported. Most importantly, the new CPD scheme aims to address professional isolation reported by some osteopaths, by

fostering a culture of peer support and creating collaborative learning environments. See the FAQs section for Why Change the Current CPD scheme? on the new CPD site at: [cpd.osteopathy.org.uk/faqs/](http://cpd.osteopathy.org.uk/faqs/)

## Early Adopters share learning

Around 120 osteopaths, known as 'Early Adopters' have volunteered to take part in webinars to try out the new features of the new CPD scheme that will be introduced in autumn 2018, see [cpd.osteopathy.org.uk/early-adopters](http://cpd.osteopathy.org.uk/early-adopters)

We will use learning from the webinars to inform content in *the osteopath* and to produce more tools and communications to help you learn about and implement the new CPD scheme to support your practice and development. All resources and learning will be collated on the new CPD site ([cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk)). We want





the site to be as interactive as possible, so please do share tips, case studies and thoughts on anything else you find useful for your CPD.

Groups of up to 10 Early Adopters took part in a set of three webinars for case-based discussions covering how to:

- prepare for a case-based discussion (including ways of giving and receiving constructive feedback)
- carry out a case-based discussion with another participant and feed back on experiences

- work out which *Osteopathic Practice Standards* (OPS) themes have been covered, and how to relate them to learning points, to fill out a template form for your CPD record that you can refer back to and continue learning from.

### Try different ways of carrying out case-based discussion

Case-based discussion can take place in different ways. For example, discussing real or hypothetical cases in groups or pairs, or

**“The three underpinning themes of the new CPD scheme are about engagement, support and community”**

## Early Adopter: Sarah Wisson

Sarah trained at the British School of Osteopathy (BSO) and worked in the UK until she moved to New Zealand, where she has worked for 16 years.

“I split my practice between treating people and animals, mainly horses and dogs. As in the UK, we are required to do CPD for our Annual Practising Certificate (APC).

The case-based discussion was proactive and interactive, providing an ideal platform to learn from colleagues working in different environments, without having to meet face-to-face, which can be difficult to organise.

This was a very safe environment for us to discuss cases we had dealt with, where things hadn't gone quite to plan. The webinar provided instructions on how to approach helping the other practitioner to reflect on what they had done, and how they would go about things differently next time. Reviewers were encouraged to ask 'why, what, how' questions, rather than the listener saying 'I would have done it this way'.

We have used case-based discussion in our peer groups but not in such a precise and structured way. So the guidelines given in the webinar and on the new CPD site, will be used to make our peer groups more effective and will also enable us to link learning points to the four OPS themes, which had not always been done previously.

The case I discussed for the webinar was about a client who had been referred by a specialist and had already seen numerous professions including an osteopath. The patient wanted to get better but had not heeded past knowledge or advice and help given to

**“Sharing and discussing a case in this way, provided confidence and strength to me”**

him. After the discussions and learning from the webinar, my colleague used these reviewing techniques to help me reflect on areas where I could have chosen a different pathway in order to get a different response from the patient. Highlighted too was the fact that you cannot help and solve every patient's complaint or other psychosocial problems. So we also discussed the boundaries for treatment. When we took this to the group, it emerged that other people had held similar discussions.

Sharing and discussing a case in this way, provided confidence and strength to me. I feel that if I have a patient with similar issues in the future, I will be better equipped to deal with it and provide a better service for the client.”



ISTOCK.COM / JAN-OTTO

## Early Adopter: Alex Black



Alex qualified in 2010 from the BSO with a Masters in Osteopathy. During her training, she worked in a variety of healthcare settings including: The Royal Free Hospital in London; the 2010 Marathon; and several GP practices. She currently has a practice in Edinburgh where she treats a wide range of musculoskeletal complaints and provides a Roller Derby rehab clinic for Auld Reekie Roller Girl skaters. Alex also runs an onsite clinic within the Occupational Health Department of an Oil Refinery in Grangemouth.

"Case-based discussions were a big part of the training at the BSO but we

always presented cases to tutors, so I didn't have as much experience of being the reviewer for someone else. We discussed how to give and receive feedback quite a lot in the webinar and this was very helpful.

I arranged to carry out a case-based discussion with another osteopath for an hour via Skype. As a sole practitioner it can be difficult to take

time out of the day to go and meet someone, so

Skyping made it much more doable for me.

I anonymised the case of a patient I had seen recently. It was a complex case involving someone with chronic

pain who'd come to see me in desperation. Managing the patient's expectations was one of my main concerns. So having the opportunity to talk to another osteopath about this case reassured me, in terms of how I'd gone about both treating the patient, and how I'd felt about it. I also had the opportunity to bounce ideas off another practitioner and as a result, following the case-based discussion, my patient has had really good results."

**"As a sole practitioner it can be difficult to take time out of the day to go and meet someone, so Skyping made it much more doable for me"**

even through role play as a group learning experience. You can carry them out face-to-face, by video call (on Skype or Facetime for example) or over the telephone.

The **Lymm CPD Group**, tried out group discussion of a hypothetical case developed by the lead osteopath, based on cases s/he had seen. The group found this to be a useful exercise for their CPD.

**"I felt it was an achievement developing and trusting each other and not judging others"**

One participant said: "We enjoyed being together – talking 'Osteopathic shop'. We had strong personalities working together. I felt it was an achievement developing and trusting each other and not judging

others. We developed support, explanation and sharing of practice. I thought it was very good for strengthening relationships for the future osteopathic network and peer group and for strengthening our approach to enhancement of practice and patient care.

The group found that participants' discussions covered aspects of all of the themes of the OPS, including communication and patient partnership; knowledge, skills and performance; safety and quality in practice; and professionalism."

You can read the full case study from the Lymm Group and case studies from other groups, which can provide an insight into how you can meet the requirements of the new CPD scheme at: [bit.ly/CPDConnect-case-studies](http://bit.ly/CPDConnect-case-studies)

## Preparing to carry out case-based discussion

The Early Adopter webinars showed that creating a 'safe environment' for discussion is key to maximising the benefits of the exercise. Whichever setting you choose, it's worth considering the following questions in preparation:

- How to agree what ground rules will apply for the session? For example, agreeing that uncertainty and mistakes will be viewed as an inherent part of practice and an opportunity for learning and development, not to be judged or criticised
- What questions or issues do you want to address?
- How will you present your case?
- How will you record and capture the learning?

You can find more details and resources for how to prepare for different types of case-based discussion at:

[bit.ly/CPDConnect-preparing-for-C-BD](http://bit.ly/CPDConnect-preparing-for-C-BD)

## Giving and receiving constructive feedback

Some participants voiced concerns about how feedback would be given and that they may feel judged or criticised. Participants welcomed and felt they benefited from advice on how to give and receive constructive feedback. Matters such as building empathy with colleagues (as we do with patients), trust, feeling safe and knowing that mistakes were viewed as a learning opportunity were important.

There are resources on the new CPD website, including links to a number of sources with practical information about constructive feedback at: [bit.ly/CPDConnect-preparing-for-C-BD](http://bit.ly/CPDConnect-preparing-for-C-BD)

The feedback should be an interactive dialogue, or conversation that emphasises the positive. Where potential improvements would be beneficial, it's important to focus on behaviours that can be changed – describing specific behaviours, with specific examples – rather than focusing on personality traits. You can choose to study how to give and receive constructive feedback as a CPD activity if you feel you would like to develop your skills in this area. Key tips for osteopaths, include asking open questions, which encourage reflection, like:

- Did it go as planned? If not, **why** not?
- If you were doing it again, **what** would you do the same next time and what would you do differently? **Why?** **When?**

## Edinburgh Osteopaths share learning from webinars



**"There was much discussion about the challenge of trying to map learning points to the four OPS themes"**

discussion group, we used technology in various ways to enable us to connect with each other through Skype and telephone."

To take advantage of the Early Adopters' learning, Edinburgh Osteopaths offered a series of workshops based on the case-based discussion webinars. Participants were a mixture of recent graduates and more experienced osteopaths. Interestingly, some experienced osteopaths were more hesitant about the task as they were less familiar with this activity compared with more recent graduates.

The group allowed around two hours in total for the whole exercise. First, the group made sure that everyone understood the 'rules of engagement' and how to give and receive constructive feedback. Then in pairs, participants took around 30 minutes to present and discuss anonymised cases which they had prepared in advance. They were

encouraged to bring more challenging cases that hadn't perhaps worked out as expected, with lots of different issues to explore. They also explored mapping out learning points to the four OPS themes.

The group met for the last half hour to discuss how the case-based discussions had gone and what they had learned. There was much discussion about the challenge of trying to map learning points to the four OPS themes, and in most cases the mapping fell on one or two of the themes. Participants also talked about how the case-based discussion could be a helpful stepping stone to developing confidence and skills for the Peer Discussion Review, which wraps up the end of the three-year cycle of the new CPD scheme.

Edinburgh Osteopaths is developing its knowledge-sharing workshops as one strand of a learning community and peer support group. As well as the case-based discussion workshop, they have held sessions on Communication and Consent, Explaining Risk and Clinical Audit using much of the material available on the NCOR and GosC CPD websites."

To join Edinburgh Osteopaths, email [kenneth@kennethmclean.com](mailto:kenneth@kennethmclean.com)

The Early Adopters' webinar programme has provided opportunities for exploring different elements of CPD with colleagues from all over the country.

Kenneth McLean practises in Scotland and is also a member of the GOsC Professional Conduct Committee. He said: "The webinars were a good way of demonstrating how you can build a worldwide learning community. While it's great to sit down with a fellow osteopath in the same room, in our case-based

- **How** did you feel during the consultation? How would you feel about doing it again?
- **How** do you think the patient felt? What makes you think that?
- **What** did you learn from this consultation?
- **Which** themes of the *Osteopathic Practice Standards* (OPS) do the learning points relate to?

### Receiving effective feedback

It's equally important that the person receiving feedback understands what their colleague is trying to convey. It's worth asking: for points to be repeated; for particular examples, and for suggestions for changes in behaviour or approaches. Another tip is to summarise what you heard from the feedback, to check that you've understood what your colleague meant. Again, there are links other

resources and more information on this at: [bit.ly/CPDConnect-preparing-for-C-BD](http://bit.ly/CPDConnect-preparing-for-C-BD)

### Recording a case-based discussion

Remember that discussion points will often relate to more than one OPS theme and can be cross-referenced on the record form.

For example, concerning a patient's expectations of what osteopathy would be able to do for her, one of the learning points for the OPS theme of Communication and Consent could be:

- Maintain an open dialogue with the patient to ensure that our aims and objectives were shared and that her expectations were being met.

There is a template for recording case-based discussions and an example of one that has been filled in, on the CPD website at: [bit.ly/CPDinAction-C-BD-template](http://bit.ly/CPDinAction-C-BD-template)

**'It's equally important that the person receiving feedback understands what their colleague is trying to convey'**

# Go to the PROMs for your CPD!

The PROMs app makes getting patient feedback even easier, which can be good for clinical and practice development, explains National Council for Osteopathic Research (NCOR), Senior Research Officer, **Carol Fawkes**

**P**atient Reported Outcome Measures or PROMs are being discussed with increasing frequency in different health professions including osteopathy. Gaining independent patient feedback, for example through using PROMs, is an important part of clinical practice and an essential part of clinical and practice development.

## What are PROMs?

PROMs are essentially questionnaires designed to measure a patient's health status. The most significant aspect is that it is a report **directly from the patient** and does not rely upon the interpretation of a clinician.

**“PROMs data can also indicate the need for other forms of CPD activity such as clinical audit”**

## What does PROM data collection involve?

The PROM app developed for osteopaths collects the following data:

### At baseline

- Anonymous demographic information including:
  - Age
  - Sex
  - Work status
  - Ethnicity
- The duration of current symptoms
- Patients' general health status
- Waiting time to first appointment offered
- The main reason for a patient seeking treatment
- The main areas affected by symptoms
- Patients' scores on the Bournemouth Questionnaire<sup>1</sup>.

### Follow up at one week and six weeks post treatment:

- Patients' satisfaction with osteopathic care
- Patients' experience of osteopathic care
- Change in patients' global health status (how they are feeling generally as a result of treatment)
- Patients' change in symptoms using the Bournemouth Questionnaire
- Total number of treatments received (collected at six weeks only).

## When is data collected and how long does it take?

The PROM app collects data at three time points:

- Baseline (before or as close to the first appointment as possible)
- One week post treatment
- Six weeks post treatment.

The questionnaires are very short. The initial questionnaire takes 5-10 minutes and the follow up questionnaires take about five minutes. For more information about patients' views on giving feedback (research shows that many are happy to give feedback, as long as it is quick and easy to do) and how best to approach patients to ask them to get involved, see [bit.ly/patientfeedbackperspective](http://bit.ly/patientfeedbackperspective)

## How can PROMs help my practice?

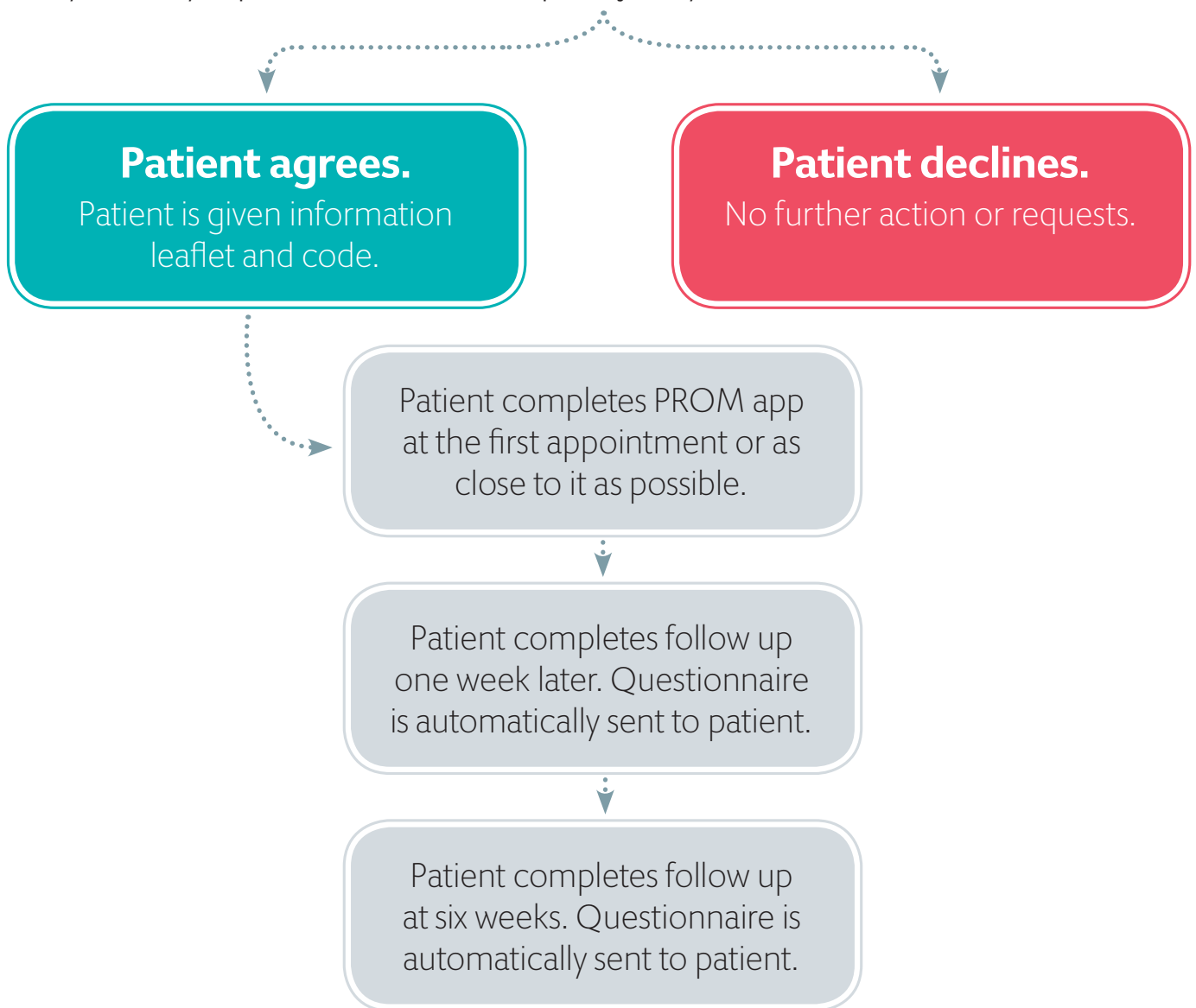
Once a certain threshold of data returns has been reached, a report is sent back to individual osteopaths describing their unique practice. The data threshold is for 25 completed datasets and it will take osteopaths differing periods of time to reach this, depending on how often they are in practice and how many new patients they see.

There is no analysis for osteopaths to



## How does the osteopathic PROMs system work?

The system is very simple. The flow chart shows the patient journey:



do, as this is done for them. Participating osteopaths also receive information about the profession as a whole, so they can compare their own practice to a national picture. The information osteopaths get back can identify whether particular age groups, sexes, ethnic groups, for example, are more strongly represented than others in their practice. Data concerning outcome is also provided and this information could indicate areas for valuable CPD activity, or changes you might like to make to your practice while serving different patient groups. PROMs data can also indicate the need for other forms of CPD activity, such as clinical audit.

### Using PROMs data

If you are exploring potential new areas or businesses for promoting your

services, interested groups will want to see robust data instead of relying solely on patient testimonials or other forms of endorsement. The PROMs system collects data independent to practices, which is an important aspect of robust data collection.

### What is happening to the PROMs project now?

The PROMs project is continuing to collect valuable data for the profession as a whole and for individual osteopaths to use in their practices. More outcome information from patients is needed and this can only be achieved by osteopaths

asking their patients whether or not they would be willing to complete the very brief questionnaires contained in the PROM app.

### Can I still be involved?

The PROMs project has no end date, so anyone can join the project, whether they have a large practice or their practice is part-time. If you are interested, you can find further information at:

[bit.ly/ncor-benefits-risks](http://bit.ly/ncor-benefits-risks)

If you have more specific questions about PROMs, please contact the project lead, Carol Fawkes, at: [c.fawkes@qmul.ac.uk](mailto:c.fawkes@qmul.ac.uk)

<sup>1</sup> The Bournemouth Questionnaire is a comprehensive multi-dimensional core outcome tool assessing patients' outcome of care in a routine clinical setting, which measures seven items including concerning a patient's complaint, anxiety, work and recreational social activities [bit.ly/Bournemouth-Questionnaire](http://bit.ly/Bournemouth-Questionnaire)



# New Standardised Data Collection on its way

This major data collection project will enable us to better understand the practices of working osteopaths, explains **Austin Plunkett**, Researcher at the National Council for Osteopathic Research (NCOR)

**N**COR is currently planning a second Standardised Data Collection (SDC) project to expand upon the data collected in the first SDC in 2009. Using a systematic and robust approach, the first SDC project enabled us to better understand the day-to-day practices of working osteopaths. It also enabled us to determine the profession's priorities for research, and helped us better understand what a patient can expect of osteopathic care.

We are in discussion with the GOsC, the Institute of Osteopathy, and the osteopathic educational institutions to determine exactly how the next survey should be conducted. All practising osteopaths will be invited to participate. This will ensure

a high degree of confidence that the SDC will accurately represent the full extent of osteopathic clinical practices, and will provide a thorough insight into the experiences of our patients.

**i** For further information as the SDC project progresses, be sure to read our updates in *the osteopath*, *Osteopathy Today*, and in our social media feeds.

You can read more about the previous SDC project, including a full report and executive summary, at: [bit.ly/ncor-std-data-collection](http://bit.ly/ncor-std-data-collection)

Follow NCOR on Facebook at: [facebook.com/ncornews](https://facebook.com/ncornews) or on Twitter at: [twitter.com/ncor\\_uk](https://twitter.com/ncor_uk)

## What will I personally gain from participating in the SDC project?

By participating in the SDC project, osteopaths will gain insights into our patients and practices. This information may assist with marketing practices, giving advice to patients, or when giving presentations to patient groups or healthcare commissioners. Reviewing patient records can also provide discussion points for regular practice meetings. You may decide to go even further by using information from the SDC to initiate a clinical audit (See [bit.ly/cpd-clinical-audit](http://bit.ly/cpd-clinical-audit)). This could help you improve the service you provide to your patients.

## What sort of questions will the SDC ask?

The exact questions that the SDC will ask are still being finalised. Broadly, the areas that will be covered include:

### 1 Questions about you and your practice:

- Basic biographic details including your age, gender, and nationality.
- Professional background including number of years in practice, working status, regular fees, methods of recording consent, and rate of activity.

### 2 Questions about patients:

You will be asked to select a small number of patient records. The SDC will ask questions in areas similar to the following using anonymised information:

- The patient's age, gender, date of appointment, and reason for consultation.
- Questions relating to the patient's symptom profile.
- Osteopathic and adjunct approaches used during treatment.

## Can I use this for CPD?

It is the responsibility of individual osteopaths to consider the suitability of any activity relating to CPD. One of the most important aspects of CPD is critical reflection on whether the activity has added to, or changed your osteopathic knowledge and practices. Participation in the SDC project will offer you plenty of opportunity to reflect on your practice. These reflections should be documented in your professional development folder.

# Your FAQs

Answers to the queries GOsC receives most often

**Q** I have been asked to obtain a Disclosure and Barring Service (DBS) check, how can I get this?

**A** You cannot apply directly to the DBS; you would usually need to apply via an umbrella body that is registered with the DBS. Although the GOsC is not an umbrella body, we use the services of GB Group, which is registered with the DBS, to administer Enhanced checks for Regulated Activity on our behalf. The steps for getting a DBS are:

1. You will need to give us written permission to forward your name and email address to GB Group, by emailing [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk)
2. GB Group will email you a pin number and link to its online verification system. Update your details following the on-screen prompts.
3. Once completed, print the verification page and take it with the required documentation to your nearest Crown Post Office ([postoffice.co.uk/branch-finder](http://postoffice.co.uk/branch-finder)). The cost of a DBS check is £62.60 (as at May 2017) and you will need to pay over the counter at the Post Office.
4. The Post Office will verify your documentation and your DBS check will be undertaken by GB Group. A hard copy of your certificate will be sent to you in the post, by GB Group.

**Q** What First Aid requirements do I need for my practice?

**A** In the *Osteopathic Practice Standards* (D13) it states that all osteopaths need to comply with health and safety legislation.

D13 1.2. There are detailed requirements in law for health and safety in the workplace. Further details can be found on the website of the UK Health and Safety Executive at: [hse.gov.uk/firstaid/](http://hse.gov.uk/firstaid/)

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



**A** The right to prescribe and administer drugs is set out in legislation. Osteopaths currently do not have prescribing rights, unlike limited categories of nurses, physiotherapists and podiatrists, for example.

This means that an osteopath is not allowed to inject prescribed drugs into a patient, except through a 'Patient Specific Direction' signed by an authorised prescriber for a particular patient. For more information, see [bit.ly/nhs-psd-qa](http://bit.ly/nhs-psd-qa). In this case, you need to be aware of the requirements around the care and disposal of sharps

and the safe storage of medicines, and the risks associated with injecting into the wrong sites.

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

**i** Do you have a query or an idea for an FAQ that would be helpful for other osteopaths? Email [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

**'An osteopath is not allowed to inject prescribed drugs into a patient, except through a Patient Specific Direction'**

# Bookshelf

A selection of illustrated reference books for osteopaths

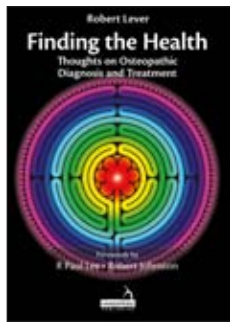
## Finding the Health

Robert Lever

Handspring Publishing (2016)

ISBN: 978-1-909141-74-2

176 pages



Osteopathy has always been based on a body of anatomical and physiological theory and data but it has recently been expanded in ways involving contemporary thinking in physics and biology that can inform about disease causation and tissue function. This book brings these two fields of thinking together. The application of concept, theory and above all principle, is the real challenge. By addressing these, the book

aims to allow the practitioner to 'find the health' rather than only attempting to confront disease.

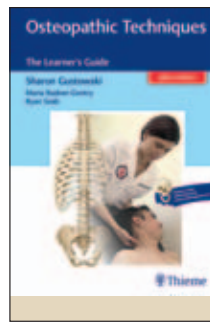
## Osteopathic Techniques. The Learner's Guide

Sharon Gustowski with Maria Budner-Gentry and Ryan Seals

Thieme Publishers (2017)

ISBN: 9781626234253 eISBN: 9781626234260

294 pages



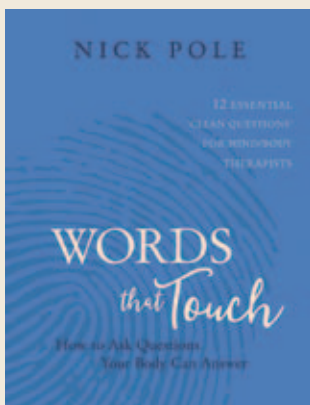
This instruction manual, with 149 illustrations and online access to 160 videos, introduces a spectrum of osteopathic manipulative techniques incorporating principles of psychomotor learning. Introductory chapters contain historical and essential concepts for performing osteopathic manipulative techniques including somatic dysfunction diagnosis. Technique chapters include background and summary concepts, key

features of somatic dysfunction diagnose, an end-goal focus for performing the technique and anatomic images.



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

## Book reviews



### Words That Touch: How to Ask Questions Your Body Can Answer 12 Essential 'Clean Questions' for Mind/Body Therapists

Nick Pole

Singing Dragon (2017)

ISBN 978-1-84819-336-9

Reviewed by Elizabeth Elander  
DO, BEd, DipEd, MSc

Arguably one of the most intriguing of the  
*Osteopathic Practice*

*Standards (OPS) is D4: make sure your beliefs and values do not prejudice your patients' care. This Standard acknowledges that even when the osteopath's values and beliefs are beyond reproach they will nonetheless be different from the patient's. We need to leave space in the consultation for the patient to communicate their own values and beliefs. This is vital for compliance with other Standards too: those that relate to partnership and consent. As the Montgomery judgment (Supreme Court, 2015) made clear, obtaining valid consent requires the practitioner first to ascertain the patient's view of what is significant in order to set the issue of risk*

and consent into its proper context. But how can this be achieved?

*Words That Touch* was not written explicitly for osteopaths but, at a time when the OPS is being reviewed, it is remarkably relevant to the current debate about values, boundaries, partnership and consent. Author Nick Pole invites the physical therapist to reflect on the way we talk to our patients so as to enable them to play a greater part in diagnosis and treatment. The technique is called 'clean questioning' and it can lead on to 'clean touch'. It's not that the conventional way is 'dirty' but it could certainly be contaminated by our own style and prejudices. We have a tendency to take control by reframing the patient's language, following the hallowed ritual of clinical reasoning. Pole suggests this

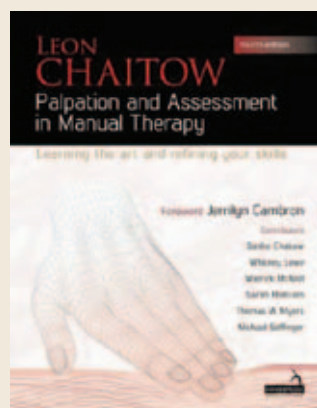
well-intentioned professional response can set up an unhelpful barrier which blocks the patient's self-expression and obscures valuable clues to their condition.

Pole offers a practical, step-by-step guide to help us pose our clinical questions in an unencumbered way. He maintains that the 'clean' approach is more likely to allow our patients to use metaphors to describe what they are experiencing. We should listen carefully to the metaphor as this will not be a random choice but one that reflects significant associations in the patient's brain.

This is an important book that builds on a raft of psychotherapeutic theory and bodywork practice. Read it and you will probably never approach your case history-taking in quite the same way again.



## Book reviews



### Palpation and Assessment in Manual Therapy: Learning the Art and Refining Your Skills (4th edition)

Leon Chaitow

Handspring Publishing  
ISBN: 978-1-909141-346

Reviewed by Yassien Latef,  
BSc(Hons)OstMed

Perhaps the most striking thing about this book is its breadth. Certainly, 'palpatory literacy' is the

book's main objective, laid out in a clear and literate style in the first chapter.

The second chapter goes on to address the reliability and validity of palpation in considerable detail and with copious reference to data regarding palpation of various joints and regions, and contributions from respected figures in several professions.

Having addressed the fundamentals, further chapters deal with specific systems, from the skin, through muscles and fascia to joints and the nervous system, broadening the scope of the text from palpation alone to visual examination and orthopaedic testing.

The chapter on fascia, written by Thomas Myers,

will be familiar to anyone who has read *Anatomy Trains* but it is useful to revisit the material in this more concise form.

In every chapter, several exercises are suggested to put the theory into practice.

Special topics between chapters further broaden the scope, dealing with such matters as: the reciprocity of structure and function; assessment of breathing mechanics and the effect of respiratory alkalosis; the anatomy of trigger points and a possible connection with acupuncture points, and even the relevance of synesthesia to bodywork.

Chaitow delves into controversial territory when the book goes on to discuss the building of intuitive facilities in a chapter by Sasha Chaitow, leading to a chapter on subtle palpation that deals

with the cranial rhythmic impulse and the palpation of energy fields. It is for the individual reader to decide how much value to place in this area, but it is to Chaitow's credit that he does not ignore the lack of a solid evidence base.

Throughout these last pages he encourages the reader to suspend disbelief and practice the exercises to gain a sense of what might be happening in these more esoteric fields of manual therapy.

His repeated assertion is that through a deepening of our palpatory skills, it should become clear that something is at work at this level, even if the precise nature of that something is far from clear at present.

In short, this is a well-written, expansive, and invaluable text that deserves to be required reading for every student.

## Letters

**Do you have an issue you'd like to raise or a tip to share? Please send your letters to [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)**

### When patients must be advised to see a GP

I would like to raise a serious concern relating to an article on Vertigo and its Management on page 16 of the February/March 2017 issue of *the osteopath*. It lists 'other conditions that manifest vertigo-type symptoms' that should be excluded. Is the author suggesting that the non-medically qualified osteopath do this? Not at any point in the article does the author suggest that the patient with vertigo should also be assessed by their registered GP (in order to exclude these 'other conditions').

**Dr Arwel Parry**

GP Principal and Member of the London College of Osteopathic Medicine



You can find PDFs of back issues of *the osteopath* at: [gosc.org.uk/theosteopathjournal](http://gosc.org.uk/theosteopathjournal)

### Carol Fawkes, Senior Research Officer at National Council for Osteopathic Research (NCOR), and author of the article replies:

The article was a summary of some of the research studies discussed at the previous Haywards Heath research hub meeting. To place the papers in context, a summary of information about vertigo was presented and this included a range of different underlying causes that need to be excluded for the safe and most effective management of the patient.

Osteopathic practice is subject to meeting the *Osteopathic Practice Standards* provided by the GOsC ([bit.ly/gosc-ops](http://bit.ly/gosc-ops)).

The information provided in the article is intended to signpost osteopaths to other causes of vertigo, to allow them to exercise their triaging and clinical reasoning skills in the management of their patients (for example as outlined in Standard A5, guidance 2.1, and Standard B2, guidance 1.3). These skills include appropriate onward referral where indicated to either a general practitioner or other appropriate healthcare professional.



NCOR has four research hubs around the country, where osteopaths can meet informally, every few months, to discuss topics of their choice. Find details at: [bitly/ncor-hubs](http://bitly/ncor-hubs)

# Courses 2017

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

## July

**1**

### Clinical methods DCP

Speaker: Trevor Jefferies  
Venue: British School of Osteopathy, London SE1  
Tel: 020 7089 5333  
[cpd@bso.ac.uk](mailto:cpd@bso.ac.uk)  
[bso.ac.uk/cpd](http://bso.ac.uk/cpd)

**1-2**

### SCCO Pathway module 1: Foundation course

Speaker: Penny Price  
Venue: Crista Galli Osteopathy, London W2  
Tel: 01453 767607  
[admin@scco.ac](mailto:admin@scco.ac)  
[scco.ac](http://scco.ac)

**1-2**

### Visceral osteopathy

Speakers: Valéria Ferreira and Dr Ioná Bramati-Castellarin  
Venue: British School of Osteopathy, London SE1  
Tel: 020 7089 5333  
[cpd@bso.ac.uk](mailto:cpd@bso.ac.uk)  
[bso.ac.uk/cpd](http://bso.ac.uk/cpd)

**7-9**

### SCCO Pathway module 7: Spark in the motor

Speaker: Rowan Douglas-Mort  
Venue: The Beeches, Bournville, West Midlands  
Tel: 01453 767607  
[admin@scco.ac](mailto:admin@scco.ac)  
[scco.ac](http://scco.ac)

**8-9**

### Paediatric osteopathy

Speaker: Andrea Rippe  
Venue: British School of Osteopathy, London SE1  
Tel: 020 7089 5333  
[cpd@bso.ac.uk](mailto:cpd@bso.ac.uk)  
[bso.ac.uk/cpd](http://bso.ac.uk/cpd)

**8-9**

### Neuro-endocrine system

Speaker: Professor Frank Willard  
Venue: British School of Osteopathy, London SE1  
[corinnejones.mih@gmail.com](mailto:corinnejones.mih@gmail.com)  
[molinari-institute-of-health.org](http://molinari-institute-of-health.org)

**11**

### Muscle energy techniques

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**12**

### The vital glutes and psoas masterclass

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**14-16**

### Integrated approach in osteopathy

Speakers: Christian Fossum and Caroline K Fjeldstrøm  
Venue: European School of Osteopathy, Maidstone, Kent  
Tel: 01622 671558  
[cpd@eso.ac.uk](mailto:cpd@eso.ac.uk)  
[eso.ac.uk](http://eso.ac.uk)

**15**

### Cervical spine risk assessment and consent for manual therapists

Speakers: Roger Kerry and Steven Vogel  
Venue: British School of Osteopathy, London SE1  
Tel: 020 7089 5333  
[cpd@bso.ac.uk](mailto:cpd@bso.ac.uk)  
[bso.ac.uk/cpd](http://bso.ac.uk/cpd)

**15-16**

### Osteopathic functional technique

Speaker: Stephen Sandler  
Venue: British School of Osteopathy, London SE1  
Tel: 020 7089 5333  
[cpd@bso.ac.uk](mailto:cpd@bso.ac.uk)  
[bso.ac.uk/cpd](http://bso.ac.uk/cpd)

**16**

### First aid appointed person

Speaker: Steven Bruce  
Venue: Skylight Centre, London N5  
Tel: 07000 785778  
[info@cranio.co.uk](mailto:info@cranio.co.uk)  
[cranio.co.uk](http://cranio.co.uk)

**20-21**

### Advanced soft tissue techniques masterclass

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**24**

### Spinal manipulation and mobilisation technique

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**25**

### Kinesiology taping for the athlete

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**26**

### Knee joint masterclass

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**27**

### Hip and groin masterclass

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**31**

### Cervical spine masterclass

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

## August

**1**

### Shoulder joint masterclass

Speaker: John Gibbons  
Venue: University of Oxford Sports Complex, Oxford OX4  
Tel: 07850 176600  
[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

**12-13**

### SCCO Pathway module 1: Foundation course

Speaker: Penny Price  
Venue: Fawnsmoor Farm, Axminster, Devon  
Tel: 01453 767607  
[admin@scco.ac](mailto:admin@scco.ac)  
[scco.ac](http://scco.ac)

## September

**2-6**

### SCCO Pathway module 2: Osteopathy in the cranial field

Speaker: Pamela Vaill-Carter  
Venue: Columbia Hotel, London W2  
Tel: 01453 767607  
[admin@scco.ac](mailto:admin@scco.ac)  
[scco.ac](http://scco.ac)

4

**The vital glutes and psoas masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

5

**Kinesiology taping for the athlete**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

7-10

**Pelvis, sacroiliac joint and lumbar spine masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

9

**Bump to baby, part 1: Pubis, pelvis, coccyx and lumbar spine**

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

[mumandbabyCPD@gm.com](mailto:mumandbabyCPD@gm.com)  
[bit.ly/mumandbabycpd](http://bit.ly/mumandbabycpd)

9-10

**Headache skills**

Venue: The Alexander Techniques, London SW6

[corinnejones.mih@gmail.com](mailto:corinnejones.mih@gmail.com)  
[molinari-institute-of-health.org](http://molinari-institute-of-health.org)

9-10

**Functional lower extremity**

Speaker: Chris Wilkes  
Locker 27, Addlestone, Surrey  
Tel: 07971 917151

[chris@thirst4function.com](mailto:chris@thirst4function.com)  
[thirst4function.com](http://thirst4function.com)

11

**Spinal manipulation and mobilisation technique**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

14

**Muscle energy techniques**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

14-17

**Acupuncture techniques for sports injuries – Level 1**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

18

**Neurological testing masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

20-21

**Advanced soft tissue techniques masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

25

**Knee joint masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

25-27

**Rule of the artery, part 1**

Speaker: Tim Marris  
Venue: Hawkwood College, Stroud, Gloucestershire  
Tel: 01453 767607

[admin@scco.ac](mailto:admin@scco.ac)  
[scco.ac](http://scco.ac)

26

**Hip and groin masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

27

**Cervical spine masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

28

**Shoulder joint masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

30

**An osteopathic approach to exercise prescription**

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

[cpd@cpdo.net](mailto:cpd@cpdo.net)  
[cpdo.net](http://cpdo.net)

30

**Chronic pain treatment: Improving outcomes – the missing link**

Speaker: Georgie Oldfield  
Venue: Whittington Education Centre, London N19  
Tel: 020 7263 8551

[cpd@cpdo.net](mailto:cpd@cpdo.net)  
[cpdo.net](http://cpdo.net)

30

**Kent and East Sussex Osteopaths – Headaches and Migraine**

Speaker: Helena Bridge  
Venue: European School of Osteopathy, Boxley, Maidstone, Kent

[kentandeastsussexosteopaths@gmail.com](mailto:kentandeastsussexosteopaths@gmail.com)  
[keso.org.uk](http://keso.org.uk)

**October**

7-8

**SCCO Pathway module 1: Foundation course**

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

[admin@scco.ac](mailto:admin@scco.ac)  
[scco.ac](http://scco.ac)

7-8

**Fascial dysfunction: management in manual and physical therapies**

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

[cpd@cpdo.net](mailto:cpd@cpdo.net)  
[cpdo.net](http://cpdo.net)

9

**The miserable baby, part 3: Clinical applications**

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

[mumandbabyCPD@gm.com](mailto:mumandbabyCPD@gm.com)  
[bit.ly/mumandbabycpd](http://bit.ly/mumandbabycpd)

17

**The vital glutes and psoas masterclass**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

18

**Kinesiology taping for the athlete**

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

[john@johngibbonsbodymaster.co.uk](mailto:john@johngibbonsbodymaster.co.uk)  
[bit.ly/jgbodymaster](http://bit.ly/jgbodymaster)

# Classifieds

## Osteopath required: Buxton, Derbyshire

Good opportunity for an osteopath to join a progressive forward thinking clinic in Buxton. Busy clinic with specialised disc and lower back pain clinic. We are one of a handful of clinics to have a spinal decompression programme which acts as a non-invasive alternate to surgery. Rapidly expanding clinic, you will be supported professionally with mentoring for both business and clinical skills. You will be taking over an established list initially working 3 days/week with the possibility of more work. Graduates welcome. Email CV and covering letter to [phil\\_heler@hotmail.com](mailto:phil_heler@hotmail.com) or Call **07980 930755**

## Osteopath required: North-West London

A busy, friendly practice requires an associate for Monday and Wednesday afternoon and evening to take over an existing list. Our approach is structural and would suit practitioners with 1 to 2 years of experience or new graduates. Please apply to [thomas@nowerhill.com](mailto:thomas@nowerhill.com)

## Osteopath required: South Lincolnshire

Bourne (S.Lincolnshire) – Seeking an enthusiastic, cheerful and dependable osteopath who is self-motivated and proactive in patient management. Good structural skills required; others welcomed. Car ownership essential. Flexible 1-1.5 days per week. Please send CV and questions to [philip@thewellheadpractice.co.uk](mailto:philip@thewellheadpractice.co.uk)

## Osteopath required: Ireland

Position available for an osteopath in Strandhill, Co. Sligo. Initially 1-2 days with potential for more. Osteopath should be looking for long-term position. All enquiries and CV to [julieellwoodclinic@gmail.com](mailto:julieellwoodclinic@gmail.com)

## Associate Osteopath required: Bletchley

Opportunity to build a list within a busy practice where the principal is working to capacity. Structural approach with emphasis on soft-tissues required. Newly qualified osteopaths considered. Contact [health@jointsolutionsuk.com](mailto:health@jointsolutionsuk.com) if interested.

## Associate Osteopath required: Milton Keynes

An opportunity to join a growing team, situated in the heart of MK. Hours to suit, full or part-time. Experience is desired but a new grad would be considered. We are looking for a motivated and dedicated individual who is looking to grow with us. Please contact [louise@bodilight.co.uk](mailto:louise@bodilight.co.uk)

## Associate Osteopath required: Milton Keynes

Associate Osteopath sought to join a well-established practice in Mentmore nr. Milton Keynes. Rosebery Remedies urgently seeking an associate osteopath with a caring approach to treatment, prepared to work as part of the team. The successful applicant will be supported both professionally and administratively and will be given the opportunity to build a busy list. Please email your CV to [care@roseberyremedies.co.uk](mailto:care@roseberyremedies.co.uk) or for more information contact Lucie Smith on **01296 661081**

## Associate Osteopath required: St Andrews

St Andrews Osteopaths is a long-established successful practice in the centre of the university town of St Andrews in Fife. We are currently seeking an Associate Osteopath to join the established multidisciplinary team. The successful candidate must have appropriate qualifications as well as a good understanding of musculoskeletal injuries. The osteopathic side of the business is currently a part-time position (3 days/week) however there is ample scope for someone with the necessary drive and enthusiasm to develop this into a full-time role. For further details please contact Joyce on **07950 667 245** or by email [ourweepc@aol.com](mailto:ourweepc@aol.com)

## Associate Osteopath required: Woodbridge, Suffolk

Opportunity to join an established and growing multidisciplinary clinic located in Woodbridge, a historic market town in Suffolk. The ideal candidate should have an interest in classical and cranial osteopathy. Supervision and mentoring available if required. Please email [wosteopathy@gmail.com](mailto:wosteopathy@gmail.com)

## Associate Osteopath required: Wiltshire

Associate required Monday and Thursday in Tisbury, Wiltshire. Long-term locum required Tuesdays, Saturdays, Salisbury. Good structural and diagnostic skills required. Come and be part of the Not Just Backs team. Contact [rhianosborne@notjustbacks.com](mailto:rhianosborne@notjustbacks.com) with CV and detailed statement about your osteopathy.

## Associate Osteopath required: Ireland

Associate Osteopath wanted for very busy practice in Westport, Co. Mayo. Initially 2-3 days possibly leading to more. The candidate should be looking for long term position and will need to be competent in structural techniques. All enquiries and CVs to [bdrummclinic@gmail.com](mailto:bdrummclinic@gmail.com)

## Associate Osteopath required: Singapore

Associate Osteopath required for busy, multidisciplinary clinic based in Singapore. Applicant should be a highly motivated team player with good attitude and great interpersonal skills. The patient mix will suit a combination of structural, cranial and paediatric osteopathic skills. A range of experience levels will be considered. 2 to 3 years commitment is preferable. Please email CV and cover letter to [thomas@cityosteophysio.com](mailto:thomas@cityosteophysio.com)

## Practice for sale: Brighton

Small clinic with accommodation (valued at £470K) for sale in beautiful sunny Brighton. Ideal site for someone wanting to start up or develop their own health provision practice. Ground floor clinic (D1 planning) with small flat above. Contact: [nicstraiton@btinternet.com](mailto:nicstraiton@btinternet.com)

## Marketplace advertising rates

Approval of material – the publisher reserves the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity. Products and services advertised are for general information and inclusion does not imply approval or accreditation by the GOsC.

### Classified:

Up to 40 words is £44 + VAT. Thereafter it is 50p per word. Box number replies: please add £8+ VAT per issue.

| Display:  | Mono | Colour |
|-----------|------|--------|
| IBC       | n/a  | £415   |
| Full page | £315 | £375   |
| 1/2 page  | £255 | £275   |
| 1/4 page  | £185 | £210   |
| 1/8 page  | £125 | £135   |

### Inserts:

Prices are available on request. All rates exclude VAT.

Please contact John Wheaton – **01223 378 001** or [theosteopath@cpl.co.uk](mailto:theosteopath@cpl.co.uk)



### Practice for sale: Glasgow

Practice for sale Glasgow (central financial district). Sale includes two satellite clinics in the surrounding countryside on the edge of the Trossachs National Park and Loch Lomond. Rare opportunity to purchase a growing practice (currently 30-40 patients per week) with excellent instant income. Sold with established website, proven automated marketing programme, on 1st page of 'natural' search, fully optimised and proven advertising programme in place. Minimal overheads and additional subletting income available. Handover provided. Reluctant sale for health reasons. Contact Russell Dougall on [rdougall76@gmail.com](mailto:rdougall76@gmail.com)

### Practice for sale: Herefordshire

Long established clinic in Herefordshire for sale: Nicholas Handoll is retiring from Hereford & Ross-on-Wye. Offers for one or both clinics invited. See [herefordosteopaths.co.uk](http://herefordosteopaths.co.uk) Contact [nicholas@handoll.org](mailto:nicholas@handoll.org)

### Practice for sale: Middlesex

Clinic for sale, Pinner, Middlesex. Established single list clinic, exclusively structural, fully equipped treatment room, excellent location, waiting room, kitchen and bathroom turnover average £35k p.a. On 2/3 days per week. Cost £25,000 financial package available to enable purchase (subject to status). Please contact andy caughtey (ex coet graduate) on [osteoady@gmail.com](mailto:osteoady@gmail.com) for more information including previous returns past five years.

### Animal Osteopathy Course

The next one-year course in osteopathy for horses and dogs with Stuart McGregor starts in September 2017. Learn how to treat horses and dogs using traditional osteopathic techniques without the use of sedation or anaesthetic. For course information please contact The Osteopathic Centre for Animals [wantageclinic@msn.com](http://wantageclinic@msn.com) Tel: **01235 768055**



**OCA**  
Osteopathic Centre  
for Animals

Postgraduate Certificate in  
**ANIMAL  
OSTEOPATHY**  
(PGCert AO)

**Duration:** 1 Year part-time  
**Location:** Osteopathic Centre for Animals (Oxfordshire)  
**Course Leader:** Stuart McGregor DO  
**Validating Body:** British School of Osteopathy

**We are currently accepting applications  
for September 2017 entry.**

If you would like to apply or have any questions please  
email admissions: [wantageclinic@msn.com](mailto:wantageclinic@msn.com)  
or call OCA admissions on: **01235 768055**



THE BRITISH SCHOOL OF OSTEOPATHY

## Leading the World in Rehabilitation Pilates Teacher Training Courses.

Unique courses designed by Physiotherapists specifically for those in the field of rehabilitation.

### Become a Pilates Instructor with APPI



#### MATWORK LEVEL ONE - The Foundation

|                |                     |
|----------------|---------------------|
| 01 Jul (2 day) | Leeds               |
| 08 Jul (2 day) | London              |
| 22 Jul (2 day) | London / Canterbury |
| 29 Jul (2 day) | Crosshouse          |
| 05 Aug (2 day) | London              |

#### MATWORK LEVEL TWO - Class Instructor

|                |            |
|----------------|------------|
| 01 Jul (2 day) | London     |
| 15 Jul (2 day) | Manchester |
| 26 Aug (2 day) | Dublin     |
| 31 Aug (2 day) | Falkirk    |
| 04 Sep (2 day) | London     |

#### MATWORK LEVEL THREE - Inter/Advanced

|                |            |
|----------------|------------|
| 15 Jul (2 day) | Retford    |
| 29 Jul (2 day) | Falkirk    |
| 05 Aug (2 day) | Manchester |
| 19 Aug (2 day) | London     |
| 09 Sep (2 day) | Harrow     |



### CPD Courses

Contact for your nearest CPD courses!

#### CPD Courses in the United Kingdom & Ireland

|         |                                 |
|---------|---------------------------------|
| 16 June | All the Small Balls             |
| 17 June | Stretching for Mobility         |
| 01 July | Performance Pilates for Runners |
| 19 July | Pink Ribbon Programme           |
| 29 July | Pilates for Scoliosis           |
| 03 Aug  | Healthy Hit Pilates 1           |
| 04 Aug  | Healthy Hit Pilates 2           |
| 11 Aug  | All the Small Balls             |

Contact us NOW for further dates, courses & locations

[info@appihealthgroup.com](mailto:info@appihealthgroup.com) | 0345 370 2774

## Verbal First Aid: Words and ways to empower your patients' own inner healing for greater success

Course leader: Judith Simon Prager PhD

Date: Saturday 17 June 2017  
Cost: £140 (includes lunch and refreshments)  
CPD: 7 hours

Judith Prager PhD is an expert on the effects of words and thoughts on patient outcomes; the Verbal First Aid™ protocol is used in medical centres and by first responders across the US. Delegates will learn the theory and protocol for using suggestions to gain both compliance and better outcomes. They will be able to: Identify physiological reactions to words and emotions; Identify and utilize three indications of the 'altered state of consciousness' provoked by fear, medical emergencies, trauma or pain; List three or more ways to gain the special rapport that is necessary when giving therapeutic healing suggestions; Describe three types of therapeutic suggestions; Identify three pain relief techniques.



## Integrated Approach to Osteopathy

Course leaders: Christian Fossum DO & Caroline K Fjeldstrøm DO BSc

Date: Friday 14 to Sunday 16 July 2017  
Cost: £450 (includes lunch and refreshments)  
CPD: 21 hours

**£100 early bird discount**  
See our website for details

The central theme for this course is a systems-oriented approach to the neuromusculo-skeletal system as the "primary machinery of life", the instrument through which we express ourselves and live. We'll consider how it interfaces with the biomechanical properties of body tissues, the fascial planes and compartments with dynamic fluid, rhythm and pressure changes for tissue homeostasis, respiration as a central drive for the venous and lymphatic system, and the orchestrated action of the somatomotor, autonomic and neuroendocrine immune systems. The clinical rational and adaptation of these considerations will be discussed through functional embryology, applied anatomy and neurophysiology. Various assessment strategies will be demonstrated, and treatment approaches will include Still Techniques, Exaggeration of the Lesion, Facilitated Positional Release, Fascial Release Techniques, Lymphatic Techniques, Articulatory and High Velocity approaches. At the end of this course participants should be able to immediately translate this to clinical practice. Course material will include copies of the presented material and articles to support course content.



## Buteyko Breath Training and Nutritional Assessment in a Holistic Osteopathic Practice

Led by: Michael Lingard BSc Hons DO  
Date: Saturday 11th to Sunday 12th November  
Cost: £295 (includes lunch and refreshments) - Limited early bird discounts

This workshop aims to give osteopaths additional clinically proven therapeutic aids to enhance their holistic practice. The breath work, dietary screening and physical therapy will provide a powerful therapeutic service for all your patients that will help them take more responsibility for their own health.



## Serge Paoletti presents; The Fascia

Date: Part 1: Friday 21st to Sunday 23rd September 2018  
Part 2: Friday 25th to Sunday 27th January 2019  
Cost: £400 (includes lunch and refreshments) - Limited early bird discounts

**Some dates for your diary**

The purpose of this course is to demonstrate the subtleties of fascia, their mode of operation and action. Through embryological, anatomical, physiological and biological study delegates will discover various treatment options and will discuss the latest research to allow us to push back our therapeutic possibilities. For full course details please visit the ESO website.



## CONTACT US:

European School of Osteopathy, Boxley, Maidstone, Kent, ME14 3DZ  
Tel: +44 (0)1622 760816 or Email: [cpd@eso.ac.uk](mailto:cpd@eso.ac.uk)

**www.eso.ac.uk**

EuropeanSchoolofOsteopathy ESOMaidstone



# ***Integrated Techniques Education presents: Module 1 Now in two weekends!***



**Integrated Techniques  
Education**

**Location:**  
**BCOM, Finchley Road  
London**

**When:**  
**September 23/24 2017  
November 11/12 2017**





Integrated Techniques Education presents a new approach in osteopathic treatment in which structural, visceral and cranial techniques are combined into one whole logical concept.

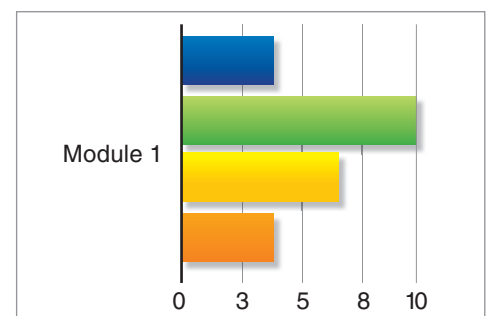
**It's a totally new way of looking at your patients and their complaints!**

In four modules we will teach you the theory, and show you the hands-on techniques allowing you to apply this from day 1, helping revolutionise your practice, and giving you a better holistic insight into health.

**It explains why and how the organs and musculoskeletal systems are related.**

## **CPD hours by Theme:**

-  Communication and Patient Partnership
-  Knowledge, Skills and Performance
-  Safety and Quality in Practice
-  Professionalism



**Already several courses in Germany, Netherlands and Belgium! Now also available in the UK!**

**For more information and registration:**

**[www.integratedtechniqueseducation.com](http://www.integratedtechniqueseducation.com)**





## Want to improve your care of older adults?

**Our Postgraduate Certificate in the Integrated Care of Older Adults is the only award bearing course of its kind in the UK.**

You will gain:

- Contemporary, evidence-informed knowledge, practical and clinical skills.
- Biology of ageing, effects of polypharmacy and nutrition and impact of complex comorbidities.
- Patient-centred, comprehensive evaluation and management strategies for older adults.
- Critical appraisal of contemporary and established models of osteopathic care for the elderly
- Safeguarding concepts.

This is a one-year, part-time course for experienced and graduate osteopaths. The course fee also includes attendance at the BSO's Clinical Risk in Older Adults conference on 14 October 2017.

**For details and to apply phone 020 7089 5356 or email [admissions@bso.ac.uk](mailto:admissions@bso.ac.uk)**

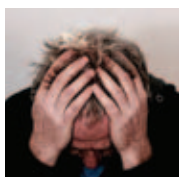


## Upcoming CPD courses at the BSO



**Neuro and intracranial anatomy and pathology - 23 June**

This course led by Dr David Parry includes case studies and a rare visit to a dissection room to enhance learning.



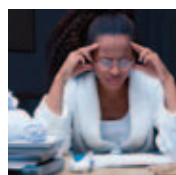
**Psychologically-informed practice for treating people with pain - 24 & 25 June**

A unique opportunity to explore the psychological aspects of treating pain with a multidisciplinary team of experts.



**Pain and pathophysiology - 1 July**

Pain experts Hubert van Griensven and Daniel Orchard will teach you how to manually treat persistent pain with this one-day intensive course.



**Working with people to help them stay in or return to work - 8 July**

In this practical and theoretical course Prof. Kim Burton introduces the psycho-social barriers to recovery and work.

- Visceral osteopathy: abdomen - 1 July
- Clinical methods DCP - 1 July
- Paediatric osteopathy 1 and 2 - 8 & 9 July
- Osteopathic functional technique - 15 July
- Cervical spine risk assessment and consent for manual therapists - 15 July

**For more information about our CPD courses and to book visit [www.bso.ac.uk/cpd](http://www.bso.ac.uk/cpd), call 020 7089 5333 or email [cpd@bso.ac.uk](mailto:cpd@bso.ac.uk)**



To book, visit: [www.scco.ac](http://www.scco.ac), email [admin@scco.ac](mailto:admin@scco.ac) or call **01453 767607**

## NEW!

### Nervous System of the Fluid Body

**4 November 2017** day **£70**  
New Oriol Hall, Bath CPD: 8 hrs

**Leaders:** Mary Monro, Clare Ballard

This 1-day course will explore the vascular endothelium, its role in conditions such as diabetes, cardiovascular disease and dementia, and how we can contact it to influence the health of our patients.

### Tongue Tie, Lip Tie, Infant Feeding

**3-4 March 2018** res **£490\*\***  
Hawkwood, Stroud CPD: 16 hrs

**Leaders:** Fliss Bertin, Peter Cockhill

A weekend residential course exploring common infant feeding difficulties and the role of osteopathy in treating and supporting these cases.

## FEATURED COURSES

### Rule of the Artery: Parts 1 & 2

3 days per part  
CPD: 24 hrs per part



Hawkwood, Stroud

**Leader:** Tim Marris

A total "game changer" in how to think osteopathically! Would you like to include blood vessels in your care and management of your patients? Do you think that treating blood vessels directly would be highly beneficial? If yes, then Rule of the Artery is a 'must' for you.

**Part 2 is an advanced level course aimed at those who have completed Part 1 at least three months previously.**

**PART 1: 25 - 27 September 2017**

res **£995**

**PART 2: 30 September - 2 October 2017**

res **£1095**

## JULY 2017

### Module 7: Spark in the Motor

**7-9 July 2017** res **£945\*\***

The Beeches, Bournville CPD: 24 hrs

**Leader:** Rowan Douglas-Mort

Explore the art and science of osteopathy addressing the nervous system, cerebrospinal fluid and the subtle fluctuations and bioenergetic communication throughout the fluid fields of the body. **LIMITED AVAILABILITY**

## NOVEMBER 2017

### Module 6: Living, Breathing Bone

**10-12 November 2017** non-res **£845**

Columbia Hotel, London CPD: 24 hrs

**Leader:** Jane Easty

Explore the effects of trauma with respect to the wonders of bone, sutures and joints throughout the body. With highly developed palpatory skills, osteopaths have a unique insight into the treatment of such trauma.

## FEBRUARY 2018

### Module 2 'MINI': with ESO

**9-11 February 2018** non-res **£580**

ESO Campus, Maidstone CPD: 24 hrs

**Leader:** Susan Turner

Our trial version of our Osteopathy in the Cranial Field course designed for ESO graduates as entry onto our Fellowship programme.

## SEPTEMBER 2017

### Module 2: Osteopathy in the Cranial Field

**2-6 September 2017** non-res **£950**

Columbia Hotel, London CPD: 40 hrs

**Leader:** Pamela Vaill Carter

Our flagship *Osteopathy in the Cranial Field* course is an overview of the whole cranial concept as described by W. G. Sutherland, covering all the key areas – the five phenomena – and includes treatment approaches that you can use immediately in practice. Each topic is developed in further courses along Pathway.

### Module 10: Integrating Cranial into Practice

**18 November 2017** day **£165**

BSO, London CPD: 8 hrs

**Leader:** Alison Brown

A one-day course designed to help you to integrate cranial work into your existing osteopathic practice, and to give you the confidence to communicate effectively with your patients.

*Some courses require a minimum level of qualification; please enquire.*

### Module 3: Osteopathic Medicine

**15-18 February 2018** res **£1250\*\***

Hawkwood, Stroud CPD: 32 hrs

**Leader:** Lynn Haller

Are we as familiar with the internal milieu of organs and systems as we are with the musculo-skeletal? This truly holistic course will increase your confidence in treating a wide range of conditions.

## MARCH 2018

### Module 8: The Functional Face

**16-18 March 2018** res **£945\*\***

Hawkwood, Stroud CPD: 24 hrs

**Leader:** Louise Hull

Is the face the missing link in our treatment? This course explores how the face influences the body-wide health of our patients. You will examine the intricate relationships of the facial bones, cranial nerves and special senses and apply osteopathic thinking to common viscerocranial problems encountered in practice.

### Start your Fellowship journey with our MODULE 1: FOUNDATION COURSE

CPD: 16 hrs

**£275**  
non-res

**Leader:** Penny Price

Have you ever wondered about the anatomy above the atlanto-occipital joint? Or what influence the structures within the head, neck and pelvis may have on the rest of the body? Allow us to introduce you to osteopathy within the cranial field.

**1-2 July 2017**

London

**12-13 August 2017**

Axminster

**7-8 October 2017**

London

**18-19 November 2017**

Shrewsbury

**24-25 February 2018**

London

**14-15 April 2018**

TBA North

\* Discounts available for Fellows and Members. \*\* Residential and non-residential rates available. Please call us for further information.

25 years ago, I came to check the centre out. Straight away I was deeply impressed by the competence, efficiency and love which was manifest there. I gave it my immediate support and am proud to support it still.

**Lt Col Peter Blaker – Patron**



## We're celebrating 20 years since Princess Diana's kindness changed our charity

Kindness is a very powerful super power given to all of us. We only have to use it to change the world.

**Laura Sierra**

My son Martin attended the clinic from 1993-2001. He looked forward to the visits and the staff interacted with him through commitment, care and kindness. Without the help of the OCC he would not be the man he is today.

**Martin Atkins Snr.**

Kindness creates a space for others to grow.

**Lotte Brath Densen**

Help us celebrate the anniversary of Princess Diana's kind legacy with your own memories of kindness to add to our Vine by emailing [stories@fpo.org.uk](mailto:stories@fpo.org.uk)

To help us continue our work, kind donations can be made at [www.justgiving.com/campaigns/charity/osteopathicccfc/kindness](http://www.justgiving.com/campaigns/charity/osteopathicccfc/kindness)

Foundation  
for Paediatric  
Osteopathy



Osteopathic  
Centre for  
Children

[www.occ.uk.com](http://www.occ.uk.com)

# ICAK

INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK

## THE FUNDAMENTALS OF APPLIED KINESIOLOGY with advanced Clinical Applications

- An accredited Basic Course of the  
International College of Applied Kinesiology - ICAK

**An EIGHT-WEEKEND COURSE, one module per month**

### **Course includes:**

Basic AK principles and muscle testing;  
Vertebral and peripheral joint analysis;  
Glandular dysfunction & how to treat it;  
Orthomolecular nutrition and its application;  
Cranial & pelvic dysfunction and the impact of the TMJ;  
Tissue acidity and Inflammation - and their role in almost everything.

Venue: Hilton London Gatwick Airport RH6 0LL

Course starts: 9-10 September 2017

*This is a clinically relevant and powerful course of study that will guarantee to expand both your knowledge and your diagnostic skills!*

*Why, when, where and how to treat are the basic needs of every practitioner - this course will take you beyond structure and provide you with a true understanding of holistic dis-ease and how to correct it.*

For further information, contact:

Central Office on [info@icak.co.uk](mailto:info@icak.co.uk)  
[www.icak.co.uk](http://www.icak.co.uk)





# CPDO 2017

Professional Development for Manual and Physical Therapists

☎ 0207 263 8551  
cpd@cpdo.net

| Date      | Topic   | Lecturer            | Cost | Deposit | CPD points |
|-----------|---|---------------------|------|---------|------------|
| 30 Sept   | Chronic pain treatment: Improving outcomes - the missing link   | Georgie Oldfield    | £125 | £125    | 7          |
| 30 Sept   | An osteopathic approach to exercise prescription  | Dr. Eyal Lederman   | £125 | £125    | 7          |
| 7-8 Oct   | Fascial dysfunction: management in manual and physical therapies  | Leon Chaitow        | £315 | £250    | 14         |
| 21-22 Oct | Hartman's master class in manipulative techniques: upper body   | Prof Laurie Hartman | £355 | £250    | 14         |
| 4-5 Nov   | Functional stretching   | Dr. Eyal Lederman   | £275 | £150    | 14         |
| 18 Nov    | Nutritional management of age related declines in musculoskeletal health & Holding back the years. Diet and exercise strategies to increase health-span | Prof. Adam Cunliffe | £125 | £125    | 7          |
| 18-19 Nov | Hartman's master class in manipulative techniques: lower body   | Prof Laurie Hartman | £355 | £250    | 14         |
| 22-24 Nov | Barral's advanced abdomen and pelvis  | Jean-Pierre Barral  | £680 | £375    | 18         |
| 24-26 Nov | Harmonic Technique  | Dr. Eyal Lederman   | £385 | £200    | 20         |

## CPDO at Home - online CPD

Free video

[www.cpdoathome.com](http://www.cpdoathome.com)

Leon Chaitow & Laurie Hartman Comparison of Neck Management



For [acupuncture](#) and [dry needling](#) courses see:

[www.cpdaonline.com](http://www.cpdaonline.com)



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



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

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

email: [cpd@cpdo.net](mailto:cpd@cpdo.net) For more information and booking visit [www.cpdo.net](http://www.cpdo.net)

50% discount available to students on most courses (see [www.cpdo.net](http://www.cpdo.net) for further details)

# Diploma in Paediatric Osteopathy (DPO)

You can now apply for the 2017 intake for the Foundation for Paediatric Osteopathy Diploma course. On this two year programme you'll work with leading paediatric osteopaths in a unique clinical environment.

With more than 20 successful years, the DPO offers the opportunity to gain expert paediatric knowledge:

- an exceptional clinical experience in a collaborative learning environment: all the effective learning takes place in and around the clinic.
- a syllabus delivered by an experienced faculty with diverse osteopathic backgrounds and extensive expertise and originality.
- the chance to develop a diverse set of osteopathic skills from a range of osteopathic traditions and technical approaches, not confined to one particular style or philosophy.
- the choice of standard or tailored 'flexible route' (for overseas and travelling students).
- a tailor-made practical Access Course run in collaboration with the Rollin E Becker Institute: designed for less experienced applicants.

**Clinical training begins in November 2017.**

**Closing date for applications is 24 July 2017.**

For a prospectus and details of the application process, visit [www.fpo.org.uk](http://www.fpo.org.uk)

Alternatively, contact us on 020 8875 5293 or email [admissions@fpo.org.uk](mailto:admissions@fpo.org.uk)



*"Studying at the OCC was the best thing I could have done to further my work with paediatric osteopathy and osteopathic treatment during pregnancy. The range of conditions which present to the OCC is vast, from every day conditions that we treat to very rare and complex disorders. Not only does the intensive course work give you the diagnostic skills to be safe and proficient, the one on one support provided by the extremely experienced and skilled consultants every week is invaluable."*

Allison Atkin M.Ost D.P.O.

*"The extensive experience and knowledge I gained working at the Osteopathic Centre for Children helped develop my paediatric practice greatly but also left me with a skill set transferable to the rest of my osteopathic practice. The osteopaths, from the consultants to students, working within the clinic create a nurturing and supportive environment in which you can hone existing skills, whilst evolving new approaches to the practice of osteopathy."*

Lauren Storey M.Ost D.P.O.



Foundation  
for Paediatric  
Osteopathy



Osteopathic  
Centre for  
Children



## Head of Osteopathy

4 days per week

£38,559 - £41,658 p.a. (pro rata)  
dependent on skills and experience

Nescot is a major college of Further and Higher Education situated close to Epsom in Surrey. The International College of Osteopathic Medicine (ICOM) is based at the College and is the market leader in, and the first College of Further and Higher Education to offer, publicly funded osteopathic education in the UK. ICOM at Nescot holds a maximum time GOsC Recognised Qualification (RQ) status, and offers a number of professional degrees validated by Kingston University.

Due to our recent successful growth and development we are looking for a registered osteopath with inspiring leadership qualities to head the Osteopathy department. The Head will be responsible for the running of both the local and international provisions as well as the Osteopathy clinic.

As Head of Osteopathy, you will provide professional, educational and inspiring leadership to deliver effective teaching and learning strategies and lead the Department to educational and commercial success. You will work

with the Marketing department to recruit students to all the Osteopathy courses, ensuring that high standards of teaching and learning and good success rates are continually improved.

**Closing date for applications is  
Sunday 25th June 2017**

**Interviews will be held on  
Monday 3rd July 2017**

**Please email [jobs@nescot.ac.uk](mailto:jobs@nescot.ac.uk) for further  
information and guidance on  
how to make your application.**

 **Nescot**

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

Nescot, Reigate Road, Epsom, Surrey, KT17 3DS

 **Income Protection  
Insurance Specialists**

### Are you self employed?



**iO**  
THE INSTITUTE  
of OSTEOPATHY

## Have you set up sick pay cover yet?

**In last 5 years we have paid 95% of our claims within two weeks**

*How would you cope without income? Who pays all the bills while you are ill?*

*With dg mutual you will get regular payments to replace your income.*

*We are Income Protection specialists established in 1927 and owned by our members*

- ◆ Benefit up to 66% of taxable income ◆ Up to £1,200 a week\*
- ◆ Benefit payable from day one or a choice of deferred periods
- ◆ No penalty for frequent claims ◆ A tax free lump sum on retirement\*

**Call 0121 452 1066 or email [info@dgmutual.co.uk](mailto:info@dgmutual.co.uk) to arrange your cover today**

\*under current UK legislation

Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority

# Telephone Answering and Appointment Booking Service

Exclusive offer:  
**1 MONTH's  
FREE TRIAL:**  
Please call us on:  
**01992 531000**  
and quote OSTPROMO1

## Never miss a call again!

- Specialising in Healthcare bookings, **Best Reception** have over 10 years experience of answering the phone for Osteopathy practices.
- If you have your own in-house receptionist what happens when they are dealing with clients within the practice, or go on breaks, take holidays or are off sick?
- Maybe you don't have a receptionist at the moment and allow your calls to go to voicemail, calling clients back when you can.
- When no one answers your phone, you run the risk of potential clients calling another practice, meaning you lose out on another booking.
- **Best Reception** can help to ensure that you never miss another booking again.
- Competitively priced from just £40 a month, we can not only answer your phone, but register new patients, book and rearrange appointments, and even give directions to your clinic!
- **Best Reception** are happy to work with multiple practitioners and online diaries, and will even screen unsolicited calls free of charge.

**Best Reception pride themselves on providing an outstanding service to their Osteopath clients. Their dedication to customer service and their friendly yet professional service has resulted in phenomenal client retention and year-on-year growth, every year. But don't just take their word for it; here's what some of their current clients are saying:**

“I am very happy with your service. The patient who booked through you had tried somewhere else & the phone wasn't answered so he tried us!”

“My client said she thought that the receptionist was really helpful and very lovely. So thank you for handling our clients so well”

”

**Best**   
**Reception**

[www.bestreception.co.uk](http://www.bestreception.co.uk)

Telephone: 01992 531000

29 Tamworth Road,  
Hertford, SG13 7DD

# INDIVIDUAL OSTEOPATHS

*A pioneering insurance package specifically designed for you*



**BALENS**  
*Specialist Insurance Brokers*

## BALENS INDIVIDUAL OSTEOPATHS INSURANCE PACKAGE

- » £6m Medical Malpractice
- » £6m Professional Indemnity
- » £6m Public & Products Liability
- » £6m Liability for any one claim with an unlimited number of claims per year plus unlimited legal defence costs in addition
- » £10m Cover available if required for an additional £16.28 per annum
- » Taxation and Legal Package
- » Cover for temporary work abroad (*Excluding USA & Canada*)
- » Policies available in Europe
- » Can include over 3,500 different therapies / activities
- » Run off cover included for an unlimited period if ceasing the policy

### Discounts available for newly qualified Osteopaths

Balens are a 4th generation, ethical family business providing exclusive insurance schemes in the UK, Republic of Ireland and Europe.

Business Contents, Income Protection and Clinic packages also available.

**Offering you one of the widest Insurance covers available in the UK with competitive premiums to match**

**£271.81**

PER YEAR

*(Including Fees & Insurance Premium Tax)*

**Telephone:** 01684 580 771

**Web:** [www.balens.co.uk](http://www.balens.co.uk)

**Email:** [info@balens.co.uk](mailto:info@balens.co.uk)

Balens Limited is Authorised and Regulated by the Financial Conduct Authority

*Pioneers  
for over 65 years!  
Caring for  
the carers*

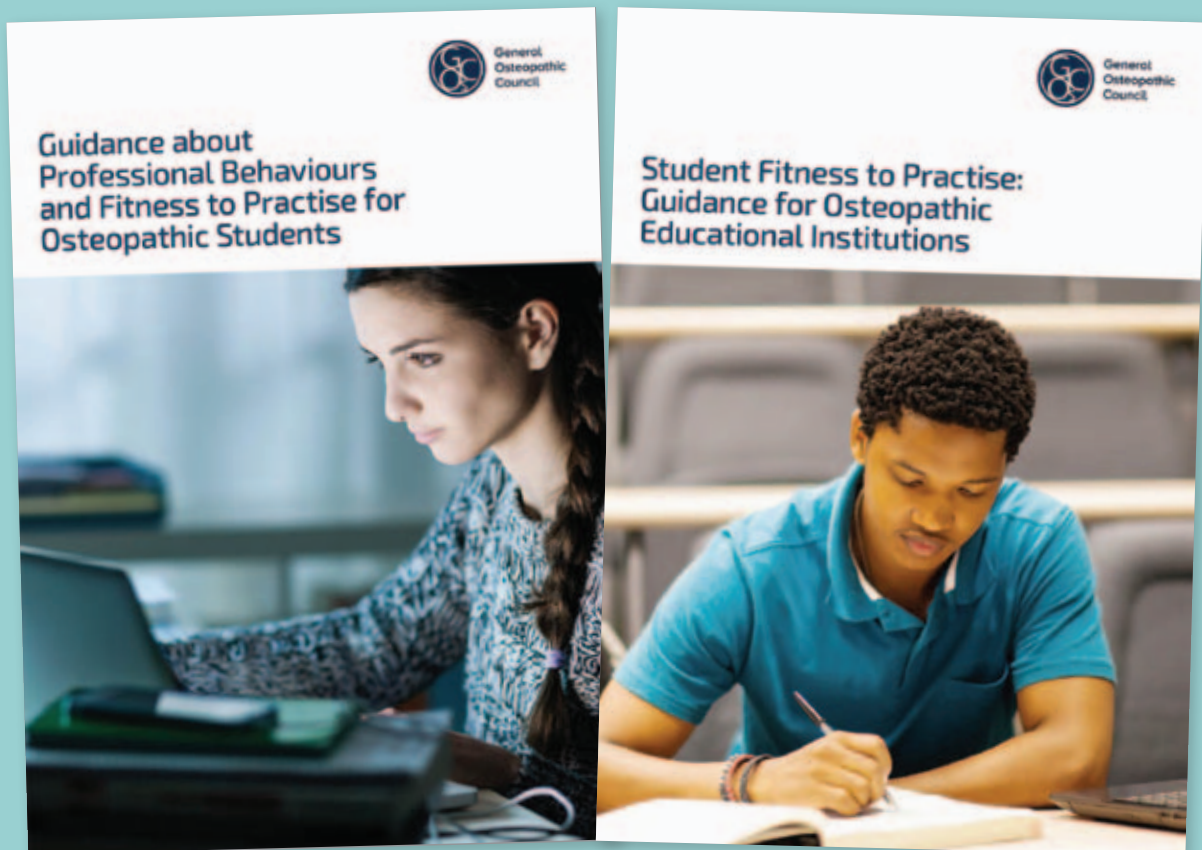




General  
Osteopathic  
Council

# What do students and education providers need to know about fitness to practise?

Our two revised guides for students and osteopathic educational institutions explain what kinds of behaviours are, and are not, appropriate and the role of the education providers in ensuring that students who qualify, are fit to practise.



**Find out more about student fitness to practise and download the guides at:**

**[bit.ly/gosc-student-ftp](https://bit.ly/gosc-student-ftp)**