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Osteopathic  
Council

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SHARING YOUR  
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**VIRTUAL GROUPS**  
CONNECTING  
FOR CPD

# The Osteopath

Supporting high standards in osteopathic practice

SEPTEMBER/OCTOBER 2019 | VOL 22 | ISSUE 5

## YOUR GUIDE TO GOOD PRACTICE

LEARNING MORE ABOUT THE  
OSTEOPATHIC PRACTICE STANDARDS





General  
Osteopathic  
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[osteopathy.org.uk/  
theosteopathmagazine](http://osteopathy.org.uk/theosteopathmagazine)



# Welcome



This is a special issue of the magazine focusing on the Osteopathic Practice Standards (OPS), which we hope will help you use the Standards in practice to support your own decision-making. The updated OPS came into effect on 1 September and, in this

issue, we have different perspectives on the OPS from people across the osteopathic profession (p7–11).

Have you had a chance to visit the OPS website yet? We've developed an online version at: [standards.osteopathy.org.uk](https://standards.osteopathy.org.uk), where you can check the themes, Standards and guidance (p12).

Steven Bettles, the GOsC's Policy Manager, has written a series of Focus on Standards articles over the past year. If you missed any, there's a handy summary guide included on p13.

Thanks again to everyone who took part in this year's CPD Survey. Reading the article on p14 could help you consider how you can link your CPD with the four themes of the OPS – you'll find examples of how osteopaths are already doing this on p17.

Have you thought about starting a virtual CPD group? It's a cheap and convenient way to connect with other osteopaths. On p18, osteopath Olwen Grindley shares how she set up a virtual group with three other osteopaths to discuss CPD and other issues that arise in practice.

I hope you will find this issue useful and informative. Do get in touch with any content ideas for future issues, especially around the OPS.

**Clare Conley**

Managing Editor

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

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# Update

September/October 2019

## GOSC NEWS

### The GOsC meets all Standards of Good Regulation for ninth year

The Professional Standards Authority (PSA) has confirmed that the GOsC has met all 24 Standards of Good Regulation, in its annual performance review. This is the ninth year running that the GOsC has achieved this level.

The PSA reviews each of the statutory health and social care regulators every year to assess whether they are meeting its Standards of Good Regulation and are protecting the public. The Standards cover the regulators' four core functions: setting and promoting guidance and standards for the profession; setting standards for and quality assuring the provision of education and training; maintaining a register of professionals, and taking action where a professional's fitness to practise may be impaired.

The GOsC's Chief Executive and Registrar, Leonie Milliner, said: 'I am delighted the GOsC continues to meet all 24 of the PSA's Standards of Good Regulation. The report highlights some of the areas where we are engaging with other healthcare regulators to share learning and development and our joint activity in thematic reviews and associated research, as well as recognising the work we are doing to move to a more risk-based approach to quality assurance of osteopathic education'.

Read the full PSA Annual Review of Performance 2018/19 for the GOsC at: [osteopathy.org.uk/psa-2018-19](http://osteopathy.org.uk/psa-2018-19).



## GOSC NEWS

### Regulators unite to support reflective practitioners across healthcare

We've united with eight other healthcare regulators to publish a joint statement on the benefits and importance of good reflection among healthcare professionals in the healthcare sector. Reflection is central to the GOsC's new CPD scheme.

The statement outlines the advantages of being a good reflective practitioner and how this brings benefits to patients by:

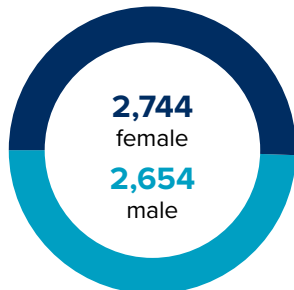
- Fostering improvements in practices and services.
- Assuring the public that health and care professionals are continuously learning and seeking to improve.

Guidance is given on how to get the most out of reflection, including having a systematic and structured approach with proactive and willing participants. It makes clear that any experience, positive or negative and however small – perhaps a conversation with a colleague – can generate meaningful insight and learning. Multi-disciplinary and professional team reflection is viewed as an excellent way to develop ideas and improve practice.

Read more about the Benefits of Becoming a Reflective Practitioner at: [osteopathy.org.uk/news-and-resources/news/regulators-unite-to-support-reflective-practitioners](http://osteopathy.org.uk/news-and-resources/news/regulators-unite-to-support-reflective-practitioners).

## SNAPSHOT

### REGISTER STATISTICS: 1 SEPT 2019



**473**  
practise in the rest of the world

## GOSC NEWS

## Government responds to regulation reform consultation

Proposals include modernisation of fitness to practise processes, and strengthening the requirement for regulators to work together closely

The Government published its response to the Promoting professionalism, reforming regulation consultation on 9 July 2019.

Leonie Milliner, Chief Executive and Registrar of the GOsC, said: 'We welcome the Government's response. The Government is proposing important changes to the approach of the statutory regulators, including: modernising fitness to practise processes and giving regulators more autonomy; changes to governance; and strengthening the requirement for regulators to work together even more closely, which should help us deliver better for patients.'

We note the Government intends to consult further on: the number of regulatory bodies; how to assess the appropriate level of regulatory oversight for healthcare professions; and potential reform of registration, standards and education functions. We look forward to working closely with our colleagues in the other health regulators and with our stakeholders to explore the matters included in the consultation response and to ensure patients and the public remain at the heart of what we do.'



■ Leonie Milliner, Chief Executive of the GOsC, commented on the response

### Read more:

- Read the response the GOsC submitted to this consultation on the future of healthcare professional regulation in January 2018 at: [osteopathy.org.uk/promoting-professionalism-gosc-response](https://osteopathy.org.uk/promoting-professionalism-gosc-response)
- Read the Government response to the Promoting Professionalism, Reforming Regulation consultation at: [bit.ly/regulation-reform-response](https://bit.ly/regulation-reform-response)

## GOSC NEWS IN BRIEF

## Your opportunity to join the GOsC's Council

We are recruiting two new members to join the GOsC's Council, starting from April 2020. Applications are expected to open in October 2019, with interviews in January 2020. You can read short articles from three current Council members, outlining what they have gained from the roles. See p6 of the July/August 2019 The Osteopath, at: [osteopathy.org.uk/theosteopathmagazine](https://osteopathy.org.uk/theosteopathmagazine). If you are interested in applying, please email Marcia Scott on: [mscott@osteopathy.org.uk](mailto:mscott@osteopathy.org.uk) or keep an eye on: [osteopathy.org.uk/recruitment](https://osteopathy.org.uk/recruitment)

## Do you work with other health professionals?



Do you have any examples of working successfully with other health professionals for the benefit of patients? We would like to gather examples of good practice to help share the learning. For more information, see p17 of the July/August 2019 issue at: [osteopathy.org.uk/theosteopathmagazine](https://osteopathy.org.uk/theosteopathmagazine). Please email any examples to Fiona Browne, at: [fbrowne@osteopathy.org.uk](mailto:fbrowne@osteopathy.org.uk).

## Join us at the GOsC session at the iO Convention

The GOsC session at the Institute of Osteopathy (iO) Convention on Saturday 2 November will provide an overview of the CPD scheme and the opportunity to discuss specific CPD topics in breakout groups. The 2019 Convention will take place on 1-2 November 2019 in Heathrow, London. Book your place now at: [osteopathy.org/for-osteopaths/io-convention-2019](https://osteopathy.org/for-osteopaths/io-convention-2019).

## GOSC NEWS

## Read the GOsC's Annual Report

The GOsC's Annual Report and Accounts for 2018-19 includes the launch of the new CPD scheme and the publication of the updated Osteopathic Practice Standards. The report is now available to read online at: [osteopathy.org.uk/annualreport](https://osteopathy.org.uk/annualreport) and look out for an article about the highlights of the report in the next issue of The Osteopath.

■ The Annual Report is now available to read online





# Updated standards, fresh perspectives



GOSc Chief Executive **Leonie Milliner** explains why the OPS have been updated and how the GOSc engaged with the sector to reach this point



**T**he updated Osteopathic Practice Standards (OPS) came into effect from 1 September 2019, replacing the OPS from 2012.

By law, we are required to publish the Standards for a year before they come into effect. That's why we published the updated OPS in September 2018 and sent you a copy of the new document then. We followed this up in September this year when we wrote to you to remind you that the updated Standards are now in effect and we took the opportunity to send you a brand new copy of the OPS pocket guide, which we hope you will find useful.

### Why were the OPS updated?

For any professional standards to remain relevant, it's important to review them periodically to ensure that they're up to date and applicable in practice. The previous Standards had been in place for seven years and during that time there were some major developments which impacted on standards for the osteopathic profession including: the change to the law on consent following the Montgomery Judgment in 2015, and the introduction of a joint regulatory statement on the duty of candour. It was important that

both these developments, as well as other considerations that came out of the comprehensive consultation, were reflected in the updated OPS.

### How were the OPS updated?

The Standards were updated through a process of extensive engagement with osteopaths and patients, and with a Stakeholder Reference Group which included the Institute of Osteopathy, the National Council for Osteopathic Research and the Osteopathic Alliance. Following this consultation, the OPS were brought up to date and edited (the number of Standards has been reduced from 37 to 29), made more accessible and easier to engage with as a framework to support practice. The OPS also provide further detail on important areas of osteopathic practice including boundaries (emotional and professional as well as sexual), communication and consent, and the duty of candour.

### Linking your CPD with the four OPS themes

Under the new CPD scheme, which was launched in October 2018, you need to link your CPD activities to the four themes of the OPS across the three years of your CPD cycle. The themes remain the same:

**Theme A:** Communication and patient partnership

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

**Theme C:** Safety and quality in practice

**Theme D:** Professionalism

Shaped by a wide range of stakeholders who provided substantial insight and commentary, the updated OPS reflect the changing expectations of osteopaths in contemporary practice and are central to maintaining public confidence in the profession and its ability to promote patients' health and wellbeing. As such, they are a significant achievement, and will underpin osteopathic education and registration with the GOSc, supporting the delivery of ethical, competent and safe osteopathic care.

### ACCESS THE OPS QUICKLY AND EASILY ONLINE

You can access the Standards, together with accompanying guidance, quickly and easily online at: [standards.osteopathy.org.uk](http://standards.osteopathy.org.uk) (see p12). A PDF version of the full OPS document is also available at: [osteopathy.org.uk/updated-ops](http://osteopathy.org.uk/updated-ops).

# Reflecting on the OPS



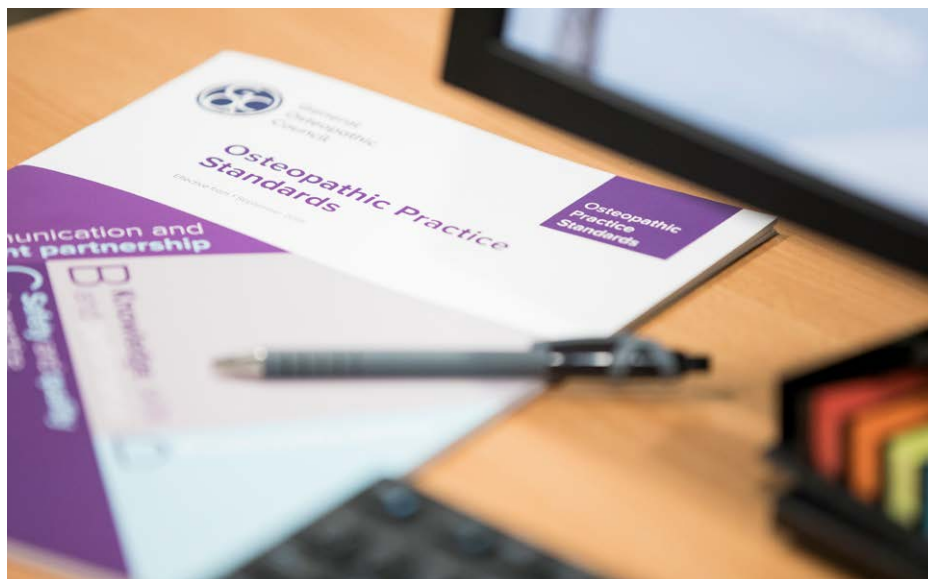
**Ben Katz**, President of the Institute of Osteopathy and practising osteopath, explores the main OPS revisions and why the Standards are important in everyday practice

When I speak to colleagues about the Osteopathic Practice Standards (OPS), I often get the impression that they think of them as something bureaucratic – a box to be ticked for the new CPD scheme or a framework against which to evaluate complaints. But the Standards are also there to help us navigate what it means to be an osteopath by setting out what society, patients and other health professionals expect of us. The Standards are there to act as a useful guide for all of us.

The OPS may not seem as exciting as the more technical or theoretical aspects of osteopathy but taking time to reflect on them can help to illuminate those aspects of our practice that we might not otherwise give sufficient attention to. This can only make us better practitioners and it is always more rewarding than at first we might think.

The OPS is particularly helpful in understanding our patients' expectations. And this is critical since our ability to meet these expectations is at least as important to patients as our ability to diagnose and treat the problems they present with. This is why gathering the views of patients has been such an important part of the process of reviewing the Standards.

A main focus for updating the OPS has been on ensuring that the Standards and guidance are clear, accessible and up to date. The GOsC consulted with a wide range of stakeholders to ensure that the updated Standards would make



sense to patients and practitioners alike. The updates will also make it easier for osteopaths to use the OPS as a framework for planning their CPD, which is particularly important given that the requirement in the new scheme is that CPD covers all four themes of the OPS. The Institute of Osteopathy (iO) has been involved throughout the process, alongside patients and representatives from the pre- and post-registration training colleges, the National Council for Research (NCOR) and the wider profession.

During the broader consultation phase, there were some concerns expressed by osteopaths about the phraseology being used. In particular, an amended item around osteopaths' duty to support the general health of patients ('public health') was initially confused with a requirement to promote specific public health policies. This feedback helped to refine the language and ensure that no ambiguity remains while also highlighting the need for further clarification about what an osteopath's role in promoting the health of the public should be. In response to this

the iO has published additional guidance in recent editions of our magazine, *Osteopathy Today*.

All in all, this revision of the OPS has resulted in a better set of standards and guidelines, with more guidance around boundaries, the duty of candour and communication and consent, to help better reflect the expectations of patients and others in practice. This then will help us as osteopaths to better understand our clinical responsibilities and plan our professional development. The OPS are summarised in the iO Patient Charter, which outlines the consistently high standards that osteopaths are encouraged to aspire to and summarises what patients can expect from their osteopath – remember to display the Charter in your practice. ●

**'Reflecting on the OPS can only make us better practitioners'**

**READ AND DISPLAY THE iO PATIENT CHARTER**  
[iosteopathy.org/osteopathy/the-patient-charter](http://iosteopathy.org/osteopathy/the-patient-charter)



# How do the OPS inform education?



**Kabir Kareem**, the GOsC's Quality Assurance Liaison Officer, explains how the OPS underpin education to ensure students are trained to practise to required standards

It might be assumed that the Osteopathic Practice Standards (OPS) primarily apply to osteopaths once they are on the Register, but the OPS also underpin osteopathic education in the UK to ensure students are fit to enter the Register. The GOsC sets the requirements for training for students. Graduates must hold a recognised qualification to be eligible to apply for registration with the GOsC. These recognised qualifications (RQs) are only awarded to students meeting the OPS.

## How are qualifications recognised?

The process for an educational provider to gain a Recognised Qualification is stringent, involving a detailed application process and a review visit by the Quality Assurance Agency for Higher Education (QAA). All aspects of the proposed programme, including aims and outcomes, teaching and learning, and resources and facilities, are considered during the process. The key objective is to ensure that students will be suitably trained to work in accordance with the requirements of the OPS once they graduate.

The visit must confirm that the osteopathic educational providers' curricula and assessments are linked to the current OPS and the requirements are being delivered.

- The GOsC publishes Guidance for Osteopathic Pre-Registration Education (see the Standards for osteopathic education section at [osteopathy.org.uk/training-and-registering/information-for-education-providers](http://osteopathy.org.uk/training-and-registering/information-for-education-providers)). This describes the professional aspects of osteopathic pre-registration education, and the outcomes that students are expected to demonstrate before graduation to show that they practise in accordance with the OPS. It should be read



alongside other guidance, which includes: guidance about student fitness to practise and guidance about the management of health and disability ([osteopathy.org.uk/student-fitness-to-practise](http://osteopathy.org.uk/student-fitness-to-practise) and [osteopathy.org.uk/oei-disability-guidance](http://osteopathy.org.uk/oei-disability-guidance)).

- Other things that inform the development of osteopathic pre-registration education include the QAA UK Quality Code for Higher Education and the QAA Subject Benchmark Statement for Osteopathy.

## Renewing recognition of qualifications

Recognition is not a one-off event – review visits are planned typically on a five-year cycle. There can be shorter periods between visits for

new programmes or if there are circumstances where a review visit is needed sooner.

Quality is also monitored between review visits. Osteopathic educational providers submit annual reports to the GOsC to ensure a regular update on issues central to the delivery of the OPS, and this includes external evidence. The following types of updates will be provided: external examiner reports; staff, student and patient feedback analyses; plus other data.

Analysis is undertaken independently by the QAA, findings are reported to the statutory Education Committee and the GOsC takes actions on any issues to ensure the continued delivery of the OPS. The GOsC also takes into account key changes and any concerns to build a picture of quality at each provider. Alongside this we also undertake thematic reviews and share good practice to promote and maintain standards.

## Protecting the integrity of the Register

Ensuring that the delivery of osteopathic education meets the requirements of the OPS, by assuring that those joining it are fully capable of practising in accordance with the OPS, is essential to protect the integrity of the Register and the osteopathic profession. The Standards are the framework around which educational programmes are developed. ●

## GET INVOLVED WITH THE REVIEW OF GUIDANCE FOR OSTEOPATHIC PRE-REGISTRATION EDUCATION

In 2019/20, we are planning to review our Guidance for Osteopathic Pre-Registration Education and will be working more closely with osteopathic educational providers, educators, students, patients and others to ensure the delivery of the OPS. If you are interested in being involved in this review, we would be keen to hear from you – please contact Kabir Kareem on 020 7357 6655 x230 or [kkareem@osteopathy.org.uk](mailto:kkareem@osteopathy.org.uk).

# Standards for learning



Curriculum Coordinator and Lecturer **Susana Weiner** outlines how the OPS steer the learning journey for students

Susana Weiner graduated from The College of Osteopaths in 2003 with a BSc Hons Osteopathy, and then took on the role of Curriculum Coordinator, Module Leader and Lecturer there. She did a PGCE at University of London – Institute of Education in 2005. Susana practises as an osteopath in the New Forest, Hampshire.

## How do you think the OPS underpin osteopathic education?

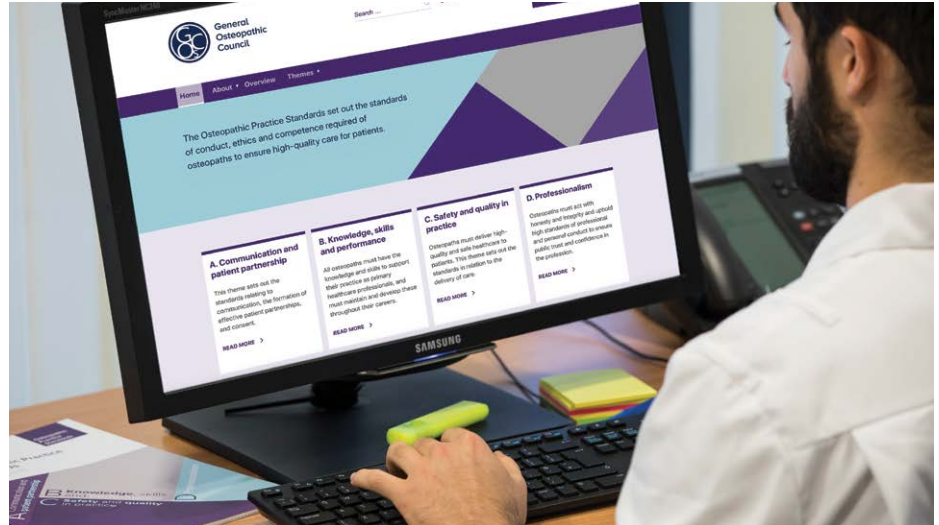
The curriculum could not have been planned without the Osteopathic Practice Standards (OPS). The Standards provide a framework and structure to build the curriculum and around which to develop students. Each of our four curriculum strands (see below) has been developed to ensure that the standards of proficiency, conduct and practice as laid out in the OPS, are adhered to, as would be expected of practising osteopaths.

1. The Clinical Osteopathy strand links to standards related to patients' health and wellbeing.
2. The Osteopathic Theory and Practice strand links to standards related to safe osteopathic care.
3. The Health, Dysfunction and Disease strand links to maintaining public confidence in the profession.
4. The Personal and Professional Development strand links to standards of conduct, ethics and competence.

## How do you design your programmes around the OPS?

Our curriculum for the osteopathic programme is based on the four strands above. Each has different modules at different levels. Each module's learning outcomes were based on different OPS themes and the sub-divisions of Standards in each theme, which were then matched to exam marking criteria.

For example, at Level 6 (final year), a learning outcome for a practical exam



## 'Students consider the Standards as a clear guideline of their future responsibilities'

is: to interpret clinical and other data to justify broad osteopathic clinical reasoning and decision making. This was then matched to:

### Theme A: Communication and patient partnership

**A1:** You must listen to patients and respect their individuality, concerns and preferences. You must be polite and considerate with patients and treat them with dignity and courtesy.

**A2:** You must work in partnership with patients, adapting your communication approach to take into account their particular needs and supporting patients in expressing to you what is important to them.

**A3:** You must give patients the information they want or need to know in a way they can understand.

Another valuable example is the Personal and Professional Portfolio, where students in our part-time programme from Year 1 to Year 4, levels 4 to 6, need to demonstrate where they have met the OPS during their learning.

### How do your students generally respond to learning about and incorporating the OPS into their learning and practice?

The response has been very positive. Students consider the Standards as a clear guideline of their future responsibilities. In their final year Reflective Presentation, students need to link reflective points in their osteopathic journey to the appropriate themes and standards of the OPS. Linking their reflection to the OPS has made this assessment a very valuable tool. This also helps to prepare students for practice, when they'll need to consider their CPD activities in the context of the four OPS themes. ●

# Standards of conduct and competence

**Sheleen McCormack**, the GOsC's Director of Fitness to Practise, on the importance of the OPS within the GOsC's fitness to practise processes, where the Standards provide the framework for fair decision-making in Committee hearings

The Osteopathic Practice Standards (OPS) set out the standards of conduct, ethics and competence required of osteopaths. Supporting guidance is included in relation to each Standard. The OPS cover the fundamental aspects of an osteopath's role required for the safe, competent and ethical practice of osteopathy and set out the principles of good practice.

The OPS underpin the GOsC's fitness to practise processes. This is most clearly demonstrated in the Hearings and Sanctions Guidance (the Guidance), which is used by all Professional Conduct Committees (and Health Committees) when reaching decisions. The Guidance is key to maintaining a link between the OPS and its fitness to practise functions. We have therefore closely aligned the Guidance with the Standards and have updated the language used in it, to ensure that the Guidance is consistent with the updated OPS.

Building on other work undertaken by the GOsC in relation to the duty of candour, including the review of the OPS, the Guidance includes detailed expectations of registrants on the seriousness of failures in the professional duty of candour as set out in **Theme D: Professionalism, Standard D3**. There are also separate sections within the Guidance on failures by osteopaths to raise concerns both about themselves and others (**Theme C: Safety and quality in practice, Standard C4**).

Panel members of the Professional Conduct Committee must ensure that they are familiar with the OPS when determining unacceptable professional conduct and/or professional incompetence and sanction, so they make appropriate, proportionate and fair decisions. A failure to follow the OPS does not automatically mean action will be taken against an osteopath. However, failure(s) that are deemed to be serious

(or persistent) will place an osteopath's registration at risk. Committee members will take all evidence and their findings into account as part of their decision-making, and in making their judgement, they will also ensure their decision is consistent and adequately addresses any risk to patient and public safety and the wider public interest.

You can familiarise yourself with the OPS and accompanying guidance at: [standards.osteopathy.org.uk](https://standards.osteopathy.org.uk). ●

## MORE INFORMATION

On the GOsC's Committees including the Professional Conduct Committee, at: [osteopathy.org.uk/about-us/the-organisation/committees](https://osteopathy.org.uk/about-us/the-organisation/committees).

Read the Hearings and Sanctions Guidance at: [osteopathy.org.uk/hearings-and-sanctions-guidance](https://osteopathy.org.uk/hearings-and-sanctions-guidance).

## OPS RESOURCES

### Read OPS in Welsh

#### You can read the OPS and other GOsC resources in Welsh

As at 1 September, there were 147 registrants practising in Wales and at least 20 practices on the Register where Welsh is spoken. The GOsC publishes a number of resources in Welsh, including the updated Osteopathic Practice Standards (OPS) and there is a Welsh (Cymraeg) section on the GOsC's website at: [osteopathy.org.uk/cymraeg](https://osteopathy.org.uk/cymraeg).

#### Welsh language resources:

- The OPS (Safonau Ymarfer Osteopathig): [osteopathy.org.uk/safonau-ymarfer-osteopathig](https://osteopathy.org.uk/safonau-ymarfer-osteopathig)
- Cymraeg section of the GOsC's website (you can also access



this from near the foot of the homepage on the left hand side): [osteopathy.org.uk/cymraeg](https://osteopathy.org.uk/cymraeg)

- Welsh versions of public and patient information leaflets at: [osteopathy.org.uk/news-and-resources/publications/leaflets](https://osteopathy.org.uk/news-and-resources/publications/leaflets)
- Promote your registration to patients with: 'I'm registered' and 'We're registered' marks ([bit.ly/ozone-reg-mark](https://bit.ly/ozone-reg-mark)) and posters ([bit.ly/ozone-reg-posters](https://bit.ly/ozone-reg-posters)), all available in Welsh.

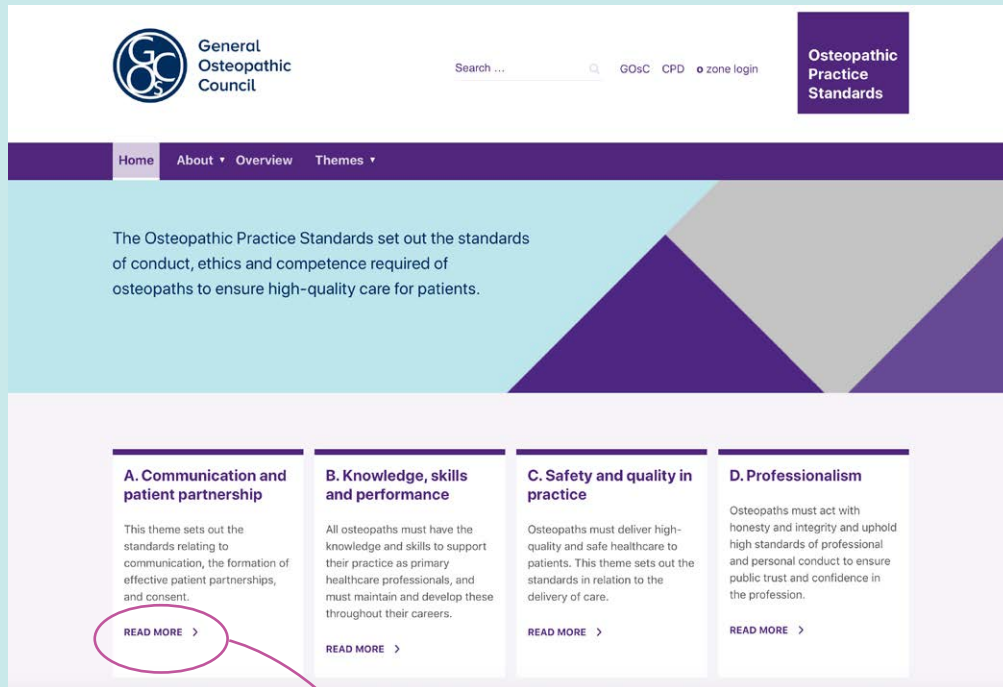
#### Let patients know if Welsh is spoken in your practice

If you have Welsh speakers in your practice, you can let patients know this via the Register, along with your other practice details such as opening hours. The principal practitioner can do this in 'My practice details' on the ● zone ([bit.ly/practdets](https://bit.ly/practdets)) or by emailing: [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk)

# Have you looked at the OPS website?

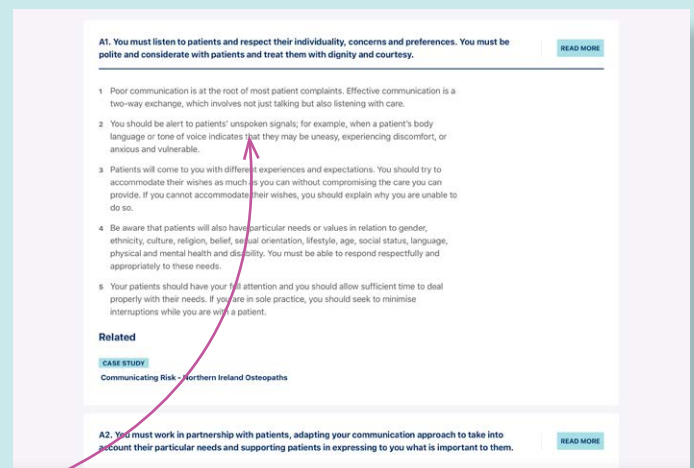
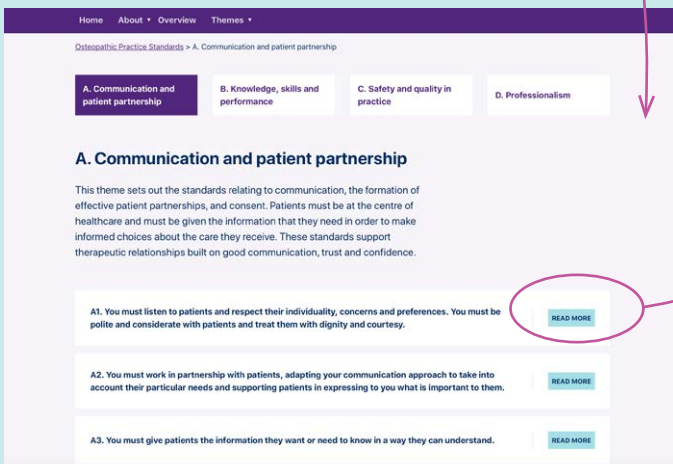
## 1. Visit [standards.osteopathy.org.uk](https://standards.osteopathy.org.uk)

The updated Osteopathic Practice Standards (OPS) came into effect on 1 September 2019. To read the Standards and associated guidance, or to find out more, go to: [standards.osteopathy.org.uk](https://standards.osteopathy.org.uk)



## 2. Browse by theme

You can select from the four OPS themes: Communication and patient partnership; Knowledge, skills and performance; Safety and quality in practice; and Professionalism.



## 3. Find a Standard

Simply click 'Read more' next to each individual Standard to read the associated guidance.

# Using the OPS as a guide



GOSc Policy Manager **Steven Bettles** has written a series of Focus on Standards articles, which can help you to use the OPS as a framework for decision-making in everyday practice

Here are short summaries of each article with references for where you can find the full versions of the articles




### SETTING BOUNDARIES

Find out how the guidance on boundaries has changed in the updated OPS and how this can apply in practice. This article explores what the updated guidance means for establishing and maintaining professional boundaries with patients, with two scenarios to consider.

**Theme D: Professionalism Standard D2**

See p16–17 of the January/February 2019 The Osteopath: [bit.ly/TheOsteopathJanFeb2019](http://bit.ly/TheOsteopathJanFeb2019)



### SAFEGUARDING PATIENTS

Osteopaths need to have a good and up-to-date understanding of safeguarding issues, which encompass measures to protect the health, wellbeing and human rights of individuals, especially children and vulnerable adults. Guidance in the OPS outlines a range of options for managing situations where you believe the health, conduct or professional performance of a colleague or other health practitioner poses a risk to patients.

**Theme C: Safety and quality in practice Standard C4**

See p16 of the March/April 2019 The Osteopath: [bit.ly/TheOsteopathMarApril2019](http://bit.ly/TheOsteopathMarApril2019)




### RAISING CONCERNS

Following on from the Safeguarding article in the previous issue, this article expands on the courses of action you should consider for managing potential safeguarding risks. It also covers how to use the OPS guidance as a framework to support decision-making with three scenarios for you to consider.

**Theme C: Safety and quality in practice Standard C4**

See p10–11 of the May/June 2019 The Osteopath: [bit.ly/TheOsteopathMayJune2019](http://bit.ly/TheOsteopathMayJune2019)



### OBSERVING IN PRACTICE

What you need to consider, in reference to the OPS, about having observers in your practice – and this could apply to: osteopathic students, prospective students or colleagues undertaking a peer observation for you (an objective activity for CPD).

For patient partnership:  
**Theme A: Communication and patient partnership Standard A4**

For ensuring confidentiality:  
**Theme D: Professionalism Standards D5 and D5.1.2**

For keeping patient records:  
**Theme C: Safety and quality in practice Standards C2 and C2.1.15**

For peer observation as an objective activity for CPD:  
**Standard D9**

See p12–13 of the July/August 2019 The Osteopath: [bit.ly/TheOsteopathJulAug2019](http://bit.ly/TheOsteopathJulAug2019)



### CANDOUR AND COMPLAINTS

The duty of candour is now explicitly referred to in the Standards and the guidance on managing complaints from patients has been updated in the OPS (2019).

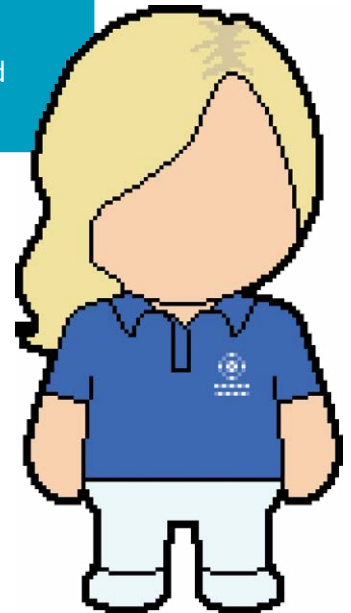
**Theme D: Professionalism Standards D3 and D4**

**Theme C: Safety and quality in practice Standard C4**

See p10 of the October/November 2018 The Osteopath: [bit.ly/TheOsteopathNovDec2018](http://bit.ly/TheOsteopathNovDec2018)

# CPD: your views

**Thank you**  
to everyone who took part  
in our 2019 CPD survey  
**464**  
osteopaths responded



**Dr Stacey Clift**, the GOsC’s Research and Policy Officer, looks at the CPD survey results, focusing on the new CPD scheme and OPS themes

**T**hank you to everyone who took part in our 2019 CPD survey and for taking the time to provide such rich responses. Reading this article, and understanding more about how and what other osteopaths are doing, could help you to consider how you can meet one of the requirements of the CPD scheme, which is to link your CPD activities with the four themes of the Osteopathic Practice Standards (OPS).

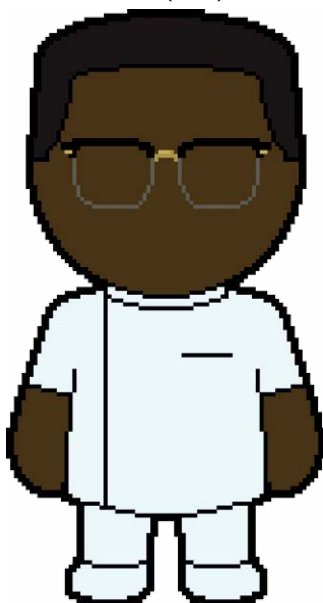
A total of 464 osteopaths took part in our 2019 survey which is almost 9% of the total population and a good response rate for this type of survey. Now that we have the results of this third CPD survey, we are getting a real sense of how the CPD scheme is starting to influence patterns of CPD. Your responses provide useful evidence as to how osteopaths are approaching the new scheme and professional development generally. The responses also give us here at the GOsC a better understanding of the impact the new CPD scheme will have as it’s implemented, enabling us to offer tailored support and resources to osteopaths based on you telling us what you need.

Many osteopaths completing the CPD survey have also used it to plan their up-and-coming CPD – using the CPD survey as a ‘health check’ on the CPD they have undertaken over the past 12 months.

The respondents completing the survey were broadly representative of the population on the Register. For example, as at July 2019, almost 75% of osteopaths had started the new CPD scheme. In comparison, 65% of the survey sample reported being on the new CPD scheme at the time of completing the survey, while 7% were unsure whether they had entered onto the new CPD scheme yet. We also plan to carry out a telephone survey this autumn to explore, in depth, some of the highlighted issues.

**Here are some of the key findings:**

- Understanding of the new CPD scheme and its key elements has increased over the past year.
- Three-quarters (75%) of the osteopaths who took part in our third annual CPD survey said that they feel they understand the scheme adequately, this is a 12% increase from the previous year. Of this 75%, more than 88.5% said they now understand how to plan across the three-year cycle; 82%, how to link CPD to the Osteopathic Practice Standards (OPS); and 79% said that they understand the communication and consent area of the new scheme.



# How you're approaching the new CPD scheme

Here we set out what you have told us about each of the features of the new scheme, along with some tips. The features of the scheme are represented in this jigsaw diagram, which you will find, with concise explanations of each feature, in Your Guide to CPD at: [cpd.osteopathy.org.uk/yourguide](http://cpd.osteopathy.org.uk/yourguide) or check out the Getting Started section of the site at: [cpd.osteopathy.org.uk/getting-started](http://cpd.osteopathy.org.uk/getting-started)

## Range of practice

- 51% of respondents have used the four themes of the OPS to identify their learning needs during the past 12 months
- 43% have linked their CPD activities during the past 12 months to the four themes of the OPS
- Are you thinking about how to link your CPD to the four themes of the OPS? Have you seen the table on p17 which can help you to link your CPD to the OPS?

## Communication and consent

- 62% have undertaken an activity in the area of communication, communication and consent or consent only
- Are you stuck for ideas on what might count for communication and consent? Check out the resources on communication and consent at: [cpd.osteopathy.org.uk/communication-and-consent](http://cpd.osteopathy.org.uk/communication-and-consent)



## Objective activity

- 24% have undertaken a CPD activity aimed at receiving objective feedback on their practice. Case-based discussion and peer observation are the most popular
- Are you looking to get started on case-based discussion, peer observation or patient feedback? You can look at resources to help you decide what might suit your practice best at: [cpd.osteopathy.org.uk/objective-activity](http://cpd.osteopathy.org.uk/objective-activity)

## Peer Discussion Review

- 58% have begun to identify or think about who their peer might be and 50% of these respondents have already had an initial conversation with their peer about their Peer Discussion Review or CPD
- Have you chosen your peer? Why not identify an osteopath or other health professional now – you could liaise with them for CPD in the years leading to your Peer Discussion Review, which needs to take place before the end of your three-year cycle. You can also find out more about Peer Discussion Review at: [cpd.osteopathy.org.uk/pdr](http://cpd.osteopathy.org.uk/pdr)

## Keeping CPD records

- 58% found reflection with others valuable in developing their learning, but 47% find allocating time to reflect and record their reflections difficult
- But remember, reflection doesn't need to be time-consuming. There are resources to help you to record succinctly and effectively at: [cpd.osteopathy.org.uk/keeping-CPD-records](http://cpd.osteopathy.org.uk/keeping-CPD-records)

# Focusing on OPS

More osteopaths are using the four themes of the OPS to identify their learning needs and are making a note of this as part of their CPD records. They have shared some ideas with us which could help others do this too

Half the respondents reported they are using the four themes of the OPS (51%) to identify their learning needs (an 8% increase on last year), and 68% reported planning their CPD to incorporate the four themes of the OPS to some extent, whether that was always, most of the time, or occasionally. 43% of respondents reported linking their CPD activities to the four themes of the OPS (a 4% increase on last year).

Those osteopaths that linked their CPD to the OPS, most commonly went about linking their CPD by:

- 1 identifying specific content/CPD activity that related to specific areas of the OPS (58%)
- 2 linking to the OPS after they had completed their CPD (44.5%)
- 3 identifying overarching OPS themes covered in most of their CPD activities (29%)
- 4 looking to CPD providers to identify which OPS themes would be covered in their courses (21%, a 7% increase on last year)
- 5 estimating the number of hours spent on each of the four OPS themes (14%). (Note that being this specific, although it might be interesting or useful for

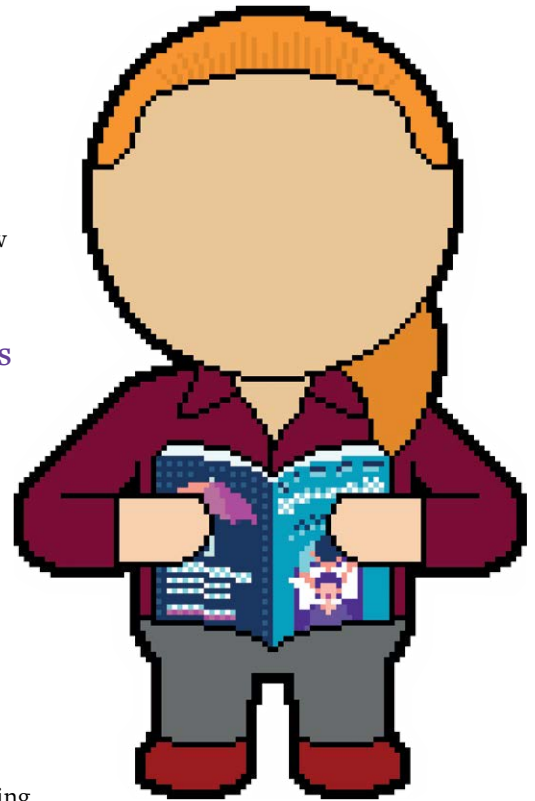
you, isn't a requirement of the new scheme.)

8% of osteopaths are unsure what would count as CPD under **OPS Theme D: Professionalism** (this is an 11% decrease on last year). This is an important message that the GOsC will take on board for developing resources to help osteopaths to make the most of the new scheme. See the box below for what might count as CPD in the area of Professionalism.

## Focusing on reflection and keeping CPD records

More osteopaths are seeing the importance of reflection but allocating time is the key challenge.

But remember, reflection doesn't need to be time-consuming – you might often be doing it already as you go along – there are simple ways to show how you've been doing it and the impact it has had on your practice. Take a look at the Keeping CPD Records Workbook and the Planning Your CPD Workbook to help you plan your CPD and record it



succinctly and effectively: [cpd.osteopathy.org.uk/workbooks](http://cpd.osteopathy.org.uk/workbooks).

## Share your CPD ideas with others

If you have ideas for CPD which cover the themes of the OPS, please do share them as your ideas will help other osteopaths to participate successfully in the scheme. Email [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

## What CPD would count as Professionalism?

Any CPD activity you do in the following areas could count under Theme D Professionalism: ethics; integrity; honesty; responding to complaints; confidentiality; working with others/referral (you may find that some of these activities link with other themes too).

Relevant activities relating to Professionalism might include:

- Enhancing your understanding of the contributions of other healthcare professionals to patient care
- Establishing clear boundaries with patients (through case studies or group discussions)
- Equality and diversity topics
- Confidentiality and data protection (for example, the General Data Protection Regulation, usually referred to as GDPR)
- Keeping up to date with legal requirements on advertising your practice
- Supporting colleagues to enhance patient care (for example, mentoring activities, peer observation, case-based discussion, clinical audit, patient feedback)
- Enhancing your understanding of the duty of candour.

## READ A CASE STUDY ABOUT LINKING CPD TO THE OPS THEMES:

You can find out how the Kent and East Sussex Osteopaths regional group went about linking their CPD to the Standards: [cpd.osteopathy.org.uk/mapping-against-the-standards-kent](http://cpd.osteopathy.org.uk/mapping-against-the-standards-kent)

## MORE SURVEY RESULTS

Look out for more articles in future issues of the magazine with CPD survey results focusing on areas including: communication and consent; objective activities; and Peer Discussion Review.



### Linking your CPD to the OPS themes

In the table below, we have listed some of the examples respondents shared with us about how they are linking their CPD to themes of the OPS, which may spark ideas for you. Please note that respondents to the survey were asked to give specific examples of activities that

cover: **Theme A: Communication and patient partnership; Theme C: Safety and quality in practice and Theme D: Professionalism**, as these areas were less well represented in CPD forms before the new CPD scheme came into effect. All the activities listed in the table below could also be linked with **Theme B: Knowledge, skills and performance**.

In addition, for Theme B, you could consider CPD in the following areas: sufficient knowledge and skills; working within training and competence; keeping up to date; and analysing and reflecting on information.

Read the OPS online at [standards.osteopathy.org.uk](http://standards.osteopathy.org.uk)

### Learning with others: examples from respondents of how they have linked CPD to the OPS themes

Learning with others activity	Theme A: Communication and Patient Partnership	Theme C: Safety and Quality in Practice	Theme D: Professionalism
<b>Taught course or sessions</b>	Communication and consent course GOsC workshop Cervical spine risk assessment and consent for manual therapists	First-aid (manual therapies expo) Safeguarding Acupuncture safety guidance Health and safety Fire marshalling training Infection risk Cervical spine risk assessment and consent for manual therapists	Managing difficult situations/ challenging patients Cervical spine risk assessment and consent for manual therapists (educational provider)
<b>Group practice meeting</b>	GDPR implementation discussions Possible communication problems and how to avoid them Consent procedures and how recorded them on case notes Communication on risks of treatment Privacy policy	GDPR implementation discussions Safe handling of patients when carrying out neck manipulations/ upper cervical thrust NICE guidelines Ethos and ethics	GDPR implementation discussions Being aware of other professionals' roles Duty of candour Evaluating advertising standards Privacy policy
<b>Objective activities</b>	Case-based discussions PROMs (Patient Reported Outcome Measures) Peer observation and designing case history sheet that includes consent sections Clinical audit on materials on communication and consent and case note procedures Patient feedback surveys	Case based-discussions PROMs Peer observation and revision of techniques and red flags Clinical audit	Case-based discussions around boundaries, behaviour and communication skills. Clinical audit of patient records Patient feedback
<b>Interactive e-learning based activities</b>	GOsC webinars Internet module on equality and diversity YouTube NHS Video Webinar covering complaints	First-aid tutorial	
<b>Teaching, mentoring or tutorials</b>	Researching articles and developing new materials about communication and consent in order to prepare session for students or other osteopaths	Developed teaching materials on selecting appropriate techniques for use with children and red flag identification	Supporting colleagues to enhance patient care, eg through mentoring or observation, by learning about giving and receiving feedback
<b>Working with others on research and publication activities</b>	Patient participation and involvement in research development and practice		NCOR research group (see page 22)
<b>Conference attendance</b>	Institute of Osteopathy (iO) Convention 2018 sessions COPA (cross-sector event for physical therapy) communication and consent	iO Roadshow COPA communication and consent	iO Roadshow – session about learning from formal complaints against osteopaths

# Virtual meet-ups



Osteopath **Olwen Grindley** told Managing Editor **Clare Conley** about the benefits of a virtual CPD group and passed on her top tips

**O**lwen Grindley graduated from the British School of Osteopathy (now University College of Osteopathy or UCO) in 2015 with a MOst. Olwen worked simultaneously both in the UK and Ireland for a time but has been resident and working solely in Ireland for the past two years, where she works as an associate at the Merrion Square Osteopaths practice in Dublin.

Olwen is also a professional dancer – she trained in contemporary dance – and choreographer, and now treats a number of dancers. With Fran Hegarty (MSc CEng FIPEM), Olwen has co-founded the WellDance project, a dance class for older people, with the aim of investigating whether such an intervention would be beneficial to those who have had falls or are at risk of falling.

Olwen is a Council member of the Osteopathic Council of Ireland (OCI), the body responsible for all matters concerning regulation, training and education of osteopathy in the Republic of Ireland.

## When did you set up the virtual group and how did you go about it?

I set up the group in January 2016 by asking two of my ex-classmates from the UCO if they would like to be part of an ongoing group for mutual support and discussions about osteopathy and all related matters. We are based in different parts of the UK and Ireland – Gill Hind is in Essex; Marion Lynch is in Ennis, County Clare; and I'm in Dublin.

## What made you decide to set up the group?

I graduated in 2015 and moved away



from London and all my colleagues. I was working in a one-room practice in Leek, Staffordshire, and although we had scheduled meetings of the practitioners on a quarterly basis, I missed the immediacy of being able to chat to someone about something as soon as it came up. There was also the feeling that, as new graduates, there were certain challenges we faced that we would have a shared understanding

**‘Setting up a group is easy – just ask a few people you trust if they are interested’**

of, and that was the motivation for reconnecting with my ex-classmates.

Also, I had previous experience of being involved in a virtual group as I had been a member of a Skype study-group for part of my time at the UCO as I lived in Dublin and commuted to London for lectures when I was on the part-time bit of the Mixed Mode course. At that time, it was the only way to work with my classmates as there was no one else in my year living in Dublin.

## When do you meet?

We meet on a Wednesday evening, at 8.30pm, as that is what suits us all, and we try to meet every three weeks. Sometimes the intervals are longer due to other commitments or holidays or events. We usually talk for 1.5-2 hours, depending on how tired we are or if we have to be up early the next day!

We also try to meet up in person every six months or so and alternate this between where we're based – Essex, Ennis and Dublin. We do some technique practice, show each other new things we may have learned and it gives us the chance to treat one another as well, as not all of us have easy access to colleagues who can look after us.

## How do you structure the sessions to get the best out of them?

First we chat a bit and find out how everyone is doing and then start talking osteopathy. It has been quite informal up to now, so the topics haven't been set in advance. Often we will discuss a patient that we have had some difficulty with, or some success with, or who has presented with something unusual (we always take care to preserve the anonymity of patients while doing this). Sometimes we support each other if we're not feeling great about what we are doing, how many patients



■ Online CPD groups are a good way to share information with peers

we are seeing, or if the practice situation is difficult or changing, for example. We've been talking about the new CPD scheme and plan to put together a simple summary for ourselves.

I keep a record on an Excel spreadsheet of what we discuss and also take a screengrab of us all on screen as proof that we have been 'together'. We all use that document as a basis for our CPD records that we keep for the GOsC and also for the Osteopathic Council of Ireland (Marion and myself).

**What other topics have you covered so far?**

The Communication and Consent aspect of the new CPD scheme has been discussed and is the one we are least clear about at the moment, so we want to form a plan for CPD in that area. The CPD microsite ([cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk)) is a great resource, so we are aiming to look at the information and workbooks on there, to help us plan for the new scheme.

**Any tips for other osteopaths considering setting up a group?**

Setting up a group is easy: just ask a few people you trust if they are interested; find a mutually suitable day; each time you meet remember to get a date in the diary

for the next meeting, and just get talking!

We started off on Skype but I've had some trouble with it recently, so we now use Zoom, a free video-conferencing programme. I am the host and invite the others to join me. With Zoom, there's a time limit on a meeting of more than two people, but you can just start a new meeting with the same people once the time is up. One would need to pay a subscription to have unlimited time, but this is not really necessary.

**Are you in a regional or local CPD group or is this your main way of connecting**

**with other osteopaths for CPD?**

As I am resident in Ireland, there is no regional or local group. I am, however, a member of the Osteopathic Council of Ireland (OCI), so I meet other osteopaths regularly through that. The OCI runs CPD events twice a year, and I have been involved in organising these recently. They are a good opportunity to meet the other osteopaths working in Ireland. And I work in a group practice, with time allocated during each working day to allow us to meet and discuss things, so the virtual group isn't the only way for me to connect with others for CPD. ●

**3 WAYS TO CONNECT FOR CPD**

**1** Join your local or regional group – lists of groups and contact details are available at: [cpd.osteopathy.org.uk/groups](http://cpd.osteopathy.org.uk/groups).

**2** If you don't have a local or regional group near you, why not think about setting up a new one? You can read case studies by other osteopaths who've set groups up at: [cpd.osteopathy.org.uk/running-a-group](http://cpd.osteopathy.org.uk/running-a-group). The GOsC can put you in touch with osteopaths in your area and may be able to provide speakers for CPD and OPS topics. Email Rachel Heatley at: [rheatley@osteopathy.org.uk](mailto:rheatley@osteopathy.org.uk)

**3** Set up a virtual group, like Olwen did, and you can read another case study about a virtual group at: [cpd.osteopathy.org.uk/virtualgroups](http://cpd.osteopathy.org.uk/virtualgroups).



# Display your Registration Mark

Patients have greater confidence in health professionals who are monitored by a regulatory body. So it's important for you to raise awareness of your status as a regulated health professional

**A**n effective way of promoting your GOsC registration is to display one of our Registration Marks on your practice website, and in your other communications and on your premises.

There are two types of Registration Mark and both are available in English or Welsh as JPEG files:

- The **'I'm registered'** Mark is for individual osteopaths. It includes your unique GOsC registration number, so your patients and prospective patients know they can easily check your

registration status on the Register.

- If you're the principal osteopath in a group practice with other osteopaths and you have a shared website and practice stationery, you can also use the **'We're registered'** Mark. It does not include your individual registration numbers but you can each also apply for your own Marks.

To date, we have sent out more than 1,650 'I'm registered' Marks requested

by osteopaths, and more than 570 'We're registered' Marks.

You can request either or both Registration Marks by completing a simple online application form, available on the [ozone](http://ozone.goc.org.uk) at: [bit.ly/ozone-reg-mark](http://bit.ly/ozone-reg-mark)

As mentioned, the Mark will be sent to you as a JPEG file and there are guidelines to follow, which include reproducing them at a minimum size with some clear space around them. ●



## CHECK YOUR WEBSITE AND PROMOTIONAL MATERIALS

If you want to promote your GOsC registration online and elsewhere, please remember:

- Display the Registration Marks, but make sure you comply with the terms of use (see [bit.ly/ozone-im-reg-terms](http://bit.ly/ozone-im-reg-terms) and [bit.ly/ozone-were-reg-terms](http://bit.ly/ozone-were-reg-terms)).
- Make it easy for your patients and the public to look you up on our online Register – just create a hyperlink from the Mark to: [osteopathy.org.uk/register-search](http://osteopathy.org.uk/register-search).
- Don't use the old 'Safe in our hands' Certification Mark – following the launch of the Registration Marks, this was withdrawn in December 2014.
- Don't use the GOsC logo – this is for use solely by the GOsC. You can state that you are registered with the GOsC, but don't say you are 'a member of the GOsC'.

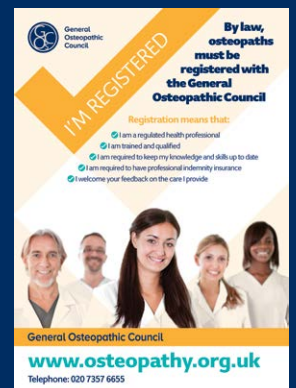
## POSTERS FOR YOUR PRACTICE

In addition to the Registration Marks, patient information posters promoting your registered status are also available.

They highlight the benefits of registration for patients, including the fact that, as a registrant, you hold professional indemnity insurance (another factor that increases public confidence in health professionals).

The posters are A3-size and come in packs of five – so you can put them up in your practice, for example, in the window, reception area, waiting room or in your treatment room.

Like the Registration Marks, the posters are available as 'I'm registered' and 'We're registered' and can be ordered via the [ozone](http://ozone.goc.org.uk) at: [bit.ly/ozone-shop](http://bit.ly/ozone-shop)



# The quickest way to refer to the OPS is at your fingertips

Visit: [standards.osteopathy.org.uk](https://standards.osteopathy.org.uk)

Please get in touch if there is an article about the Osteopathic Practice Standards (OPS) you would like to see in future issues of the magazine:  
[editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)



# Courses 2019/2020

For more courses, see the CPD site at: [cpd.osteopathy.org.uk/events](http://cpd.osteopathy.org.uk/events)

Please email details of future courses to: [info@osteopathy.org.uk](mailto:info@osteopathy.org.uk)

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

## October

1

### The vital hip and groin masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex, Jackdaw Lane, Oxford OX4 1EQ  
**Tel:** 07850 176 600  
[johngibbonsbodymaster.co.uk](http://johngibbonsbodymaster.co.uk)

2

### The vital cervical spine masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

3

### Muscle energy techniques masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

4

### The vital glutes and psoas masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

5

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

**Speaker:** Prof Adam Cunliffe  
**Venue:** Whittington Education Centre, London N19  
**Tel:** 020 7263 8551  
[cpd@cpdo.net](mailto:cpd@cpdo.net)  
[cpdo.net](http://cpdo.net)

5-6

### Hartman's masterclass in manipulative techniques: lower body

**Speaker:** Prof Laurie Hartman  
**Venue:** Whittington Education Centre

5-6

### Complete taping course

**Speakers:** Ben Calvert-Painter and Danny Church  
**Venue:** London School of Osteopathy (LSO), 12 Grange Road, London SE1 3BE  
[info@cpd-today.co.uk](mailto:info@cpd-today.co.uk)  
[cpd-today.co.uk](http://cpd-today.co.uk)

5-6

### An osteopathic journey

**Speaker:** Peter Cockhill  
**Venue:** House for an Art Lover, Bellahouston Park, 10 Drumbreck Road, Glasgow, G41 5BW  
[admin@osteopathic-collective.com](mailto:admin@osteopathic-collective.com)  
[osteopathic-collective.com](http://osteopathic-collective.com)

7

### Spinal manipulation and mobilisation technique masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

8

### The vital shoulder complex masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

9

### Kinesiology taping for the athlete masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

10

### Advanced spinal manipulation masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

12

### Dorset Osteopathic Group CPD event: foot forum

**Venue:** Safewise, Weymouth  
[dorsetosteogroup@gmail.com](mailto:dorsetosteogroup@gmail.com)

12

### The five Cs of the Osteopathic Practice Standards

**Speaker:** Deborah Smith  
**Venue:** University College of Osteopathy (UCO), 275 Borough High Street, London SE1 1JE  
**Tel:** 020 7089 5333  
[bit.ly/UCO-OPS-Oct19](http://bit.ly/UCO-OPS-Oct19)

12-13

### The abdomen: visceral osteopathy

**Speaker:** Valeria Ferreira  
**Venue:** UCO  
[bit.ly/UCO-abdomen-Oct19](http://bit.ly/UCO-abdomen-Oct19)

20

### Bump to baby: part 2 – treating the pregnant patient

**Speaker:** Miranda Clayton  
**Venue:** LSO  
**Tel:** 07792 384 592  
[mumandbabyCPD@gm.com](mailto:mumandbabyCPD@gm.com)  
[mumandbaby-at-home.com/cpd-courses](http://mumandbaby-at-home.com/cpd-courses)

26

### Osteopathic concept of spiritual fulcrum

**Speaker:** Richard Holding  
**Venue:** The Old School Hall, Mill Rd, Cambridge CB1 2BD  
**Tel:** 07508 113 439  
[averille001@gmail.com](mailto:averille001@gmail.com)

26-27

### Functional stretching

**Speaker:** Dr Eyal Lederman  
**Venue:** Whittington Education Centre

## November

2-3

### Advanced dry needling/ medical acupuncture

**Speaker:** Aaron Shewring and Ben Calvert-Painter  
**Venue:** LSO

4

### Muscle energy techniques masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

9

### Demystifying the female pelvic floor

**Course tutor:** Sandie Ennis  
**Venue:** UCO  
[bit.ly/UCO-pelvic-Nov19](http://bit.ly/UCO-pelvic-Nov19)

9-10

### Hartman's masterclass in manipulative techniques: upper body

**Speaker:** Prof Laurie Hartman  
**Venue:** Whittington Education Centre

10

### Still technique part 1: introduction to still technique

**Speaker:** Jonathan Edis  
**Venue:** UCO  
[bit.ly/UCO-still-Nov19](http://bit.ly/UCO-still-Nov19)

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

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**13****The vital nerves masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**14****Spinal manipulation and mobilisation technique masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**15****Advanced spinal manipulation masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

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

**Speaker:** Miranda Clayton  
**Venue:** LSO  
**Tel:** 07792 384 592  
[mumandbabyCPD@gmail.com](mailto:mumandbabyCPD@gmail.com)  
[mumandbaby-at-home.com/cpd-courses](http://mumandbaby-at-home.com/cpd-courses)

**22-24****Harmonic technique**

**Speaker:** Dr Eyal Lederman  
**Venue:** Whittington Education Centre

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

**Speaker:** Prof Adam Cunliffe  
**Venue:** Whittington Education Centre

**23****Ergonomics for manual therapists**

**Course tutor:** David Annett  
**Venue:** UCO  
[bit.ly/UCO-ergonomics-Nov19](http://bit.ly/UCO-ergonomics-Nov19)

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

**Course tutor:** Dr Raymond Perrin  
**Venue:** UCO  
[bit.ly/UCO-ME-Nov19](http://bit.ly/UCO-ME-Nov19)

**25****The vital knee joint masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**26****Kinesiology taping for the athlete masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**28****The vital knee joint masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**29****The vital hip and groin masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**November 30-1 December****From traditional to new approaches in osteopathic techniques**

**Speaker:** Robin Lansman, Jonathan Daniells and David Lachaize  
**Venue:** (Molinari Institute of Health), Alexander Techniques, 13 The Boulevard, Imperial Wharf, London SW6 2UB  
[tinyurl.com/y3r96xdv](http://tinyurl.com/y3r96xdv)

# December

**3****The vital glutes and psoas masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**4****Muscle energy techniques masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

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

**Speaker:** Jean-Pierre Barral  
**Venue:** Whittington Education Centre

**6-8****The pelvis, sacroiliac joint and lumbar spine masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**6****Communication and consent**

**Speakers:** Mark Walters, Samantha Fennell, Rob McCoy  
**Venue:** UCO  
[bit.ly/UCO-consent-Dec19](http://bit.ly/UCO-consent-Dec19)

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

**Course leader:** Dr Francesco Cerritelli  
**Venue:** UCO  
[bit.ly/UCO-placebo-Dec19](http://bit.ly/UCO-placebo-Dec19)

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

**Speaker:** Jonathan Edis  
**Venue:** UCO  
[bit.ly/UCO-still2-Dec19](http://bit.ly/UCO-still2-Dec19)

**9****Spinal manipulation and mobilisation technique masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**10****Advanced spinal manipulation masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**11****The vital cervical spine masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**16****The vital shoulder complex masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

**17****Kinesiology taping for the athlete masterclass**

**Speaker:** John Gibbons  
**Venue:** Oxford University Sports Complex

# 2020

# January

**14****Functional active release (online event)**

**Speaker:** Robin Lansman  
[tinyurl.com/yxtmtclck](http://tinyurl.com/yxtmtclck)

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

**Venue:** The Anatomy Building, 7 Downing Place, Downing Street, Cambridge CB2 3DY  
[cog@oakingtons.com](mailto:cog@oakingtons.com)

**18-19****The lymphatic system: anatomy, physiopathology, diagnosis and treatment**

**Course leader:** Dr Raymond Perrin  
**Venue:** UCO  
[bit.ly/UCO-lymphatic-Jan20](http://bit.ly/UCO-lymphatic-Jan20)

**18-19****The neck: clinical rehabilitation**

**Course leader:** Chris Worsfold  
**Venue:** UCO  
[bit.ly/UCO-neck-Jan20](http://bit.ly/UCO-neck-Jan20)

## COURSES

**18-19**

### **Paediatric musculoskeletal system**

**Course tutor:** Arabella Gaunt

**Venue:** UCO

[bit.ly/UCO-paed-MSK-Jan20](http://bit.ly/UCO-paed-MSK-Jan20)

**18-19**

### **Positional Release**

**Speaker:** Simon Cabot

**Venue:** European School of Osteopathy, Maidstone, Kent

**Tel:** 01622 671 558

[cpd@eso.ac.uk](mailto:cpd@eso.ac.uk)

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

## February

**1**

### **Emergency first aid**

**Course tutor:** Tony Bennison

**Venue:** UCO

[bit.ly/UCO-first-aid-Feb20](http://bit.ly/UCO-first-aid-Feb20)

**1-2**

### **Applied biomechanics of the lower limb, an osteopathic approach to rehabilitation**

**Course leader:** Francesco Contiero

**Venue:** UCO

[bit.ly/UCO-limb-Feb20](http://bit.ly/UCO-limb-Feb20)

**3**

### **The vital shoulder complex masterclass**

**Speaker:** John Gibbons

**Venue:** Oxford University Sports Complex

**22-23**

### **Management of headaches: evidence-based manual therapy approach**

**Speaker:** Dr César Fernández-de-las-Peñas

**Venue:** Whittington Education Centre

**24**

### **Postpartum mum**

**Speaker:** Miranda Clayton

**Venue:** LSO

07792 384 592

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[mumandbaby-at-home.com/cpd-courses/](http://mumandbaby-at-home.com/cpd-courses/)

**29**

### **Introduction to neurodynamics**

**Course leader:** Francesco Contiero

**Venue:** UCO

[bit.ly/UCO-neuro-Feb20](http://bit.ly/UCO-neuro-Feb20)

## March

**6**

### **Pain and pharmacology**

**Course leaders:** Dr Hilary Abbey, Dr Cindy McIntyre, Dr Jerry Draper-Rodi

**Venue:** UCO

[bit.ly/UCO-pain-March20](http://bit.ly/UCO-pain-March20)

**14-15**

### **A biopsychosocial framework for clinical practice**

**Course leaders:** Dr Hilary Abbey, Dr Cindy McIntyre, Dr Jerry Draper-Rodi

**Venue:** UCO

[bit.ly/UCO-bio-March20](http://bit.ly/UCO-bio-March20)

**14-15**

### **Pain in clinical practice**

**Course leader:** Hubert van Griensven

**Venue:** UCO

[bit.ly/UCO-pain-clinical-March20](http://bit.ly/UCO-pain-clinical-March20)

**28-29**

### **Applied biomechanics of the shoulder: a functional approach to rehabilitation**

**Course leader:** Francesco Contiero

**Venue:** UCO

[bit.ly/UCO-shoulder-March20](http://bit.ly/UCO-shoulder-March20)

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# Classifieds

## **Osteopaths required: Blackfriars, London**

The Tranquility Pilates Centre, an established Pilates studio at Blackfriars in the City of London, is looking for qualified osteopaths who have at least two years' experience to rent a room within their vibrant Pilates studio. Ad hoc, weekly and monthly slots available. Contract/no contract rates. For more information, contact Nikki Chrysostomou: [nikki@tran-quility.co.uk](mailto:nikki@tran-quility.co.uk)

## **Osteopath required: South Buckinghamshire**

Confident osteopath required for three dynamic and very busy clinics in South Buckinghamshire (20/30 minutes by train from Marylebone) working alongside a friendly team of osteopaths and physiotherapists. Two sessions to start asap – afternoon to evening with Saturday preferred. Good remuneration and CPD programme including mentoring. Please email: [sarah@bucksosteopathy.com](mailto:sarah@bucksosteopathy.com)

## **Osteopath required: North London/Herts**

Permanent position for an osteopath, Tuesday afternoon/evening and Saturdays, existing patient list. Friendly, busy, 30+ years established. Close to mainline and underground, available parking. Minimum guaranteed. Email your cover letter and CV to: [longmoreosteopaths@hotmail.com](mailto:longmoreosteopaths@hotmail.com) or call 020 8441 8726.

## **Osteopath required: Limerick, Ireland**

An osteopath with mainly structural skills, is required for our very busy clinic in Limerick. A patient list is available immediately. We are offering excellent terms. Experience preferred but not essential. Enquiries to: [info@efosteopathic.com](mailto:info@efosteopathic.com)

## **Osteopath required: Maidenhead, Berkshire**

Opportunity for an osteopath to join our newly recruited team of practitioners at The Berkshire Health Clinic in Maidenhead. Consulting room available in September. For further information, please email Toni Tucker at [tonitucker@btinternet.com](mailto:tonitucker@btinternet.com)

## **Associate osteopath required: Birmingham**

We are looking for a motivated, driven and confident associate to join our growing multi-disciplinary team. We work on a 50% share of the patient fee, and the associate can expect to earn £50,000 per annum, pro rata once established. Initially three days a week, but flexible. Please send a covering letter and CV to: [admin@theguildhallpractice.co.uk](mailto:admin@theguildhallpractice.co.uk) or call 0121 441 2626.

## **Associate osteopath required: Potters Bar, Hertfordshire/North London**

For very well-established integrated health practice. Starting one or two and a half days per week with potential to expand. See: [ashdownclinic.co.uk](http://ashdownclinic.co.uk). Email Paul at: [info@ashdownclinic.co.uk](mailto:info@ashdownclinic.co.uk)

## **Associate osteopath required: Wantage, Oxon**

Associate osteopath needed to join busy team. Treating a wide range of patients with direct referrals from Williams F1 for staff and team. Mostly structural, but dry needling, kinetic taping and craniosacral experience an advantage. Working alongside principal osteopath two to three days initially, but scope to expand. Email: [katherine.hodson@btinternet.com](mailto:katherine.hodson@btinternet.com). Phone: 07986 284 096 or 01235 768 748.

## **Practice for sale: Stafford, West Midlands**

For sale due to retirement, for £35K. Close to M6, within easy travelling distance of Birmingham and Manchester and good rail link with London. Established 41 years. Currently 3/7 in GP's surgery in shared room with podiatrist. £55K p/a turnover. Available January 2020. Good structural and pastoral skills essential. Cranial experience advantageous. Potential for expansion. Enquiries: [ian.osteopath@googlemail.com](mailto:ian.osteopath@googlemail.com)

## **Practice for sale, West End: London**

Wonderful opportunity to invest in modern, friendly, profitable West End osteopathy clinic with well-established patient list. Two treatment rooms, IDD Therapy machine, reception, waiting area, kitchen and bathroom. Currently staffed with opportunity for growth, sale due to retirement. Email: [clinic@spinexdiscclinic.com](mailto:clinic@spinexdiscclinic.com)

## **Courses: Free CPD – how to get new patients for free using Google**

A simple strategy that 95% of osteopathy practices don't know about or are underutilising. Get more new patients and consistently boost your practice growth using our free step-by-step video programme at: [boostyourpractice.co.uk/osteo](http://boostyourpractice.co.uk/osteo)

## **Online course: Google Ads for osteopaths**

Course for you if you are frustrated and disappointed with your results with Google Ads? Think Google Ads is too complicated or just doesn't work? A correctly set up account can be the key to a reliable and steady flow of new patients into your practice. Tried and tested system presented by a fellow osteopath who has been there and done it. Find out more at: [boostyourpractice.co.uk/google-ads-for-osteopaths](http://boostyourpractice.co.uk/google-ads-for-osteopaths)

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**Contact:** Debbie Blackman  
**Tel:** 0117 300 8562  
**Email:** [theosteopathadvertise@immediate.co.uk](mailto:theosteopathadvertise@immediate.co.uk)

# Take part in the OsteoSurvey

NCOR is running a nationwide survey to update our understanding of the people who consult osteopaths and the role that osteopaths play in the country's health system. Make a valuable contribution to the profession and claim CPD for your time spent reflecting on the survey.

Take the survey at:

[ncor.org.uk/join-osteosurvey-today](https://ncor.org.uk/join-osteosurvey-today)



## Osteo Survey

# Do you have the correct insurance?



It's a legal requirement for every osteopath to have Professional Indemnity Insurance (PII) cover that meets the requirements set out by the GOsC's Rules for Indemnity. The fundamental purpose of indemnity insurance is to protect and assure patients and the public and to ensure that an osteopath is indemnified against liabilities incurred while registered. You have a legal requirement to advise the GOsC immediately if your PII cover ceases.

You also need to ensure that the place you work is covered by adequate Public Liability Insurance – see the [Osteopathic Practice Standards, Theme C: Safety and quality in practice, C5.3](#)

To check the requirements for insurance, visit [osteopathy.org.uk/insurance](https://osteopathy.org.uk/insurance)

## Differential Diagnosis of Pain

Presented by Trevor Campbell

Saturday 26th September 2019 - £150 (includes lunch and refreshments)

As osteopaths we are continually challenged by the complex and often atypical patterns of pain described by our patients. In order to make a rational diagnosis and treatment plan it is essential that we are able to understand the interactions of physiology, psychology and pathology that underpin a person's pain. It is also essential that we are able to distinguish pain red flags so that we can make objective and effective referral decisions. Using a series of practical examples and case presentations, this course will deconstruct the different manifestations of pain and explain the latest research into the pain experience. Participants will learn not only how to rationalise the differences between emotional, neurogenic, somatic referred, and visceral pain presentations but also how to discuss these with their patients in a cooperative and meaningful way. We will then discuss how osteopathic philosophy and treatment can be used to enable our patients to manage their pain whilst avoiding the need for chronic analgesic use.



## Positional Release

Presented by Simon Cabot

Part 1: Saturday 18 - Sunday 19 January 2020 - £300

Part 2: Saturday 1 - Sunday 2 February 2020 - £300

Each course will cover the effects of positional release on pain mechanisms and also when positional release is the most effective modality for treatment. Primary and secondary screening tests will be used to gain a baseline to measure treatment effects and to help identify where treatment should be directed. The first course will cover lumbar spine, pelvis (both sacrum and ilium), hip, knee, foot and ankle. The second course will cover thorax including ribs and spine, shoulder girdle, the cervical spine and cranium. There will be more than 100 techniques in each course, which will be easily implemented in clinical practice immediately after the course.



## Canine & Equine CPD Courses\* - NEW for 2019/20

We are delighted to be working in association with Animal Osteopathy International to provide an exciting NEW programme of ESO-validated short courses - please visit our website for details.

### Level I CPD Certificate (Canine &/or Equine)

Adapting osteopathic knowledge & techniques for the canine/equine model

Canine - October 10, 11, 31, November 1, 28, 29, December 19, 20 (2019)

Equine - April 18, 19, May 9, 10, June 13, 14, July 11, 12 (2020)

### Level II CPD Short Courses (Canine &/or Equine)

General health screening & functional neurology

Canine - Part I: October 3, 4 | Part II: November 7, 8 (2019)

Equine - Part I: October 5, 6 | Part II: November 23, 24 (2019)

### Level III Certificate - (Canine only - condensed format)

March 26, 27, 28, April 23, 24, May 14, 15, 16, June 11, 12 (2020)

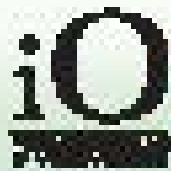
### Level III CPD Short Courses (Canine &/or Equine)

Adapting existing knowledge base for the canine/equine model

Courses start in September 2019 and run through to December 2020

\*All animal treatment requires prior consent from the animal's vet and practitioners must work within their scope of practice - for further information please refer to the ESO website. Due to higher running costs, all animal courses are subject to sufficient delegate bookings, as such we recommend that no flights or hotels are booked before final confirmation has been received.





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 CEO, Royal Society of Public Health




**New models of practice, stronger together**  
 Just Lee FRCGPB /  
 Elton Reid / Zoe Clark



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 Peter Cootill / Rosalind Ward




**Promoting osteopathy: creating a brand for the profession**  
 Marina Cheng - CEO, Institute of Osteopathy



**An integrated approach to treatment of triathletes**  
 Clive Lattley



**Clinical reasoning in complex pain**  
 David Raper



**An innovative approach to persistent pain**  
 Julia Wainwright



**Applying NICE RA guidelines to osteopathic practice**  
 Dr Paul McEvoy



**Building confidence with medical imaging**  
 Ian Murray



**Movement as medicine: an evidence informed approach**  
 Amy Doyal

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# THE SPINE *as the axis of life*

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March 1st-2nd

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Location:  
London



28th of February 2020  
Introduction Workshop  
to Classical Osteopathy  
With Chris Better

28th of February 2020  
Practical Workshop  
With Christian Fossard  
and Dr. Eric Zelen

1st of March 2020  
Conference  
Speakers: Christian Fossard,  
Dr. Eric Zelen, Tim Sparrow,  
Markus Pflanz

2nd of March 2020  
Practical Workshop  
Only for ICA members  
with Tim Sparrow

classical-osteopathy.org

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**Leader: SUSAN TURNER**  
Regent's Conference Centre, LONDON

**Point: from previous ICA Lectures & Workshops...**

*"It was an outstanding example of superb quality teaching. Every piece of information thoughtfully, succinctly and unobtrusively put together - a superbly crafted piece of teaching, delivery and presentation of information."*

*"Great speaker and highly relevant to our work. Well planned session, enjoyed exploring the difference in palpation."*

*"20% discount available for paid Fellows & Members"*

### LECTURE: *Essential Philosophy within the Art & Science of Osteopathy*

Exploring the philosophical foundations of our craft and how the inspirational teachings of the early osteopaths continue to guide and enliven our community today. Sutherland, Becker and others saw the need to 'read between the lines' of Still and to forever 'dig on'. When we draw sustenance from the roots of the osteopathic tree, we tend its living shoots with greater surety, even in unstable times.

**30 NOVEMBER 2019**

**CPD: 2 hrs**

**£25**

### WORKSHOP: *Tuning the Instrument*

Introducing the practical application of some 'guiding thoughts' from our osteopathic predecessors and contemporaries in related fields. These thoughts will form a starting place, through cooperative enquiry, to set the stage for wider perception in palpation, diagnosis and treatment.

**1 DECEMBER 2019**

**CPD: 8 hrs**

**£165**

shared learning, knowledge and practice



University College  
of Osteopathy

### Clinical methods

This one-day course is an opportunity to revisit some of the clinical intervention techniques that may perhaps not need to stay in day practice. There will be an opportunity to receive the theory and practice involved in cardiovascular intervention, respiratory intervention and elements of neurological testing. There will be time to cover some other exciting elements as requested by the delegates on the day.

10 Oct, £100, UCO

### Headache skills reloaded – preparing to run a headache clinic in your practice

In this one-day Headache skills course, we aim to cover the basics of this fascinating topic. We cover basic epidemiology, safety considerations for stable and unstable headaches, diagnostic algorithms for common and rare headache conditions, and their evidence-based management both pharmacological and especially non-pharmacological, mainly focusing on skills useful within a manual therapy setting.

8 Nov, £100, UCO

### HHT Techniques Part 1 and Part 2

HHT Techniques is described as the “application of the millenarian techniques of Andrew Taylor Still”. A more technical structural and functional techniques, it is an advanced or specialised HHT techniques, which such approaches are inappropriate or ineffective. The days can be booked separately as stand-alone days or back to back.

10 Nov and 8 Dec, £100 each day or £200 if booked together, UCO

### Ergonomics

Ergonomics looks at the relationship between a person and their working environment. If their posture or activities at work are causing (or aggravating) their symptoms, they will not respond with treatment. This course will give you the skills to analyse your patient's work environment and give advice to make improvements.

10 Nov, and £100, UCO

### Mental health awareness for health professionals

Many in UCO this course introduces the first aid for mental health to health professionals with an interest in (gaining a better understanding of) common mental health disorders affecting their patients, or colleagues. It aims to give you the ability to spot the early signs and symptoms, (not diagnosis) of a range of mental health conditions, recognise common triggers in mental health and signs that someone may need support.

10 Nov, £100, UCO

# Enhance your practice

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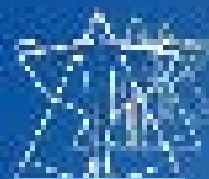
### Communication and consent

Osteopaths are required to regularly refresh their knowledge and skills in communication and consent. There is increased professional awareness of the importance of communication in osteopathic practice, but the physical nature of osteopathic intervention with patients means that there can still be issues around communication and consent.

This one-day CPD starts with a session on what guidance is provided in the new Osteopathic Practice Standards (OPS) and other GMC documents. This will then be followed by a session on how provided to communication skills with our expert course leader, Mark Winters, who has extensive experience teaching on these subjects to osteopodiatrists and qualified osteopaths.

8 Dec, £100, UCO






# CPDO 2019

Professional Development for Osteopaths

0207 263 8551

cpd@cpdo.net

Date	Topic	Lecturer	Cost	Deposit	CPD points
28 Sept	How to use placebos to help patients: an evidence-based approach	Dr. Jeremy Howick	£135		7
28 Sept	Lecture: The myth of core stability	Dr. Eyal Lederman	£30		1.5
28 Sept	Lecture: Proprioceptive exercise - myths, facts and therapeutic implications	Dr. Eyal Lederman	£30		1.5
28-29 Sept	Hartman's master class in manipulative techniques: lower body	Prof. Laurie Hartman	£385		14
5 Oct	From Paleo to Vegan - special diets' Impact & Diet & exercise strategies to increase health-span	Prof. Adam Curlliffe	£135		7
5-6 Oct	Hartman's master class in manipulative techniques: lower body	Prof. Laurie Hartman	<b>FULLY BOOKED</b>		14
26-27 Oct	Functional Stretching	Dr. Eyal Lederman	£285	£150	14
					
	functional stretching has been developed over 10 years by dr. lederman to provide a solution to the limitations of traditional stretching approaches. it focuses on active re-education of motor, sensory and proprioceptive, functional movement patterns. this approach is informed by research in the areas of tissue adaptation, motor control, pain and cognitive-behavioural sciences. functional stretching can be used to recover motor function in various musculoskeletal conditions including stiffness in chronic low back and neck complaints, post-injury rehabilitation, immobilisation, surgery, frozen shoulder and central nervous system damage. part of the course will also examine the potential use of functional stretching in pain and stiffness alleviation and slow-deconditioning.				
9-10 Nov	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	<b>FULLY BOOKED</b>		14
23-24 Nov <i>Overnight 12.00</i>	Harmonic Technique	Dr. Eyal Lederman	<b>FULLY BOOKED</b>		10
23 Nov	Brain foods - Food and Mood & Human biome in health and disease	Prof. Adam Curlliffe	£135		7
23-25 Feb 2020	Management of headaches: evidence-based manual therapy approach	Dr. César Fernández-de-las-Peñas	£345		15

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

CPDO Ltd, 15 Haberton Road, London N19 3JG, UK / 0044 (0) 207 263 8551

email: 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)

## NEXT STEPS ON THE SCCO PATHWAY

### Living, Breathing Bone [M6]



Leader: JANE EASTY

8 - 10 NOV 2019

Hawkwood, STROUD

3 days CPD: 24 hrs

£895 £995  
non-res residential

MIH & SCCO members: Completion of  
Osteopathy in the Cranial Field [M12]

Explores the physical trauma seen in patients every day. The fluid and energetic nature of bone is examined with detailed clinical emphasis on how trauma affects its delicate physiology and ability to dissipate force. Invaluable techniques for cranial problems will be demonstrated within the context of Sutherland's teachings.

**What M6 students say...**

*"Brilliant course - extremely well and professionally run, with just the right amount of challenge and support."*

*"In many ways I feel that this has been one of the most important pathway courses that I have completed."*

*"These courses have a life enhancing aspect going beyond technical learning."*

### Integrating Cranial into Practice [M10]



Leader: JEREMY GILBEY

16 NOV 2019

UCO, LONDON

1 day CPD: 8 hrs

£165  
non-res

A perfect 'next step' after  
Osteopathy in the Cranial Field [M12]

A one-day course aimed at helping you integrate cranial work into your existing osteopathic practice, giving you the confidence to communicate effectively with your patients. You will also develop the language skills and approaches to clinical cases that will provide direct help in writing your assignments.

**What M10 students say...**

*"The tutor has a great teaching approach. He makes everyone feel included and comfortable. It was a very relaxed and fun day as well as being extremely useful. He is great at creating each student where they are at, encouraging, and enabling development in a simple and easy to understand way."*

*"I'd recommend this course to anyone."*

shared learning, knowledge and practice



## MOLINARI INSTITUTE OF HEALTH

[www.molinari-institute-health.org](http://www.molinari-institute-health.org)



### Post-Graduate Diploma in Women's Health – Osteopathy – Starting April 2020

Only a few places left on this popular two-year part-time course. The programme provides a fantastic opportunity for qualified osteopaths to gain an in-depth understanding of Women's Health and to become part of a body of practitioners with a specific expertise in this field. The syllabus will cover all the various stages in a woman's life, puberty, pregnancy, menopause as well as specific gynaecological problems. The course led by Prof Renzo Molinari is supported by a team of renowned international lecturers and complemented by a teaching clinic where the students can develop their expertise. Apply now!

#### MIH Post-Graduate Programme 2019/20

**'From traditional to new approaches in osteopathic techniques'**  
30 November - 1 December 2019

An exceptional seminar that revisits osteopathic techniques from the traditional approach to innovative new ways to adjust the articular function. This seminar will change your way of practising.

Speakers: Robin Lansman, Jonathan Daniels and David Lachaize  
**'Men's Health'** - 13 and 14 June 2020

Men often present very specific problems and have difficulty talking about them. Become a practitioner able to understand and develop a treatment strategy. This seminar will address a real need and will give you practical and clinical answers on how to deal with these cases.

Speakers: François Allart, Prof Renzo Molinari and Daniel Brogan

**'The best kept secret in Osteopathy: The bone'**

Date: 5 and 6 December 2020 - Speaker: Jo Buekers

Fee per seminar: £340 including refreshments

£280 including refreshments for MIH Members

#### Osteopathic Seminars in Ios

24 - 29 May 2020

Jean-Pierre Barral,  
Prof Renzo Molinari and Jo Buekers

13 - 18 September 2020

Prof Frank Willard and  
Claudine Ageron-Marque



#### Dissection courses

In collaboration with the  
School of Medicine - Nice  
**22 - 23 November 2019**

**'Abdomen and pelvic area'**

Dissection with a member of the Faculty of Medicine, Practical Workshop with Prof Renzo Molinari  
Fee: £420

To register please contact:

Corinne Jones

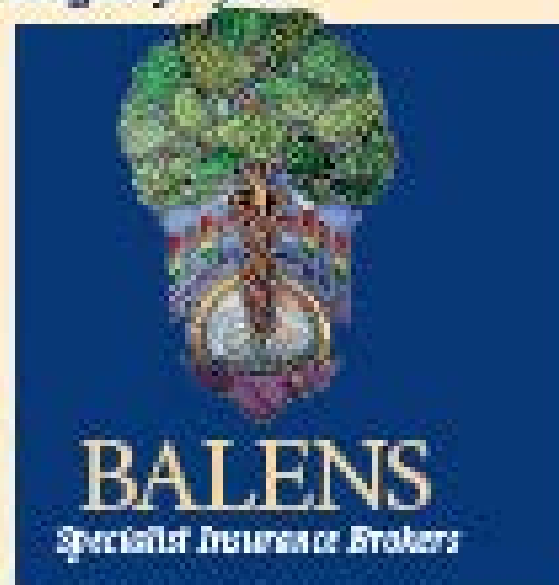
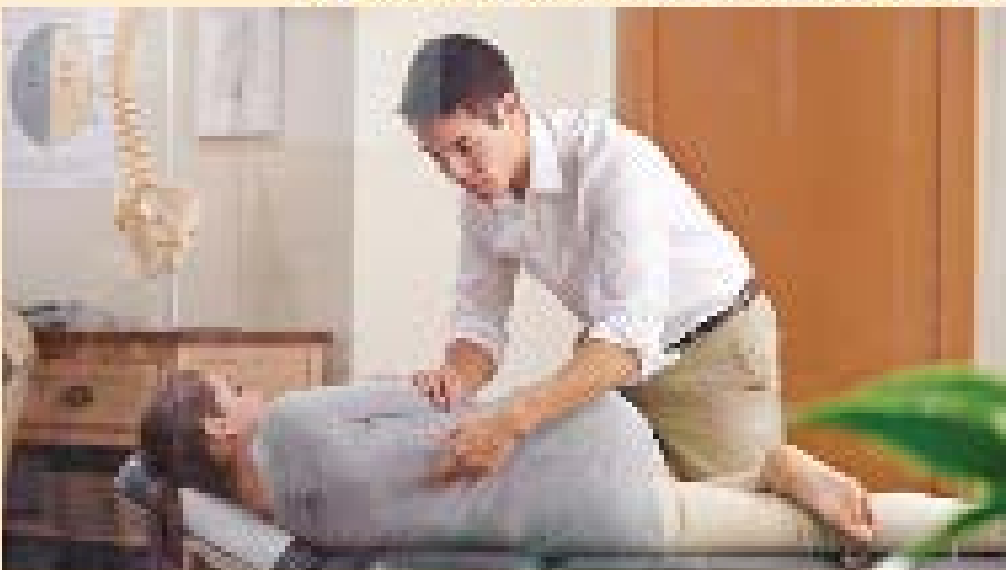
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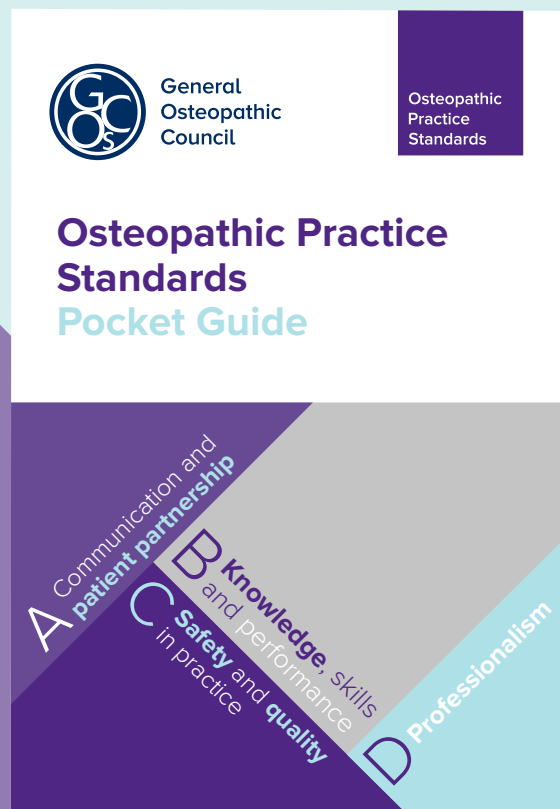
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# Have you checked out your new pocket guide?

You should have received your new pocket guide for the updated Osteopathic Practice Standards (OPS), which came into effect on 1 September 2019. Keep your guide to hand to:

- check the OPS at a glance
- remind yourself of the 4 OPS themes
- read all 29 Standards

If you didn't receive your OPS letter and pocket guide, we may not have the correct contact details for you, please check and amend your correspondence details at: [bit.ly/correspondence-details](http://bit.ly/correspondence-details)



Read the OPS online on your PC, mobile or tablet, at: [standards.osteopathy.org.uk](http://standards.osteopathy.org.uk)