

the osteopath

The magazine for osteopaths

Save time, do it online

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> **PLUS**
Reduced fees
for 2013-14
p6



> Meet our new
Council members
p6

> Development
update
- see insert



General
Osteopathic
Council



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Chief Executive and Registrar: Tim Walker

Key GOsC services

Communications and Osteopathic Information Service ext 222 / 242 / 245 / 228

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

Professional Standards ext 238 / 235 / 240

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

Finance and Administration ext 231

Enquiries about registration fees, VAT, payments.

Public Affairs ext 245 / 247

Enquiries about national healthcare policy, parliamentary and international affairs.

Registration ext 229 / 256

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

Regulation ext 224 / 249 / 236

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

Governance ext 246

Enquiries about Council members and meetings, GOsC Committee business.

Chair / Chief Executive and Registrar ext 246

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Welcome to the first edition of *The Osteopath* of 2013

In this edition we highlight how you can save time by updating your registration and CPD via the **o** zone. The step-by-step guides on pages 4 and 5 explain how. You can save money too by taking advantage of an increasing range of free CPD resources on the **o** zone.

We are particularly pleased to announce a further reduction to the registration fees for all osteopaths, which you can read about on page 6. Meanwhile, on page 8, find out more about some of the key trends and observations emerging from last year's revalidation pilot, ahead of the independent evaluation report expected shortly.

And I hope you will find helpful some tips we offer on what information to include on your website (on page 13), and how also to ensure that your advertising complies with the law (on page 12).

Above all, don't miss the loose insert in this magazine – a joint statement from the GOsC, BOA, COEI, NCOR and the OA, outlining an agenda for the development of the profession, which the stakeholder organisations will be taking forward together.

We hope you enjoy reading this edition.

Suzanne Miller

the osteopath

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Save time – renew

The quickest and easiest way to renew your registration and complete your CPD is online via the **o zone**. By submitting your forms electronically, your record can be updated immediately, saving you the time and money of having to print out and post to us your forms. Our guide below explains how.

How to renew your registration

1 Log into the **o zone** at: www.osteopathy.org.uk/ozone (if you have any problems logging in, contact us on 020 7357 6655 or email webmanager@osteopathy.org.uk). Click on the 'My Registration' tab and choose the 'Update my Details' option from the left-hand column.

2 Click on the 'My Registration' tab at the top.

3 Select 'Update My Details' from the list on the left of the page.

4 In the centre of the page, select the 'Annual Renewal' option. You can also update your personal details (Name, Address, Phone Number/Email) from this page and pay your registration fee.

5 Select the relevant option for Professional Indemnity Insurance. If you are insured through the BOA, choose 'My insurer will confirm cover'. Otherwise, unless you are non-practising, select the 'I will send you a copy of my current insurance policy'. You will then need to either fax or post to us a copy of your insurance policy, or email to us a scanned version in PDF format.

6 You will need to tell us if you have been convicted of a criminal offence in the past 12 months and provide details of the incident, date and outcome in the box provided.

7 Provide details of any physical or mental conditions that require medical review.

8 Indicate whether you would like to update the photograph on your ID card. Photos can be emailed to photos@osteopathy.org.uk and we would ask that these be in jpeg (jpg) format and attached not pasted into the email.

9 Click the 'Submit' button. The page will refresh and you can check that the information is correct. Scroll down and click the 'Continue' button. The page will then divert to your address. Unless this needs changing, you do not need to submit this page. You will be sent a confirmation email once this has been successfully completed. Your changes will take 24 hours to appear on your record.

10 If you do not pay your fee in monthly instalments, you can pay your fee online by selecting the 'Payment of fees' link. This option will not be available to select if you pay in monthly instalments.

online



How to submit your CPD

Your CPD needs to have been submitted before you can renew your registration. If you're not sure when your CPD is due, your CPD Annual Summary Form on your 'My CPD' page on the o zone lists your due date. You will also have been alerted by letter two months before your registration is due.

- 1** Log into the o zone and click on 'My CPD' at the top of the home page.
- 2** From the drop down menu in the CPD Annual Summary Form, select the relevant year and click the 'GO' button.
- 3** To add a CPD activity to your CPD record, click on the 'Add activity' button on the right-hand side of the Annual Summary Form. On the form which appears below, enter the details of your CPD activity, selecting the type of activity (course, lecture, reading/review, internet research, etc.) from the drop down menu and the number of hours spent (please only enter numbers, not words e.g. '1' not '1 hour' in the boxes). For each entry, you will need to provide an explanation of between 10 and 150 words for why the activity is relevant to your professional work as an osteopath. When you have completed the form click on the 'Add to CPD form' button at the bottom right of the form to add the details of your CPD activity to your CPD record.
- 4** Once you have entered the required number of hours for your CPD for that year, the 'Submit Form' button will appear on the top right of your CPD Annual Summary Form. If you cannot see the button, you have not yet entered the required number of CPD hours for that year.
- 5** When you have finished adding all your CPD activities and hours, click the 'Submit Form' button to send us your Annual Summary Form. **Your Annual Summary Form will not be sent to us until you click the 'Submit Form' button.** Once you have submitted your form, you will see the words 'CPD submitted' in place of the 'Submit form' button.

If you are looking for CPD activities, the 'CPD Resources' link in the menu on the left hand side takes you to a page which provides links to a variety of CPD events and resources which may help you. You can also refer to the CPD Guidelines, which you can view via the o zone at: www.osteopathy.org.uk/uploads/cpd_guidelines_interactive.pdf

Reduced fees for 2013-14

We are pleased to confirm that all osteopaths will have a reduction in their annual registration fee this year.

From May 2013, subject to Privy Council approval, the registration fee levels will become:

- > Year 1 practising: £375 to £340
- > Year 2 practising: £500 to £455
- > Year 2 reduced rate: £250 to £230
- > Year 3+ practising: £675 to £610
- > Year 3+ reduced rate: £375 to £340

This decision was taken following a consultation with osteopaths between 26 October and 25 November 2012. Of the 557 responses received, more than 98% said that the fees should be reduced and we are pleased to be able to pass on these cost savings to osteopaths.

Thanks again to everyone who took part. More information about the fees consultation is available on the **o** zone: www.osteopathy.org.uk/ozone/get-involved/your-views



New appointments to Council

We are pleased to announce the appointment of two new lay members to Council. Mark Eames and Professor Colin Coulson-Thomas have been appointed for four-year terms from 1 April 2013. Professor Coulson-Thomas and Mr Eames will replace outgoing members Professor Ian Hughes and John Chuter who have both served on Council since April 2003.



Professor Coulson-Thomas has held numerous Board level appointments within the business, education, healthcare and

regulation sectors. Currently he is Professor in Human Resources and Organisational Behaviour at the University of Greenwich, non-executive Director of both NHS Cambridgeshire and Peterborough, as well as serving as Chairman the Group Risk Committee of United Learning, the largest operator of independent schools and academies in the UK.

that the GOsC fulfils its statutory duties to regulate standards of osteopathic care in the UK.

Alison White, GOsC Chair, said:

"These new appointments bring invaluable experience to the GOsC. I feel sure our new members will make an excellent contribution to Council's work in the future and I very much look forward to working with them. I would also like to pay tribute to the hard work and commitment of outgoing members Ian Hughes and John Chuter who have served Council with great distinction in its development as an effective regulator."

In addition to the new appointments, lay members Kim Lavelly, Julie Stone and Jenny White and registrant members Jonathan Hearsey and Kenneth McLean have been reappointed to serve a further term on the Council. Mr Hearsey, Ms Lavelly, Mr McLean and Ms Stone will serve for four years and Ms Jenny White for three years.

Appointments to Council are made by the Privy Council on merit through an open process conducted by the GOsC in line with standards set by the Professional Standards Authority for Health and Social Care.

All GOsC Council members receive a remuneration of £6,630 per year.



Mark Eames is currently a non-executive at the Financial Reporting Council, the UK's independent regulator for corporate governance and

financial reporting, and also works as an independent consultant advising on governance, business performance and assurance. Originally trained as an engineer, he held senior leadership roles with BP in the UK and Africa in both its operating businesses and global functions.

Council members play a key role in setting strategy and policy to ensure

Listening to the regions

The next Regional Communications Network (RCN) meeting is on Friday 15 March at our offices. RCN meetings provide a valuable opportunity for regional group representatives to meet with the GOsC Chair, Chief Executive and staff to share information and views on a range of developments affecting osteopathic practice today.

Further information about the meetings – including past papers and agendas – is available on the **o** zone under 'Get Involved'.

Representatives are always invited to help shape the meeting's agenda, so why not contact your local society if there is a particular topic or concern you would like included for discussion.

Is there a regional group near you?

Half of you already belong to a local peer group to connect with colleagues and

enjoy CPD opportunities. There are over 30 well-established regional groups across England, Wales, Scotland and Northern Ireland.

To find your nearest regional osteopathic group, there is a directory of contacts on the **o** zone under 'Get Involved'.

If no group currently exists where you are and you are interested in establishing your own, get in contact with the Communications Team on 020 7357 6655 or email seldred@osteopathy.org.uk

Meet Tim Walker

GOsC Chief Executive, Tim Walker, would be keen to meet with your group to give an update on current regulatory developments and better understand the concerns and challenges that you face in practice.

If you would like Tim to attend a forthcoming meeting of your local or regional group, please contact Sarah Eldred, Communications Manager on 020 7357 6655 ext 245 or email: seldred@osteopathy.org.uk

Is your practice represented in our patient group?

Many thanks to those of you who have helped to promote the GOsC's Patient Partnership Group. We are pleased to say we now have an enthusiastic and active group of individuals helping to provide invaluable input to our work from the patient's perspective. Patients are your best advocates and are keen to promote the quality of osteopathic care.

Our patient group works primarily online, but if individuals do not have access to the Internet we can send information by post or discuss views over the phone. From time to time, however, it has been and will be helpful to invite members to meet with us face to face in small discussion groups.

To make sure that where and how you practise osteopathy is reflected in our patient group, we have developed a promotional flyer to display in your practice to help promote this opportunity to your patients.

For further information or to request a flyer, contact Sarah Eldred by phone on 020 7357 6655 ext 245 or email seldred@osteopathy.org.uk

**General Osteopathic Council**



Patient and Public Partnership Group

- > Would you like to be involved in developing information for patients and the public?
- > Are you interested in standards of osteopathic practice?

The General Osteopathic Council is keen to set up a Patient and Public Partnership Group to engage with patients and the public on osteopathic care.

To express your interest and to find out more, please contact:

Sarah Eldred, Communications Manager
General Osteopathic Council
Osteopathy House
176 Tower Bridge Road
London SE1 3LU

 Tel: 020 7357 6655 x245
 Email: seldred@osteopathy.org.uk

The General Osteopathic Council is the regulator for osteopathy in the UK. We work with the public and osteopathic profession to promote patient safety by registering qualified professionals, and setting, maintaining and developing standards of osteopathic practice and conduct.

For further information visit our website at: www.osteopathy.org.uk

Revalidation initial fi

Following the year-long revalidation pilot, the findings of KPMG's independent evaluation will be published in spring 2013 alongside the findings of our CPD Discussion Document consultation.

Later this year, we will talk to small groups of osteopaths to discuss the findings, and to share and shape simpler and less complex proposals on a continuing fitness to practise scheme.

In the meantime, here are some emerging findings from the revalidation pilot conducted last year.

An alternative approach to revalidation

The General Chiropractic Council (GCC) is consulting on a revised revalidation scheme which involves demonstrating revalidation criteria using a portfolio of evidence including evidence such as patient feedback and clinical audit.

However, the scheme is different from the GOSC pilot in that:

- > The proposed GCC scheme is based on compliance more than development. Our pilot focused much more on providing constructive developmental feedback.
- > The proposed GCC scheme is to charge an additional fee to registrants for the different stages that the random 10% sample go through (we do not have plans to do this).

To help develop our own thinking, we encourage osteopaths to let us know their thoughts about the proposed GCC consultation available at: bit.ly/Uupw5PY

The consultation closes on 28 February 2013.

Revalidation portfolios

Participants were asked to provide evidence for each of the following four themes as set out in the *Osteopathic Practice Standards*:

- > Communication and patient partnership
- > Knowledge, skills and performance
- > Safety and quality in practice
- > Professionalism.

For further information about the details of the pilot process, see: <http://www.osteopathy.org.uk/practice/Revaluation/Piloting-the-scheme>

In total we received 263 completed revalidation portfolios – the equivalent of 1 in 18 of all osteopaths.

These anonymised portfolios were analysed by a team of trained assessors recruited for the pilot. The portfolios were further considered at moderation meetings and then checked by GOSC staff and assessment expert Caitrian Guthrie, before being sent to KPMG. General findings from the pilot and individual feedback were sent to pilot participants, highlighting their areas of strength and providing advice about areas for development (if any) in a constructive and supportive way.

Observations and challenges

Most portfolios demonstrated clear evidence of caring practitioners doing their best for patients.

The assessors noted that stronger portfolios contained:

- > A good, informative self-assessment which was reflective and analytical
- > Evidence of learning about practice, identifying learning needs from evidence and a plan for meeting them carried out as part of the pilot
- > Good analysis of data, including method, results, exploration of strengths and areas for development (if any), and any next steps
- > Detailed mapping of the evidence, showing clearly how the evidence demonstrates the standards.

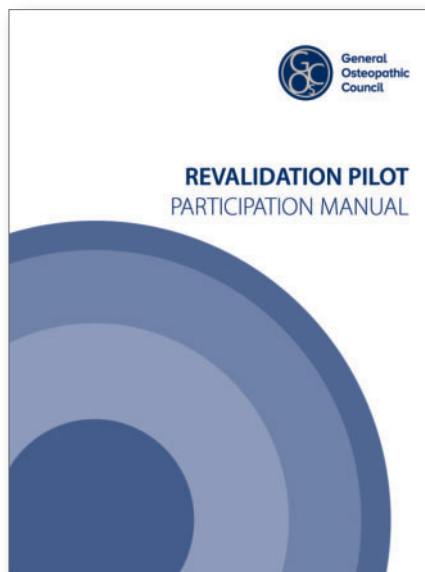
During analysis of the portfolios, general observations were made on what evidence participants had used to meet the different revalidation criteria and which areas had posed the most challenges.

Theme 1 – Communication and patient partnership – was generally well-evidenced with many participants choosing patient questionnaires to do this.

Theme 2 – Knowledge, skills and performance – was generally well-evidenced but some templates did not always draw out all the clinical information needed to demonstrate clear clinical reasoning. Actual anonymous case histories were helpful here.

Theme 3 – Safety and quality in practice – was a more difficult area for some participants to show evidence for. It included:

- > Modesty – other participants demonstrated this through photographs of gowns, patient feedback or practice information and documentation, or through examples of particular cases.



- > Data collection – other participants demonstrated this through clinical audits which were a helpful tool to illustrate data collection on a regular basis.

Theme 4 – Professionalism – was also difficult for some participants to illustrate, including:

- > Compliance with equality and diversity legislation – other participants submitted equality and diversity policies or focussed on a particular case, such as a home visit, to demonstrate how they managed patients who were unable to access the practice due to a disability.

Thank you again to all of you who took the time to give us your views and to submit portfolios. We now have a wealth of evidence to help shape our proposals into something simpler and more proportionate.

More information will be available in KPMG's independent report, which will be published shortly. We also hope to be able to share with you (with the consent of participants) some examples of high-quality portfolios.

If you have any questions about the revalidation process, please email Fiona Browne at:
fbrowne@osteopathy.org.uk

Help us apply fair and consistent sanctions

We are inviting your views on new guidance we have drafted on how and what sanctions are applied in fitness to practise cases involving osteopaths.

Indicative Sanctions guidance

The GOsC Professional Conduct Committee (PCC) considers allegations about osteopaths' fitness to practise and, if these allegations are found proved, it can admonish the osteopath, impose conditions of practice, impose a suspension for a given period or remove the osteopath from the Register. To decide which sanction to apply, the PCC is guided by Indicative Sanctions guidance. This is a public document that ensures that the committee approaches this task appropriately, consistently and in line with the law. The PCC can still exercise its own judgement for each case but the guidance underpins all decisions taken.

We have updated the current Indicative Sanctions guidance (originally published in 2007) to reflect changes in the law, the GOsC governance structure and *Osteopathic Practice Standards*. The consultation opens on **1 March 2013** and runs until **31 May 2013**.

Conditions of Practice guidance

We would also welcome your views on new guidance produced to aid the PCC in deciding when and how to apply a Conditions of Practice Order (CPO).

In certain fitness to practise cases, it is necessary for the PCC to impose a CPO if the committee feels that patients or the public could be at risk. A CPO requires an osteopath to abide by certain rules and restrictions for a given period while continuing to practise.

When it has decided that imposing conditions would be the most appropriate sanction, the committee sets out in detail the conditions which address the specific risks or shortcomings identified in the case. These conditions must be measureable and written in such a way that the osteopath clearly understands what is expected of them and by when.

We have produced new Conditions of Practice guidance to assist the PCC with this often challenging task. This guidance is an extension to the Indicative Sanctions guidance.

Our consultation on new Conditions of Practice guidance will also run from **1 March 2013** until **31 May 2013**.

To give your feedback on both documents, go to
www.osteopathy.org.uk/ozone/get-involved/your-views/consultations.
We look forward to hearing your views.

New GOsC Corporate Plan

The GOsC has published a new Corporate Plan for the period 2013-2016, with an increased emphasis on partnership working and supporting the development of the profession.

The Corporate Plan sets out a programme of activity for the GOsC under three main areas:

- > Our main statutory focus, which is the protection of the public through proportionate, targeted and effective regulatory activity.
- > How we can work with the profession to encourage and facilitate continuous improvement in the quality of osteopathic healthcare.
- > Ensuring we use our resources efficiently and effectively, while adapting and responding to change in the external environment.

While some of the activities in the plan are a continuation of current work – for example in registration, education, fitness to practise and revalidation – others have emerged from discussions that have taken place in 2012 on the development of the profession. These include supporting projects on data collection and in other areas of clinical quality improvement, investigating how new graduates are supported in the early years of practice and helping the profession to ensure it can sustain development activities independently from the regulator.

The plan also commits us to continuing to keep a tight control on costs including taking further steps to improve online working and to be less reliant on paper-based systems. During the course of the plan's period, we will also undertake a comprehensive review of rules as the Government is expected to introduce new legislation affecting all regulators in 2015 or 2016.

The Corporate Plan is available on the website, and each year Council will also publish a more detailed annual Business Plan.

New guidance on consent

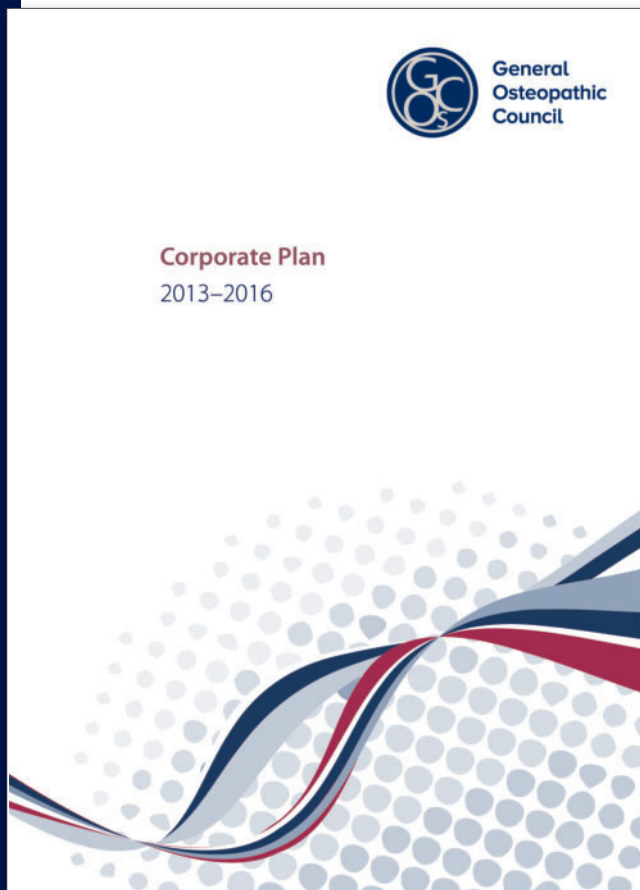
Following the recent consultation, we will be publishing the new *Obtaining Consent* guidance later this year. Thank you to all of you who took part.

The purpose of the guidance is to supplement existing information on consent provided in the *Osteopathic Practice Standards* by explaining the law on consent for each of the four UK countries in relation to patient capacity.

The new guidance should be available next year and we hope that with the help of your feedback you find the new guidance not only user-friendly, but also of practical help in your practice. In the meantime, information about the consultation and the responses we received is available on the o zone.

To take part in current and future consultations, see page 9.

More information is available on the o zone under the 'Get Involved' tab.



Dealing with ethical issues

Have you ever been faced with a difficult ethical issue and wondered what you should do and how to apply the *Osteopathic Practice Standards (OPS)*? Advice is always available from the GOsC, the BOA and also your insurer, but it can be helpful to think about how you would deal with these situations before they arise in practice.

The GOsC and the osteopathic educational institutions (OEl)s are working with expert educationalist Sue Roff to develop e-learning tools for students that will support the teaching and learning of professional behaviours in practice, and promote discussion of some typical ethical issues that osteopaths may face. We hope that these tools will help new osteopaths understand the professional and ethical issues that can be encountered in practice, equipping them with the confidence to know how to deal with such situations if and when they arise.

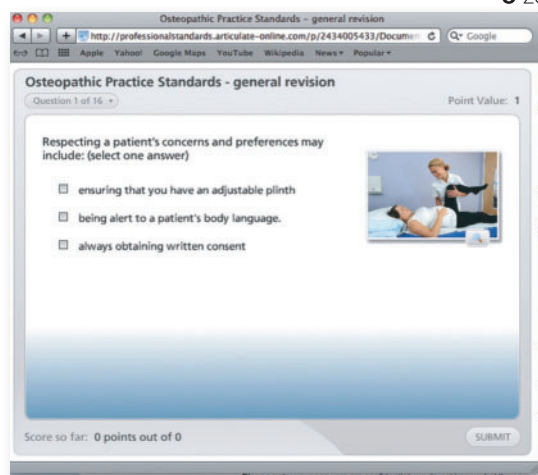
We have also been working with Sue to develop a suite of e-learning tools to help osteopaths apply the OPS in challenging circumstances. Over the next six months, we will be launching a range of scenario-based tools on the **o zone**, involving interactive questionnaires, videos and more. Completion of these tools will not only provide you with a good opportunity to review the OPS, but will also count towards your annual CPD requirement at no charge.

Keep checking our e-bulletin and the **o zone** for news about the launch of each tool.



Sue Roff

For further information, please contact Fiona Browne on 020 7357 6655 ext 239 or email fbrowne@osteopathy.org.uk.



Maurice Cheng

New BOA Chief Executive

Our congratulations to Mr Maurice Cheng on his appointment as the new CE of the BOA. Maurice takes up his post in March and will work alongside current CE Michael Watson until Michael retires at the end of April.

We look forward to working with Maurice and extend our best wishes to Michael on his retirement.



Michael Watson

Always check your advertising complies with the law

It is important that all osteopaths ensure that they, and the colleagues they employ, comply with the professional rules on advertising and publicity – be this in print or online.

In the UK, all advertising is regulated by the Advertising Standards Authority (ASA), as set out in the British Code of Advertising, Sales Promotion and Direct Marketing (CAP Code) – see www.cap.org.uk/Advertising-Codes.

What does the OPS say?

Standard D14 of the OPS states that all osteopaths should 'Act with integrity in your professional practice.' This includes avoiding the use of misleading advertising and information about you and your practice. D14 continues:

'...You should make sure that:

2.1. Your advertising is legal, decent, honest and truthful as defined by the ASA and conforms to current guidance, such as the UK Code of Non-broadcast Advertising, Sales Promotion and Direct Marketing (CAP Code)...'

The GOsC does not actively monitor advertising by the profession. It is the responsibility of individual osteopaths to ensure that their publicity complies with the ASA.

What should I do?

Review regularly all of the publicity material you use, including not just your practice website but also any posters and leaflets, for example. Can the claims you are making be supported by properly conducted clinical research? Be sure to regularly check the ASA guidelines on healthcare advertising – you can access this through the **o zone**.

Ask yourself also if your advertising could unintentionally be delaying or even discouraging patients from seeking treatment

for serious medical conditions by medically qualified practitioners. If so, this could result in a complaint being made about you, which we would be required to investigate and could result in fitness to practise proceedings against you.

Check that you are not still using out-of-date publicity material, including that purchased in the past from osteopathic organisations. Current GOsC public information material can be viewed and ordered via the **o zone** (see 'Resources – Publications-and-support-materials').

To check that your advertising complies with CAP guidelines, the ASA's Copy Advice team offers free support via phone (020 7492 2100) or email: advice@cap.org.uk

Information and contact details are also available on the the **o zone. You can log on to the **o zone** via the GOsC public website at: www.osteopathy.org.uk**

You can also contact the GOsC for advice on 020 7357 6655.

The GOsC has recently resolved a complaint made to the ASA relating to a public information poster produced by the GOsC. The promotional poster – 'Osteopathy for all of you' – listed a range of conditions. The ASA has accepted the GOsC position that the poster, originally produced in 2000, was withdrawn from circulation some years ago in compliance with the ASA code of advertising practice.

The complaint to the ASA arose because a copy of this obsolete poster remained on display in a GP practice many years after it had been placed there.



Join us online

Interact with us and the osteopathic community through our Facebook and Twitter sites.

Find us on Facebook at:
www.facebook.com/goscnews
and Twitter at: www.twitter.com/gosc_uk

Tips on developing your website

Osteopaths often ask us what they can and should include on their websites. If you are developing or updating your website, the following information may be useful.

Photos and information about osteopathy

We have an extensive photo library available on our public website under the 'Resources' tab, offering a wide variety of images of patient consultations and various techniques. You can freely download any of these photos for use on your website or in your publicity materials. Of course, you can also download images usually for a reasonable charge from commercial photo libraries. The British Association of Picture Libraries and Agencies (BAPLA) has a directory of these at www.bapla.org.uk/index.php

While there are many photos available from Google Images and the like, take care about copying and using any images from the internet without permission. You could be breaching the photographer's copyright which could lead to legal action being taken against you. For further information about copyright, see the Intellectual Property Office website at www.ipo.gov.uk/types/copy.htm.

You are also free to use any text from the GOSC website or the information provided in our Public Information leaflets (see page 14). Where possible, please acknowledge GOSC as the source. And take care that if you use text from our website that are copyrighted to others (articles from journals, etc.), you will need to seek permission from the author before reusing content. For more information, go to www.osteopathy.org.uk and click on 'Terms and Conditions' at the bottom of the page.

Use of the GOSC logo

You can use the GOSC logo on your website as a link to our public website. To download the logo, log onto the **o** zone and under the 'Resources tab', select 'Publication and Support Materials' and click 'GOSC logo'. Currently, the GOSC logo should not be used by osteopaths for any other purpose, such as on your stationery.

You can also use the Certification Mark (*Safe in our hands* logo) on your website and your practice stationery to indicate to patients and others that you are registered and are regulated by the GOSC. Simply fill out and send to us an application form and we will email you a print-quality version of the logo.

Advertising and publicity

Standard D14, paragraph 2 of the *Osteopathic Practice Standards* (OPS) outlines how your advertising and publicity should adhere to guidelines from the Advertising Standards Authority (ASA). Not adhering to these guidelines may lead to complaints from patients and the public or your website being reported to the ASA.



For more information about this, see *oppostie* or visit www.cap.org.uk/Advertising-Codes.

Further suggestions for content

Patients tell us they value the following information on osteopaths practice websites:

- > General information about osteopathy
- > Types of treatment available
- > What to expect at a first appointment
- > Names and photos of staff members
- > Opening times
- > Contact details
- > Parking available
- > Disabled facilities
- > Your prices

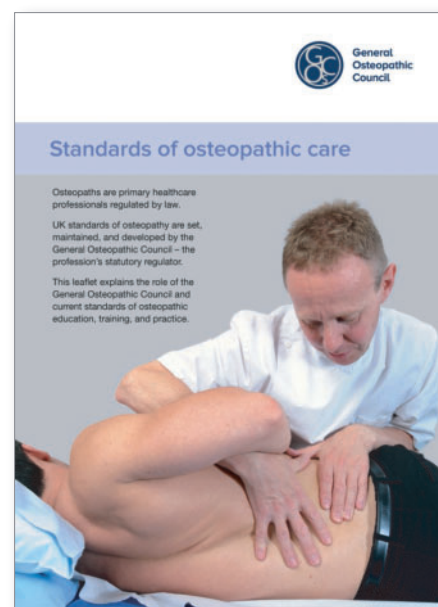
If you would like further information and advice, please contact us on **020 7357 6655 ext 228** or email: webmanager@osteopathy.org.uk.

Here to help:

New public information leaflets

Do your patients know what to expect before they come to see you? Are other healthcare professionals aware of your education, training and practice standards? To help to address these and related questions we have produced two public information leaflets to improve awareness and understanding of osteopathic care.

What to expect from your osteopath and *Standards of osteopathic care* can be downloaded free of charge from the **o zone**. Alternatively order your hard copies at a cost of £2.50 for 25 leaflets plus postage and packing.



In Council – key decisions

13 December 2012 – 78th meeting of the General Osteopathic Council. The agenda and all related papers can be found on the GOSC public website.

Budget and Business and Corporate Plans

The GOSC Business Plan and Budget for 2013-14 and the Corporate Plan for 2013-16 were approved by Council. The new Corporate Plan is published on the GOSC public website – see 'Strategy and business plans'.

Reduced registration fees

A reduction in the 2013 registration fee for all osteopaths was confirmed by Council, the result of an ongoing cost-saving review. Following on from a fee reduction in 2012, the 2013 reduction will be extended to all fee levels, recognising the challenges facing registrants starting out in practice.

For more information about the fee reduction, see page 6.

Medical assessments

Council approved the draft policy on referring registrants with convictions or cautions for drink and drug-related

offences for a health assessment. It was noted that the policy will include an opportunity for rebuttal by registrants.

The policy will now be communicated to the GOSC Investigating Committee for final approval.

Research activities and funding

A threefold approach to future research activities and funding was agreed by Council as follows:

- > To commission and/or conduct research that supports and informs policy development and decision-making relating to osteopathic regulation.
- > To support profession-led data collection and research activities that will enhance patient safety and quality of care.
- > To work in partnership with key osteopathic organisations to improve the capacity and capability of UK research.

Related to this, Council has agreed to commission research to better understand what regulatory interventions, if any, are effective in encouraging professional behaviours and safe and effective practice with the aim of better targeting our regulatory activity and resources.

Future Council meetings

- > Wednesday 20 March 2013
- > Thursday 20 June 2013
- > Thursday 17 October 2013

Meetings begin at 10am at Osteopathy House. Agendas and papers for the public session are available 7 to 10 days before the meeting at www.osteopathy.org.uk.

For further information, contact Marcia Scott on 020 7357 6655 ext 246 or email: msscott@osteopathy.org.uk.

Backchat

This section is intended to provide a forum for professional debate. The views and opinions expressed here do not necessarily reflect those of the publishers.

Not gone, nor by any means forgotten ...

Dear Editor,

I am surprised to see that our feedback chat page has disappeared from our magazine. Although I read the magazine from cover to cover, I always felt the backchat page was of the highest importance.

The loss of that feedback page does not look too democratic.

Marie-Louise Mahieu

Editor's response:

Mrs Mahieu requested a personal response to her letter which we have sent. However, we wanted to take this opportunity to share some sections of our response, as well as elaborate further on the points raised.

We are aware that we have not had a Backchat page for some time. The simple reason for this is that we receive very few letters. We attribute this to the launch of our Facebook and Twitter pages, along with other recent initiatives such as the consultations and last year's Opinion Survey (with a fantastic response rate from osteopaths) that have given osteopaths the opportunity to share their views in more interactive ways. We are also now launching an online forum on the **o zone** that will enable you to engage with us more easily (see the back page for more information).

We will continue to feature Backchat when we have received letters for publication. We are sorry if you feel *The Osteopath* magazine is not democratic – its purpose is to

inform osteopaths about regulation, fitness to practise and key regulatory, international and political developments. We actively encourage feedback from the profession in a variety of ways but are always looking to make improvements. With this in mind, we have already started to include more articles from osteopaths and are looking to introduce a new feature to encourage the profession to write in and comment on a particular issue.

Thank you for getting in touch and giving us your views.

Dear Editor,

Back in February 2011, the Government indicated that revalidation for all healthcare professions but doctors needed to be reconsidered. They advised that any new scheme to assess competence needed to demonstrate significant added value in improved quality provision or patient safety.

No other professional group is forging ahead with the zeal shown by GOsC. The regulator has not identified with the profession how it has determined the risk basis that has to govern its proposals. Neither has it illustrated just how the various elements of the scheme will improve osteopathic delivery. The pilot study achieves neither, being complex in design and questionable in its purpose.

I would encourage those who have not already done so, to read the correspondence between GOsC and Caroline Penn (available from the **o zone**). Caroline outlines the folly of implementing changes to the current CPD system. Her views were argued from a

clinician's perspective, but were entirely ignored.

Today's healthcare marketplace is tough and getting tougher. Our direct competitors have little regulation to comply with at present. Most use inexpensive CPD for their fitness to practise model.

The post-pilot phase of the project will involve the full orchestra of assessors, assessment team coordinators, appeal committees, legal representation for appellants etc., to implement the proposals.

The profession cannot afford this expensive and ill-considered regulatory adventure.

Donald Scott ND, DO

Editor's response:

The Government requires that we develop an evidence base (or otherwise) for a revalidation scheme and the Professional Standards Authority published a paper in November 2012 that confirms the principle that healthcare regulators must demonstrate how they know that registrants are up to date and fit to practise (this paper is available from www.professionalstandards.org.uk). What this means for osteopathy is still to be determined, but our current CPD scheme is widely regarded as being out of date compared to other regulators.

This is a key change to osteopathic regulation, and we have worked in partnership

with the profession during the last three years through our

Department of Health-funded revalidation pilot, our CPD Discussion Document and the regional conferences last year to share and shape our own thinking.

We are currently awaiting a report from KPMG on the results of the pilot which will be published in Spring 2013 and bring together information on risk, costs and any benefits shown from the scheme. Early indications are that the scheme piloted was complex and would benefit from being simplified, and we are keen to work with osteopaths to do this effectively.

No decisions have been made yet as to if and how we will move forward with revalidation. Our aim is to produce a scheme that is as proportionate as possible, and we will continue to involve osteopaths in the decision-making process through further consultation.

I encourage you to explore the GCC consultation on revalidation, available at bit.ly/Upw5PY. This scheme is different to ours in that it is more compliance rather than developmentally focussed and there is also a proposal to charge for revalidation.

We are clear that whatever model we use, ongoing costs should be contained within the current fee structure.

Thank you for sharing your views.

We continue to welcome your views and if you have a question to ask or views to share, please feel free to contact *The Osteopath* editor on 020 7357 6655 ext 222 or email editor@osteopathy.org.uk.

A new look for NCOR

The National Council for Osteopathic Research has redeveloped and relaunched its website (see www.ncor.org.uk).

Information is provided in different sections which are easy to navigate, and the website will be continually evolving as new information is added.

Some areas are designated for project work which is ongoing and will be added to the website on completion.

Further news of website developments will appear in *The Osteopath* and via Twitter at: www.twitter.com/NCOR_uk.

Currently, the site contains information arranged in the following sections:

Learning online

- > **Research skills tutorials:** a range of resources that have been published in *The Osteopath*.
- > **Snapshot summaries of evidence:** these look at different topics and have been arranged into categories including osteopathy in different fields, clinical assessment, osteopathic techniques, treatment alternatives, management of conditions and patient groups.
- > **Critical appraisal:** a series of papers written on different topics by Professor Trisha Greenhalgh have been uploaded onto the website.
- > **Podcasts/video:** a podcast of basic relaxation exercises prepared by Dr Dawn Carnes has been added to the site.
- > **PowerPoints:** presentations from different osteopathic conferences including the last ICAOR conference held in September, 2012, and NCOR's 'Evidence in Clinical Practice' conferences held in February and December 2011 have been uploaded.

Research

- > **Databases:** including a database of research Masters' titles.

- > **Recent research in osteopathy:** including information on the adverse events studies, standardised data collection, and osteopathic patient expectations project.
- > **Ongoing research:** information is provided about the Delphi research study to identify research priorities for osteopathy, as well as a table of ongoing research both nationally and internationally.
- > **Other relevant research:** includes full text publications, where available, and links to abstracts of systematic reviews, randomised controlled trials, qualitative research, and other research designs which are pertinent to patient care.
- > **Research resources:** information concerning research governance, useful research sites, complementary medicine research sites, national and international research trials' registers, statistics and journals is contained in this area of the site.
- > **Central repository for adverse events:** copies of the reports of all the adverse events studies funded by the GOsC, and copies of the papers produced from this research. Further resources are in development and will be added to the site when available.

Getting involved

- > **Hubs:** details of the research hub meetings are posted here. Copies of the full text of the papers are available also for osteopaths who are unable to attend the hub meetings.
- > **Conferences:** national and international conference information is provided in this section.
- > **Funding:** organisations which announce annual funding calls are listed here.



- > **Research ideas:** NCOR is often contacted by students looking for research ideas; ideas for research topics will be posted here as they become available.
- > **Osteopathy outside the United Kingdom:** links to osteopathic organisations outside the UK are provided here.

For Practitioners

- > **Patient Reported Outcome Measures (PROMs):** general information is provided about outcome measures. Summaries of a small number of outcome measures commonly used in practice, and information concerning how to access these are provided on this page.
- > **Clinical audit:** general information is provided about clinical audit. Included also is information about how to access the Audit Handbook for Practising Osteopaths via the **o** zone. Copies of audit tools suitable for use in practice are available on the site in Word and PDF versions. Links to other audit resources are available on this page.
- > **Standardised Data Collection:** the standardised data collection database is currently being developed. In the meantime you can download the reports of the standardised data collection (SDC) project, and copies of the SDC tools in PDF or Word format.

- > **Adverse Events Learning Forum:** this is currently being developed. We hope this will give students, educators and practitioners of osteopathy the opportunity to share knowledge and experiences and to be involved in discussions relating to this area of practice. We will post on our news feed to let you know when the forum is up and running.
- > **Practice resources:** this includes information about the journals that can be accessed via the *International Journal of Osteopathic Medicine* (IJOM) Plus Access Package, the NICE guidelines, HTA reports, Low Back Pain guidelines (acute, chronic and preventative management), the Any Qualified Provider scheme, and the Societies for Areas of Special Interest.

For Patients

- > **Patient Reported Outcomes Database:** this database is currently being developed. We will post newsfeeds to update you on its progress. The database will provide an opportunity for osteopathic patients to anonymously enter information about their experiences following osteopathic treatment. We can then analyse this information to help us build a better picture of the outcomes of treatment and to inform further research in the field of osteopathy.
- > **Information for patients:** links to existing resources produced by the GOSc and the BOA are provided here.

Who we are

- > This area provides information about NCOR's new location, its visions statement, the strategic plan for 2012-2015, the representatives that form NCOR, annual reports and the NCOR team.

A Facebook page (www.facebook.com/NCORnews) has been created, and a new Twitter feed (www.twitter.com/NCOR_uk) will communicate up-to-date news relevant to clinical practice and research as it becomes available.

We are interested to hear your views about the website, and welcome suggestions for additional research-related content you feel could be added to the website. If you have any comments, please contact either Carol Fawkes (c.fawkes@qmul.ac.uk) or Elena Ward (elena.ward@qmul.ac.uk)

NCOR research hub news

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

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

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

> BRISTOL

Thursday 21 March between 7 and 9pm
Reviewing the evidence on the use of back supports in patient management
Papers for the hub meeting will be posted on the NCOR website <http://www.ncor.org.uk/getting-involved/hubs/>

> EXETER

Saturday 6 April between 10am and 12 noon
Discussion of dissemination of findings of recently completed project. In addition, some papers will be discussed and they can be found here <http://www.ncor.org.uk/wp-content/uploads/2012/12/Papers-for-discussion-at-the-Exeter-Research-Group-Meeting-Saturday-6th-April.pdf>

> HAYWARDS HEATH

Wednesday 27 February between 7pm and 9pm
Review of the literature on knee replacement. <http://www.ncor.org.uk/wp-content/uploads/2012/12/Papers-for-the-Haywards-Heath-hub-meeting-to-be-held-on-Wednesday-27th-February.pdf>

> LEEDS

Please refer to the NCOR website – www.ncor.org.uk

If you are unable to attend a hub meeting but would like to read the papers that are discussed, they can be found here <http://www.ncor.org.uk/getting-involved/hubs/>. Some of the papers listed require access to journal via the IJOM Plus package available through the o zone. Information about how to access journals through the IJOM Plus access package can be found here <http://www.ncor.org.uk/wp-content/uploads/2012/12/The-Osteopath-Aug-Sept-12-p14-15-IJOM-access-instructions.pdf>

Conference calendar

> 25-26 March, University of Oxford, Oxford

Evidence Live. Further information can be found at <http://www.evidencelive.org/>

> 6-7 June, ExCel London

COPA Practice Growth 2013 Chiropractors, Osteopaths, Physiotherapists and Acupuncturists.

Further information can be found at <http://www.copa-show.co.uk/>

> 27-31 October, in Dubai

International Federation of Orthopaedic and Manipulative Therapists (IFOMPT). Congress on low back and pelvic pain.

Further information can be found at <http://www.worldcongresslbp.com/>

The conference section of the NCOR website will be updated regularly as information becomes available. It can be found at: <http://www.ncor.org.uk/getting-involved/conferences/>

IJOM Plus Summaries

Fostering change in back pain beliefs and behaviours: when public education is not enough

Gross DP, Deshpande S, Werner EL, et al. *The Spine Journal* 2012;12:979–988.

Numerous mass media campaigns have been undertaken nationally and internationally aimed at changing behaviour in back pain sufferers. Campaigns have focused on trying to change misconceptions about the causes of low back pain and the best strategies for dealing with symptoms as they arise. These campaigns have produced mixed results where changes in beliefs have been noted but without associated change in behaviour.

The most successful campaign which demonstrated a sustained change in beliefs about back pain, as well as associated behaviours including health care utilisation, and disability, was conducted in the state of Victoria, Australia. This well-funded campaign used television commercials predominantly, which featured recognised individuals acting as advocates, comedians and clinical experts. The commercials provided practical information about how to stay active and remain at work while managing back symptoms, e.g. using exercise and modified work demands and behaviours. All professional and employment groups involved in managing back pain gave clear and explicit approval to the campaign. In addition, doctors were sent evidence-based guidelines for the management of low back pain to allow the production of a wide-scale coordinated message to the public.

This review examines different behaviour change strategies within the context of public education, legislative initiatives, health policy interventions, and social marketing. Examination of the literature identified that education alone is unlikely to foster positive long-term change in behaviour without supportive strategies being introduced to support and

reinforce such change. The importance of an integrated approach to behaviour change by the introduction of several different stands of activity in a coordinated approach instead of a piecemeal one is emphasised also. The review concludes with practical suggestions for future interventions aimed at changing back pain-related behaviours.

Do Fitflops™ increase lower limb muscle activity?

Burgess KE, Swinton PA. *Clinical Biomechanics* 2012; 27(10):1078–1082.

The use of fitness toning shoes is growing in popularity. The manufacturers state a number of different aims including an overall improvement in the health of the wearer, raised energy expenditure and increased muscular activity. Several studies have been undertaken to examine these claims, but there remains a lack of consensus in the literature. This study examined the Fitflop shoe which has been designed to utilise density shifts in the sole of the shoe to activate the muscles of the lower limb.

To investigate the effect of wearing the shoe on muscle activity, 23 females with a mean age of 20.8 years (SD 1.3), mean mass 62.9 kg (SD 11.9) and mean height 165.4 cm (SD 5.6) participated in the study. The activity of the biceps femoris, medial gastrocnemius, rectus femoris, and gluteus maximus were recorded using surface electromyography (sEMG). Three separate activities were undertaken by the participants, which included treadmill walking, climbing stairs and zigzag walking around cones. Participants' muscle activity was compared for each task, and when wearing either a Fitflop, or standard flip-flop.

Analysis of the sEMG data showed no significant differences in muscular activity between the shoes in either the stair climbing or treadmill activities. An initial difference was detected in the medial gastrocnemius for Fitflop use in the cone zigzag walking, but more detailed analysis showed no significant difference in

muscle activity. In addition, there was no significant difference for the completion times of the three activities.

Improving quality, service delivery and patient experience in a musculoskeletal service

Roberts L. *Manual Therapy* 2013;18(1):77–82.

This paper describes how a quality improvement initiative was introduced into a secondary care setting to try to enhance both service delivery and patient experience. A cycle of activities was introduced within a six-stage process modelled on a "clinical application design" where clinicians become active participants in knowledge development, and associated changes in clinical practice. The six stages included:

1. baseline data collection of a convenience sample of discharged patients;
2. a repeat measure of patient feedback after individual clinicians had attempted change in their own practice;
3. a repeat measure of patient feedback after all clinicians had agreed to implement system changes;
- 4 – 6. annual quality monitoring and enhancement introduced based on the feedback collected in stage 3.

The paper describes the quality-improvement strategies introduced by individual clinicians, and the systems-wide changes implemented.

This study highlights the challenge of changing human behaviour to make a meaningful difference to patient care, and patients' experience of care. This concurs also with the Royal College of General Practitioners' assertion that dissemination of knowledge/information doesn't always equate with implementation in clinical practice. This initiative shows also the value patient feedback plays when clinicians are delivering services and driving change within those services.

Book reviews

AT Still: From The Dry Bone to the Living Man

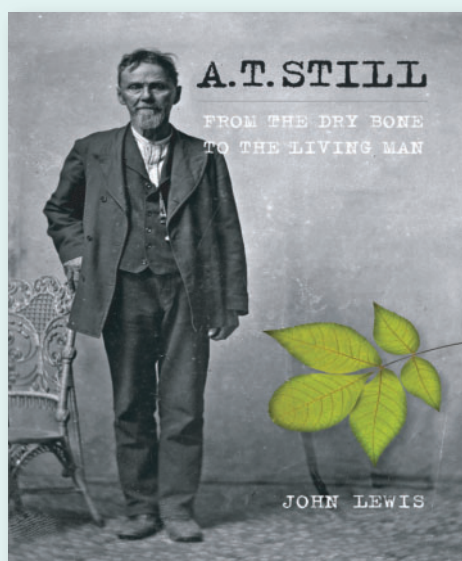
John Lewis
Published by Dry Bone Press
ISBN 978-0-9572927-0-3
448 pages

Reviewed by John C O'Brien MA DO

This is a beautifully constructed book, full of rare photographs and a plethora of endnotes to back up John Lewis's comments and reasoning. The author's literary pedigree goes back to Arthur Hildreth's *The Lengthening Shadow* of Dr Andrew Taylor Still (1938) published to counter those colleagues who perceived Osteopathy's evolution towards medical orthodoxy away from its traditional roots. Like Hildreth, Lewis is resolute in his support of Still and wants his readers to feel the same. Meanwhile, Still is correctly placed within a historical and geophysical context, and the book covers a multitude of cases that Still successfully treated to demonstrate Osteopathy's efficacy.

John Lewis's book is a counterbalance to those medical and sociological historians who have attempted a different narrative. It is good to see too, illustrations of Still's dilemma whether his inspiration was a spiritual movement, similar to Mary Baker Eddy's Christian Science, or a health crusade defying the medical orthodoxy of its day. It is important for our colleagues to publish projects, especially complex ones, as evidenced by this study which has taken 15 years to come to fruition.

For those wishing to glimpse and experience Still's path, this book is thoroughly recommended.



Osteopathy and Obstetrics

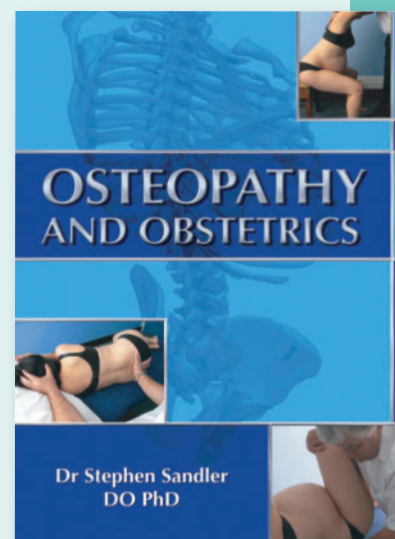
Dr Stephen Sandler DO PhD
Published by Anshan
ISBN 978-1848290563
249 pages

Reviewed by Rebecca Wangi

'Osteopathy and Obstetrics' is a comprehensive guide to osteopathic treatment of the pregnant patient. Written in Sandler's trademark step-by-step, logical style this is both a theoretical and practical guide, outlining changes each system of the pregnant patient undergoes and clearly detailing methods and modalities for assessing and enabling those changes via the musculoskeletal system.

If I may use the distinction, this book largely endorses 'structural' techniques followed by 'functional' techniques. There is some space given to Involuntary Motion adjustments, including a section by guest author Nicholas Woodhead.

At approximately 250 pages this is a relatively slim volume. The division of text into topical sections and interspersed with numerous full colour photographs and diagrams make this very readable, but easy for quick reference as well.



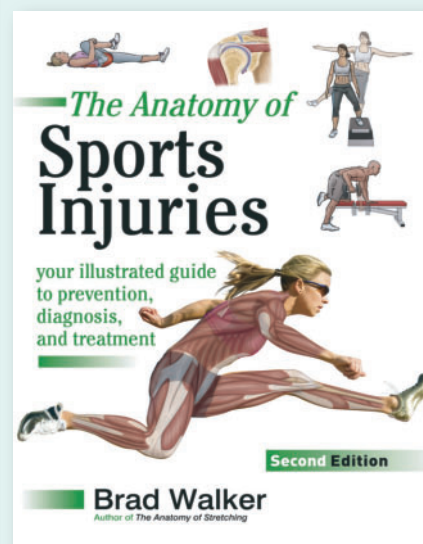
The Anatomy of Sports Injuries (Second Edition)

Brad Walker
Published by Lotus Publishing
ISBN 978-1-905367-38-2
256 pages

Reviewed by Emma Clarkson BSc (Hons) Ost, BSc (Hons) Sport

This is a well-presented book, which is clear and readable for both new and experienced osteopaths, particularly for sport. The anatomy, sports injuries and rehabilitation techniques cover a simple but useful approach. The diagrams are helpful and could be a useful tool to show patients how the injury has affected the anatomy structures.

All round, a useful book to have in a clinic.



Corrective Exercise Solutions to Common Hip and Shoulder Dysfunction

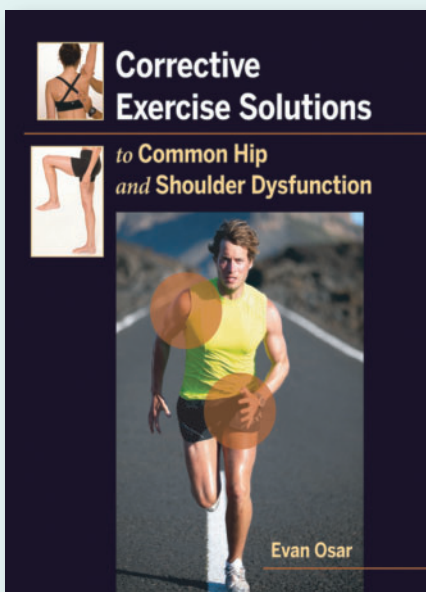
Evan Osar
Published by Lotus Publishing
ISBN 978-1-905367-26-9
335 pages

Reviewed by Robbie Smith

This book outlines methods of testing and correcting movement patterns of the hip and shoulder complexes and how these impact on the rest of the musculoskeletal system. It provides a routine method of assessing and correcting common dysfunctional patterns of shoulder and hip movement. It is not assessing and treating injury in an orthopaedic sense. It is aimed at the clinic setting, so most of the exercises do not require specialist gym equipment and the progressions are simple enough to be performed by most people.

The first third of the book describes the principles behind correct and dysfunctional movement patterns. The rest of the book is made up of assessment and progressions to correct movement patterns, starting with breathing and core integration and spinal mobility and stability. The exercises are laid out in photographs and there is a dedicated website available, which is sometimes needed because, at times, some of the movements can be difficult to follow in print only.

The book is long and requires a lot of reading if you are new to the concepts of functional movement patterns. However, once you get to grips with it, it does flow easily from assessment to correction. This book is unlikely to give you a treatment plan on its own, but for any practitioner who is looking for a starting point to develop corrective exercise strategies for their patients, I would recommend this text.



Bookshelf

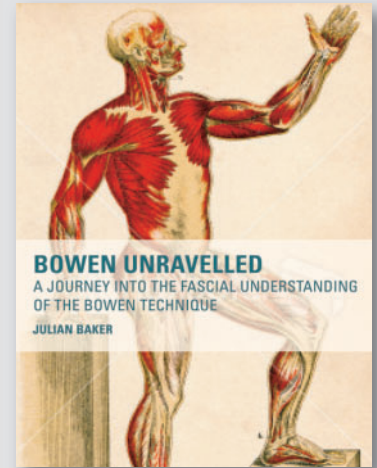
A selection of illustrated reference books for osteopaths

Bowen Unravelled: A Journey into the Fascial Understanding of the Bowen Technique

Julian Baker

Published by Lotus Publishing
ISBN 978 1 905367 40 5
168 pages

The Bowen Technique is currently used by bodyworkers and health professionals across a range of disciplines. This book explains how and why Bowen works the way that it does, and offers evidence to support its subtle approach to fascia and connective tissue.

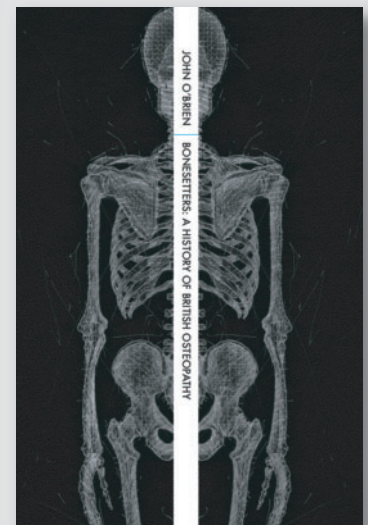


Bonesetters: A History of British Osteopathy

John O'Brien

Published by Anshan Ltd
ISBN 978-1-905367-38-2
138 pages

"Bonesetters: A History of British Osteopathy" has been written using primary sources and previously unreleased archive material in order to bring clarification to and provide an accepted base of knowledge for British osteopathy and osteopathic practice.



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

Let the patient decide



James Butler owns Painless Practice (www.painlesspractice.com) – a UK firm of business coaches for therapists, also delivering practice-building CPD for the BOA and others.

Here, James gives his own views from a business perspective about some of the issues and scenarios he commonly hears about, particularly in the current economic climate.

Imagine the following two scenarios:

Scenario 1:

A shop assistant attends with a chronic condition. She mentions that she was “ripped off” by another practitioner and you sense cynicism about therapists recommending treatment just to earn money. Your assessment suggests that six to eight treatments would be appropriate, but you sense her budget and tolerance will only stretch to three or four.

Scenario 2:

Before you even get a chance to set out your treatment plan to your patient, they comment that they cannot afford many treatments, moments after discussing the cost of their Glastonbury tickets.

What would you do in response to these situations?

Probably the most common response I hear from practitioners in cases like these is that they recommend a shorter course of treatment, they allow the patient’s initial reaction to determine their choices, or that they invite the patient to “go away and see how they feel”.

I find that underpinning these responses are beliefs such as:

- > “I believe this patient cannot afford my treatment”
- > “I believe a full treatment plan is too expensive for this patient”
- > “I believe that if I recommend a full treatment plan, they will just think I am money-grabbing”
- > “I believe that my professional standards do not allow me to push for the full treatment plan if the patient cannot afford it”

Yet, the *Osteopathic Practice Standards* says:

- C2 You must be able to formulate and deliver a justifiable osteopathic treatment plan or an alternative course of action.
- D4 Make sure your beliefs and values do not prejudice your patients’ care.

So, if you make the judgement that a particular treatment plan is beyond the means of your patients (perhaps because they have said so, or because you just believe it is the case), is it possible that you are allowing your beliefs to prejudice patient care? Are you means-testing patients, without realising it?

I am not an osteopath but I believe that it would be unethical to recommend treatment where there is no clinical case to do so. However, I also believe it is unethical for

osteopaths to allow their own beliefs to prejudice what they recommend to patients based on what some patients can afford.

Somewhere in the middle lies the balance that allows the profession to improve wellbeing in the community within a private healthcare system, as well as respect the financial pressures patients may face (or perceive they face) and to act within ethical boundaries.

Here are a few steps to remember when discussing treatment plans:

1. Always recommend the plan you genuinely assess to be appropriate to the patient’s clinical need.
2. Discuss alternative options and their consequences, in terms of speed, completeness of recovery and cost.
3. Use your rapport and empathy to determine whether money is actually a concern for them.
4. Discuss with the patient how to optimise treatment and affordability by:

- a. Increasing the amount of home exercises they do.
- b. Reducing the total number of treatments to meet their budget.
- c. Managing the timescales of treatments to fit with their budget – greater spacing between appointments, straddling pay periods etc.

While many of you may already do this, I know from experience that some osteopaths only believe they do and instead their patients opt for sub-optimal levels of treatment.

It is my belief that the profession, and the wider community, would derive far greater benefit if osteopaths took steps to ensure that their patients’ care was never prejudiced by their own beliefs – and shifted the focus of the discussion to HOW can a patient afford to get better, not *if*.

Articles from contributors do not necessarily reflect the views of the GOsC

Courses 2013

Courses are listed for general information. This does not imply approval or accreditation by the GOsC.

For a more comprehensive list of courses, visit the 'CPD resources' section of the o zone website – www.osteopathy.org.uk/ozone.

March

> 1–2

Cranial Fundamentals – The direct biomechanical & visceral approach

Course director: Giles Cleghorn
MApp Sc (Ost Paed), DO, DSH
Venue: Worcester
tel: 0117 974 5084
website: www.integratedosteopathicstudies.com

> 2

Acupuncture in management of tension headaches and migraine

Speaker: Jennie Longbottom
Venue: London, N19
tel: 020 7263 8551
email: cpd@cpdo.net
website: www.cpdo.net

> 2–3

Male and Female Pelvic Pain

Speaker: Professor Frank Willard
Venue: European School of Osteopathy, Maidstone, Kent
Tel: 01622 671 558
Email: corinnejones@eso.ac.uk
Website: www.eso.ac.uk/cpd-calendar.html

> 6

Breathing Pattern Disorders

Speaker: Leon Chaitow
Venue: Swansea University
email: barryosteo@gmail.com

> 8–10

Paediatric Osteopathy

Course director: Hilary Percival
Venue: Hawkwood College, Stroud
email: info@sutherlandcranialcollege.co.uk
website: www.sutherlandcranialcollege.co.uk

> 9

Breathing, Breathing Therapy and Capnography in Clinical Practice (Level 1)

Lecturers: Mr. Gerry Gajadharsingh & Dr. Robert Kissner
Venue: Amersham, Buckinghamshire
tel: 020 7631 1414
website: www.thehealthequation.co.uk

> 9

'Postpartum Mum' – Treating the Postnatal Patient

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
tel: 07792 384592
email: osteokids@aol.com
website: www.mumandbaby-at-home.com/CPD

> 9–10

Foundation Course – Module 1

Course Leader: Tim Marris
Venue: Cumbria
tel: 01291 622555
email: enquiry@sutherlandcranialcollege.co.uk
Website: www.sutherlandcranialcollege.co.uk

> 10

Breathing, Breathing Therapy and Capnography in Clinical Practice (Level 2)

Lecturers: Mr. Gerry Gajadharsingh & Dr. Robert Kissner
Venue: Amersham, Buckinghamshire
tel: 020 7631 1414
website: www.thehealthequation.co.uk

> 14

Pregnancy, dealing with the changes - using osteopathic and dry needling techniques

Speakers: David Lintonbon & Jean Barnard-Hadley
Venue: London School of Osteopathy 12 Grange Road, London SE1 3BE
tel: 07958 488 784
email: dlintonbon@hotmail.com
website: www.theartofhvt.com

> 16–17

Integrated neuromuscular management of myofascial pain (trigger points)

Speaker: Leon Chaitow
Venue: London, N19
tel: 020 7263 8551
email: cpd@cpdo.net
website: www.cpdo.net

> 16–19

A Biodynamic View of Osteopathy in the Cranial Field - Phase 7: The Health

Speaker: Christian Sullivan
Venue: Lendrick Lodge, Brig O'Turk, Callander, FK17 8HR
tel: 07714 239636
email: cranialgroupscotland@gmail.com

> 17

Complete Clinical Competence Series - Rapid Neurology Testing

Speaker: Dr Graham Downing
Venue: Warwick Hilton
Warwickshire
tel: 020 8504 1462
Email taoseminars@gmail.com

> 17

Spinal Manipulation: Day 2 of 9 - Complete Manipulation Course

Speaker: Dr Eedy
Venue: Warwick Hilton
Warwickshire
tel: 020 8504 1462
Email taoseminars@gmail.com

> 17

Integrated Body Work: Day 2 of 8 - Complete Body Work Course

Speaker: Karen Harding
Venue: Warwick Hilton
Warwickshire
tel: 020 8504 1462
Email taoseminars@gmail.com

> 18

Behind the Smile - Emotional Expression: the face, the throat and the heart A series of three one-day advanced craniosacral seminars; each day stands alone and will provide additional therapeutic cranial skills.

Speaker: Katherine Ukleja
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
tel: 07000-785778
email: info@cranio.co.uk
website: www.cranio.co.uk

> 18

The Transverse Diaphragms Revisited: The S.T.A.I.R.S Protocol

Speaker: Andrew Stones
Venue: London.
tel: 020 7483 0120
e-mail: info@ccst.co.uk
website: www.ccst.co.uk

> 20

Yoga for healthy lower backs – evidence-based back pain management

Speaker: Anna Semlyen
Venue: London, N19
tel: 020 7263 8551
email: cpd@cpdo.net
website: www.cpdo.net

> 20–21

Contemporary acupuncture in Women's Health

Speaker: Jennie Longbottom
 Venue: London, N19
 tel: 020 7263 8551
 email: cpd@cpdo.net
 website: www.cpdo.net

> 23

The Other Temporal Factor

Course Leader: Tim Marris
 Venue: London
 tel: 01291 622555
 email: enquiry@sutherlandcranialcollege.co.uk
 Website: www.sutherlandcranialcollege.co.uk

> 23–24

The Body Course

Course leader: Robert Wheeler,
 David Hamm
 Venue: British School of Osteopathy
 tel: 0845 519 3493
 website: www.rollinbeckerinstitute.co.uk

April

> 4–6

Paediatric Level One – The Neonate and obstetric considerations

Course Director: Giles Cleghorn
 MApp Sc (Ost Paed), DO, DSH
 Venue: London
 tel: 0117 974 5084
 website: www.integratedosteopathicstudies.com

> 5–7

Spark in the Motor

Course director: Peter Armitage
 Venue: Germany
 email: info@sutherlandcranialcollege.co.uk
 website: www.sutherlandcranialcollege.co.uk

> 7

3 Year Certificated First Aid for the Clinic

Speaker: Robert Angel
 Venue: Warwick Hilton
 Warwickshire
 tel: 020 8504 1462
 Email taoseminars@gmail.com

> 13

Cranio-Sacral Therapy – Introductory Day

Speaker: Thomas Attlee
 Venue: London.
 tel: 020 7483 0120.
 e-mail: info@ccst.co.uk
 Website: www.ccst.co.uk

> 13–15

Rule of the Artery

Course Leader: Tim Marris
 Venue: Stroud
 tel: 01291 622555
 email: enquiry@sutherlandcranialcollege.co.uk
 Website: www.sutherlandcranialcollege.co.uk

> 14

'Let's Breathe' – Treating Respiratory Disorders in Infants & Children

Speaker: Miranda Clayton
 Venue: London School of Osteopathy, London SE1 3BE
 Tel: 07792 384592
 Email: osteokids@aol.com
 Website: www.mumandbaby-at-home.com/CPD

> 14

Fascial Unwinding – Refining Skills

Speaker: Thomas Attlee
 Venue: London.
 tel: 020 7483 0120.
 e-mail: info@ccst.co.uk
 Website: www.ccst.co.uk

> 18

How to treat: Frozen shoulder

Speaker: Prof. Eyal Lederman
 Venue: London, N19
 tel: 020 7263 8551
 email: cpd@cpdo.net
 website: www.cpdo.net

> 20

Yoga for healthy lower backs – evidence-based back pain management

Speaker: Anna Semlyen
 Venue: London, N19
 tel: 020 7263 8551
 email: cpd@cpdo.net
 website: www.cpdo.net

> 20–21

Contemporary acupuncture in Women's Health

Speaker: Jennie Longbottom
 Venue: London, N19
 tel: 020 7263 8551
 email: cpd@cpdo.net
 website: www.cpdo.net

> 22–26

Osteopathy in the Cranial Field

Course director: David Douglas Mort
 Venue: Leeds
 email: info@sutherlandcranialcollege.co.uk
 website: www.sutherlandcranialcollege.co.uk

> 27 April–2 May

Birth, Babies, Children, Mothers

Speaker: Thomas Attlee
 Venue: London
 tel: 020 7483 0120.
 e-mail: info@ccst.co.uk
 Website: www.ccst.co.uk

> 28

Complete Clinical Competence Series - MRI & XRay Reading and Understanding

Speaker: Dr Graham Downing
 Venue: Warwick Hilton
 Warwickshire
 tel: 020 8504 1462
 Email taoseminars@gmail.com

> 28

Spinal Manipulation: Day 3 of 9 - Complete Manipulation Course

Speaker: Dr Eedy
 Venue: Warwick Hilton
 Warwickshire
 tel: 020 8504 1462
 Email taoseminars@gmail.com

KENT AND EAST SUSSEX OSTEOPATHS REGIONAL GROUP

Next meeting: Saturday 2 March 9.30am-1.30pm
Venue: The Mercure Hotel, Tunbridge Wells, TN2 4QL
Speakers: Tim Walker on developments within the profession, Chris Bowman on use of epidural injections, and Jane Jeater on being part of Team Osteo at the Olympics.
Cost: £30 including lunch

For details and to book please contact Claire Piper at:
kentandeastsussexosteopaths@gmail.com

Attention osteopaths:

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

CLASSIFIEDS

RECRUITMENT

Osteopath required for busy Guildford GP practice. Must have more than 5 years' experience to work part time and then to cover maternity leave. Permanent position may become available to them. Must have manipulation and cranial skills. Contact donnavarns@gmail.com with CV and a covering letter.

Associate/locum osteopath wanted for busy multi-disciplinary clinic in West Sussex for pre-maternity leave (mid March) and then a 3 month locum for maternity cover mid April to July. Good soft tissue skills essential, as well as structural and cranial skills. Pre-maternity locum, 2 half days building to full maternity locum at 5 half days with some flexibility. Please email CV and covering letter to Nicki at: info@sussex-osteopath.co.uk

Associate required in Hereford, with a view to partnership. Successful candidate will be enthusiastic and self-motivated, and with at least 4 years' experience in cranial osteopathy. This is a well-known, established practice in a beautiful county. Please send CV to: nicholas@handoll.org

Associate position available - www.bridgehamclinic.com. Pilates rehab experience necessary. Movement, dance or sports background preferable. Gatwick based. Working as part of a team, 3 days a week. Please send CVs to: info@bridgehamclinic.com

COMMERCIAL

Goodwill for sale - Kent. Clinic established 5 years. Excellent local reputation. Central community location. Highly favourable terms of rent. No similar clinics within 5 miles. Air-conditioned room. Ensuite WC/shower room. Full disabled access. Includes plinth, storage facilities and website. Emigration forces sale. Contact Simon Kemp: simon-kemp@hotmail.com / 01622 858030

North Kent practice for sale. Goodwill, website, equipment and office furniture etc. Town centre location. Income derived from osteopathy fees and rents from practitioners of other therapies. Established 16 years. Current owner has re-located to Yorkshire. Freehold or lease of the clinic building by separate negotiation (same owner). Please contact Diana Pitt at: osteopitt@aol.com.

COURSES

Buteyko for osteopaths. Two-day course and follow-up study to equip you to teach Buteyko breathing technique to adults. Led by specialist respiratory physiotherapist Catherine Moffat. Accredited by Buteyko Breathing Association, 19-20 April, Waltham Abbey, Essex. Information at: www.teachingbuteyko.co.uk or email: kg@teachingbuteyko.co.uk

Classifieds:

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

Donna Booker
The Wealden Group
Cowden Close
Horns Road, Hawkhurst
Kent TN18 4QT
tel: 01580 753 322
fax: 01580 754 104
email: osteopath@wealdenad.co.uk

Box number replies:

£7.50 + VAT per box number per issue. Please contact Donna Booker on the above details.

The publishers reserve the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity.

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Marketplace display advertisement rates:

	Mono or 2 colour	Full colour
Inside		
back cover	N/A	£370
Full page	£285	£340
1/2 page	£230	£250
1/4 page	£165	£190
1/8 page	£110	£120

Advertising sales contact:

The Advertisement Manager
The Wealden Group
Cowden Close
Horns Road
Hawkhurst
Kent TN18 4QT

tel: 01580 753 322
fax: 01580 754 104
email: osteopath@wealdenad.co.uk



Diploma in Paediatric Osteopathy (DPO) 2013 Intake



Applications are being accepted for The Foundation for Paediatric Osteopathy's Diploma programme. The course provides an opportunity to work with leading practitioners in the field of paediatric osteopathy in a unique clinical environment.

This two-year course is designed to provide the necessary experiences, knowledge and skills to manage a wide variety of paediatric clinical presentations. Working within the Osteopathic Centre for Children will expose students to a diverse group of patients with conditions, from commonly presenting colicky babies to obscure genetic syndromes, as parents seek help from a clinic which is recognised internationally by families for its expertise in this field. The clinical work also includes the opportunity to treat very sick and premature infants in a hospital neonatal intensive care unit. Tutorials and seminars support clinical teaching.

At the end of this course, the Foundation expects that every DPO graduate will be both confident and competent to treat and manage the full range of paediatric presentations.

A prospectus and details of the application process are online at www.occ.uk.com.

Closing date : 24th June, 2013.



Registered charity number 1003934



CPDO

2013

Dates	Title	Lecturer	Cost	Deposit	CPD hrs
Weekend courses 10.00-17.00					
2 March	Acupuncture in management of tension headaches and migraine	Jennie Longbottom	£135	£135	7
16-17 March	Integrated neuromuscular management of myofascial pain (Trigger points)	Leon Chaitow	£265	£150	14
20 April	Yoga for management of back pain	Anna Semlyen	£125	£125	7
20-21 April	Contemporary Acupuncture in Women's Health	Jennie Longbottom	£255	£150	14
1-2 June	Foundation cranial course I	Joanna Crill Dawson	£235	£150	14
1-2 June	Therapeutic stretching: towards a functional approach	Prof. Eyal Lederman	£235	£150	14
15 June	The lower quadrant: integration of acupuncture within physical therapy management	Jennie Longbottom	£135	£135	7
4-6 Sept	Advanced thorax and abdomen	Jean Pierre Barral	Fully booked		
21 Sept	Managing shoulder conditions using a process approach	Prof. Eyal Lederman	£125	£125	7
21-22 Sept, 28-29 Sept, 9-10 Nov	Foundation course in dry needling (3 weekend certificate course)	Jennie Longbottom	£665	£350	42
5-6 Oct	Basic visceral: the thorax	Joanna Crill Dawson	£235	£150	14
5-6 Oct	Positional release techniques in management of cervical, thoracic & pelvic pain & dysfunction	Leon Chaitow	£265	£150	14
1-2-3 Nov	Harmonic technique	Prof. Eyal Lederman	£385	£200	21
Evening courses and workshops 18.30-20.30					
18 April	How to treat: Frozen shoulder	Prof. Eyal Lederman	£35	-	2
13 June	How to treat: Tennis elbow	Prof. Eyal Lederman	£35	-	2
4 Oct	Working with scoliosis from a fascia-oriented perspective	Dr. Robert Schleip	£55	-	2



Therapeutic stretching: towards a functional approach

Prof. Eyal Lederman

Clinical stretching has limited contribution to recovery of movement range in many musculoskeletal conditions - Immediate: 3°, short-term: 1°, long-term: 0°
(Cochrane Database, CD007455)

Find out why and how it can be resolved

Functional stretching is a new osteopathic clinical approach that focuses on active restoration of movement range, using task-specific, functional movement patterns. This approach is useful for recovering movement losses due to post-injury changes, immobilisation, surgery, frozen shoulder and central nervous system damage.

Functional stretching has been developed over 10 years. It is informed by research in areas of tissue adaptation, motor control and cognitive-behavioural sciences.

Outcome of course:

- Understanding the biomechanical, biological, neurological and psychological-behavioural processes associated with loss of movement range
- Understanding the processes associated with long-term length adaptation and recovery of movement range
- Ability to identify the indications for therapeutic stretching
- Ability to identify the stretching techniques that are most suitable for your patients' condition
- Understanding the differences between therapeutic and recreational stretching
- Review of various stretching approaches
- Learning new functional stretching techniques to optimise therapeutic outcome in various musculoskeletal conditions

1-2 June 13, 14 hr CPD / For more information and booking see www.cpdo.net

Venue:

**Whittington Education Centre, Whittington Hospital,
Gordon Close off Highgate Hill, London N19***

For more information, updates and booking: www.cpdo.net

CPDO Ltd. 15 Harberton Road, London N19 3JS, UK / 0044 (0) 207 263 8551 / e-mail: cpd@cpdo.net
50% discount available to **students** on most courses (see www.cpdo.net for further details)

*(Except for Barral's courses which are held at the Skylight Centre, 49 Corsica Street, London N5 1JT)



THE BRITISH SCHOOL OF OSTEOPATHY

Continuing Professional Development

For the full course list visit: www.bso.ac.uk/cpd or book online at www.bit.ly/bso_cpd

Running a Successful Practice Conference



This conference will be delivered as part of the MSc Osteopathy programme and will help students translate the theory into solutions to the risks and problems in their own businesses. Speakers include Professor Bob Hayman, Professor of Health Care Risk Management and Julia Foster Turner, Senior Lecturer in Leadership and Management for the MSc Management in Health and Social Care. Topics covered throughout

the day will include; strategic planning for small businesses, inter-professional collaboration and clinical governance.

More speakers to be announced.

Saturday 23 February

Conference fee: £110

CPD: 7 hours

Emergency First Aid for Osteopaths

This course offers the minimum level of first aid certification recommended by the Health and Safety Executive. As a clinician it is expected that you would know what to do in a medical emergency. With evidence continuing to show how quickly First Aid skills deteriorate, you should be aware of the medical, legal and professional implications of getting it wrong.

It is a common complaint that traditional first aid training does not address the needs of the healthcare professional: this course encourages delegates to re-evaluate their emergent skills and knowledge and discuss their own experiences and concerns amongst their peers, based on actual scenarios and case studies.



Saturday 18 May

Course fee: £125 CPD: 7 hours

Ergonomics for Manual Therapists



Our ergonomics course is accredited by the Institute of Ergonomics and Human Factors, and is a very popular course that books up early. The course links the related disciplines of ergonomics and osteopathy, covering an introduction to ergonomics as well as applications relevant to osteopaths.

Attendees leave with the ability to evaluate and train patients in relation to computer workstations and manual handling back in their practices. The aim is to provide knowledge and skills to give support to patients with injuries or problems related to their workplace environment.

Saturday 1 June

Course fee: £125 CPD: 7 hours

Obstetrics and Osteopathy

Dr Stephen Sandler is the leading osteopath working in the obstetric field. In this course he brings together years of practical experience with his doctoral research into physiological changes in pregnancy, and ways that these can be supported.

The course introduces participants to the changes in maternal physiology during pregnancy, and the potential to use these changes to better effect in osteopathic practice. The ventilatory and cardiovascular systems are examined, and practical sessions used to develop techniques and treatments for the ribs, diaphragm and mediastinum, and associated muscles of respiration.

Please note; this course is designed for qualified osteopaths, who must be registered with the GOsC.

Saturday & Sunday 6 & 7 July

Course fee: £250 CPD: 14 hours



Contact

To register your interest or for further information on any of the CPD courses, please contact:

Katie Elford on 020 7089 5352 or cpd@bso.ac.uk.

Courses Coming Up

Sat 23 February

Business Conference

Sat 23 March

Paediatrics Part 1 **NEW DATE!**

Ergonomics

Lumbar Sacral Junction

Sun 24 March

Paediatrics Part 2 **NEW DATE!**

Sat & Sun 6 & 7 July

Obstetrics and Osteopathy

Sat 20 April

Education Conference

Sat 18 May

First Aid

Business Conference

Sat & Sun 18 & 19 May

Visceral Osteopathy

Sat 1 June

Adv Spinal Manipulation

Ergonomics

Sat & Sun 1 & 2 June

Paediatrics 1 & 2

Sat & Sun 6 & 7 July

Obstetrics and Osteopathy

Discounts

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

Mailing List

To keep up to date with the latest CPD courses and special offers, sign up to our mailing list :

bit.ly/BSO_mail

or like us on Facebook:

www.facebook.com/TheBSO

The BSO also offers room hire. Whether you need a board room for your meeting, a lecture room for your talk or a technique room for a course, the BSO can help. Call 020 7089 5352 or visit: www.bso.ac.uk/about-the-bso/room-hire-rates-and-information/



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Courses

For more information visit: www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/

MSc Osteopathy *Achieving the next level*



This flexible programme is designed to develop your professional capability in clinical practice, education and research. It gives you the opportunity to develop and critically apply your knowledge and skills in the areas of business, practice management and professional leadership.

The course is structured to allow you to complete specific units of learning as CPD or undertake the full course of

study.

Each module will run one Saturday a month over four months, which will utilise a variety of teaching approaches including lectures, seminars and practical workshops, supported by assignments.

Start date: September 2013
Course Leader: Shireen Ismail
Duration: 3 years (2 units per year)
Course fee: £1,100 per 30 credit unit

Post Graduate Certificate in Academic and Clinical Education

This unique programme is designed to equip you with the knowledge and skills to effectively support students in classroom and clinic-based settings.

The two modules; Education for Academic Teaching and, Education for Clinical Supervision and Teaching Technical Skills have a strong clinical and practical skill focus.

Each module involves a four-day course of lectures, seminars and practical workshops which are supported by assignments.



Start date: September 2013
Course Leader: Dr Jorge Esteves
Course fee: £2,200

Professional Doctorate in Osteopathy *A new level of osteopathic scholarship*



This programme, the first of its kind, blends teaching and self-motivated investigation that will allow you to make use of a range of specialists who are experts in a variety of disciplines.

You will be introduced to highly relevant, but not normally associated, subjects and will have the opportunity to work at the cutting edge of osteopathic theory and practice. The emphasis will be not just on understanding a theoretical body of knowledge, but on the nature of practice itself.

The course gives you the opportunity to investigate some of the key challenges facing the osteopathic profession today and develop the skills and knowledge to pursue the best interpretation, enhancing osteopathy's body of knowledge and skill.



Start date: September 2013
Course Leader: Professor Stephen Tyreman
Course fee: £3,900

To register your interest or for further information on any of the Postgraduate courses, please contact:

Shanaz Rahman on 020 7089 5357 or s.rahman@bso.ac.uk

Or visit our website:

<http://www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/>

Foundation in Osteopathy in the Cranial Field

Is Cranial osteopathy right for you? Host a two day course in your area.
Dates and location by arrangement
CPD 14 hours | non-residential £275

MODULE 1

Rule of the Artery

13-15 April 2013

Exploring the interface between the heart, primary respiratory and the autonomic nervous system.

Guest Speakers from Australia: Anthony Noori DO and Michael Solano DO
CPD 24 hours | Stroud | residential £820

Osteopathy in the Cranial Field

22-26 April 2013

MODULE 2/3

This course presents and clinically integrates the Five Phenomena of Sutherland's 'Cranial Osteopathy' hypothesis. Aspects of diagnosis and treatment are explored so that you leave the course with a solid grounding of how to apply the principles in your osteopathic practice.

'High quality teaching and very relevant to practice.'

Course Director: David Douglas Mort DO BA PGDip CRO MSCC

CPD 40 hours | Leeds | residential £1430 | non-residential available



Balance Ligamentous Tension Approach to the Whole Body

23-27 May 2013

MODULE 4

Using the principle of Balanced Ligamentous Tension, this course offers a safe and precise method of realigning any joint in the body. This is an Ideal course for helping to integrate Sutherland's approach into a structural practice.

'Lots of techniques, Fantastic relation back to the anatomy – actually made me want to get the books out!'

Course Director: Susan Turner MA PGCE DO MSCC CPD 32 hours | Stroud | residential £1195

Discovering Health within Trauma

21-23 June 2013

Develop practical skills to integrate the physical, emotional and psychological impact of trauma.

Course Director: Michael Harris DO MSCC CPD 24 hours | Stroud | residential £795

NEW ONE DAY COURSES

The Other Temporal Factor

Places limited so book now!

23 March 2013

'Including time as the 4th dimension in our 3D treatments leads to even greater tissues response.'

Course Director: Tim Marris DO MSCC CPD 7 hours | London | £185

Architecture of Balance

11 May 2013

Understanding the 'Architecture' of balance is a core principal for osteopaths and patients that can help us in our understanding and treatment 'Integrative Balance'.

Course Director: Kilian Draeger DO MD PhD MSCC CPD 7 hours | London | £179



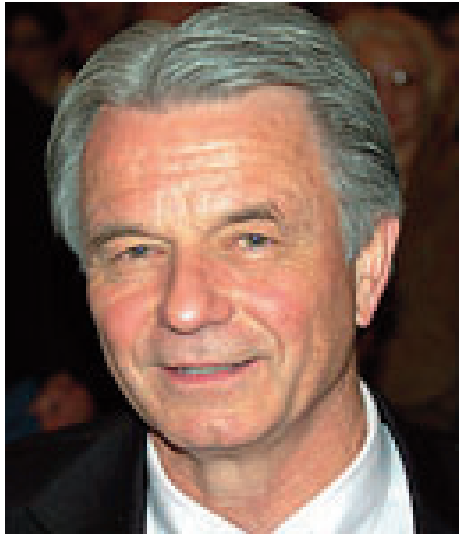
Looking for CPD that will truly enhance your practice?



An introduction to diagnostic musculoskeletal ultrasound for manual therapists

Presented by Lance Bird
Saturday 23rd February 2013
£80 (inclusive of buffet lunch and refreshments)

This one-day course will explore the increasingly popular and accessible imaging modality of Musculoskeletal (MSK) Ultrasound and its relevance to osteopathy and other manual therapies. Real case examples will be shown to demonstrate the capacities and limitations of ultrasound imaging.

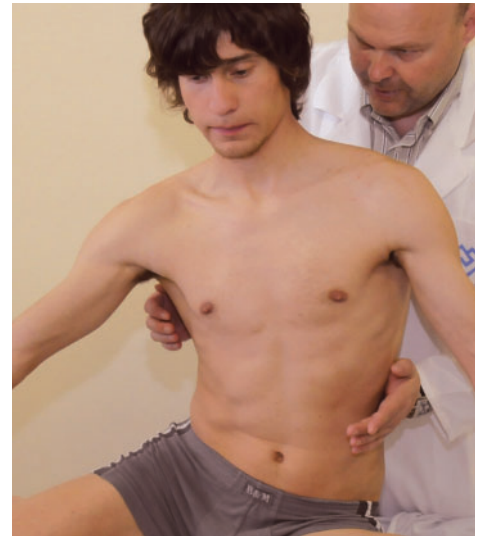


Professor Frank Willard presents: Male and Female Pelvic Pain

Saturday 2nd to Sunday 3rd
March 2013
£300 (inclusive of lunch and refreshments)

Full course details will be available shortly.

Professor Willard's postgraduate seminars are always extremely popular so please book early to avoid disappointment.



Dynamic Neuromuscular Stabilization: Course C

Thursday 11th to Sunday 14th
April 2013
£650 (inclusive of lunch and refreshments)

Dynamic Neuromuscular Stabilization is an innovative and increasingly popular approach to restoring functional stability and feedback from previous courses has been extremely positive. Delegates must have completed DNS Course A and B in order to attend. Price includes the Prague Rehabilitation School registration fee.

The path to quality training

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

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



Rollin E Becker Institute

Inspiration in practice

Body Course

Date: 23rd and 24th March 2013 Venue: BSO, London
CPD: 12 hours
Cost: £270

This 2-day, largely practical course is aimed at developing the OCF practitioner's clinical skills beyond the cranio-sacral axis and extending treatment to the whole of the musculo-skeletal system including the thorax and pelvis, using the OCF approach.

It is designed to follow on and expand upon the 5 and 6-day courses and will revisit OCF principles of diagnosis and treatment, appraise compression and patterns of dysfunction within the body tissues and expand upon the principles of balanced membranous tension, ligamentous tension and fascial tension in a more contemporary way by considering recent physiological hypotheses.

This course is available to all participants that have completed at least one 40 hour OCF, SCTF-approved course.

Later in 2013:

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

27th April 2013 Ear, Nose and Throat

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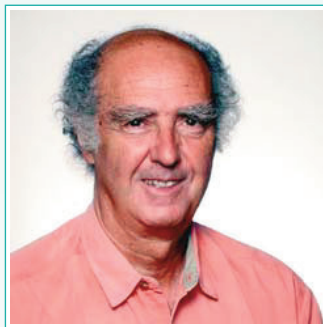


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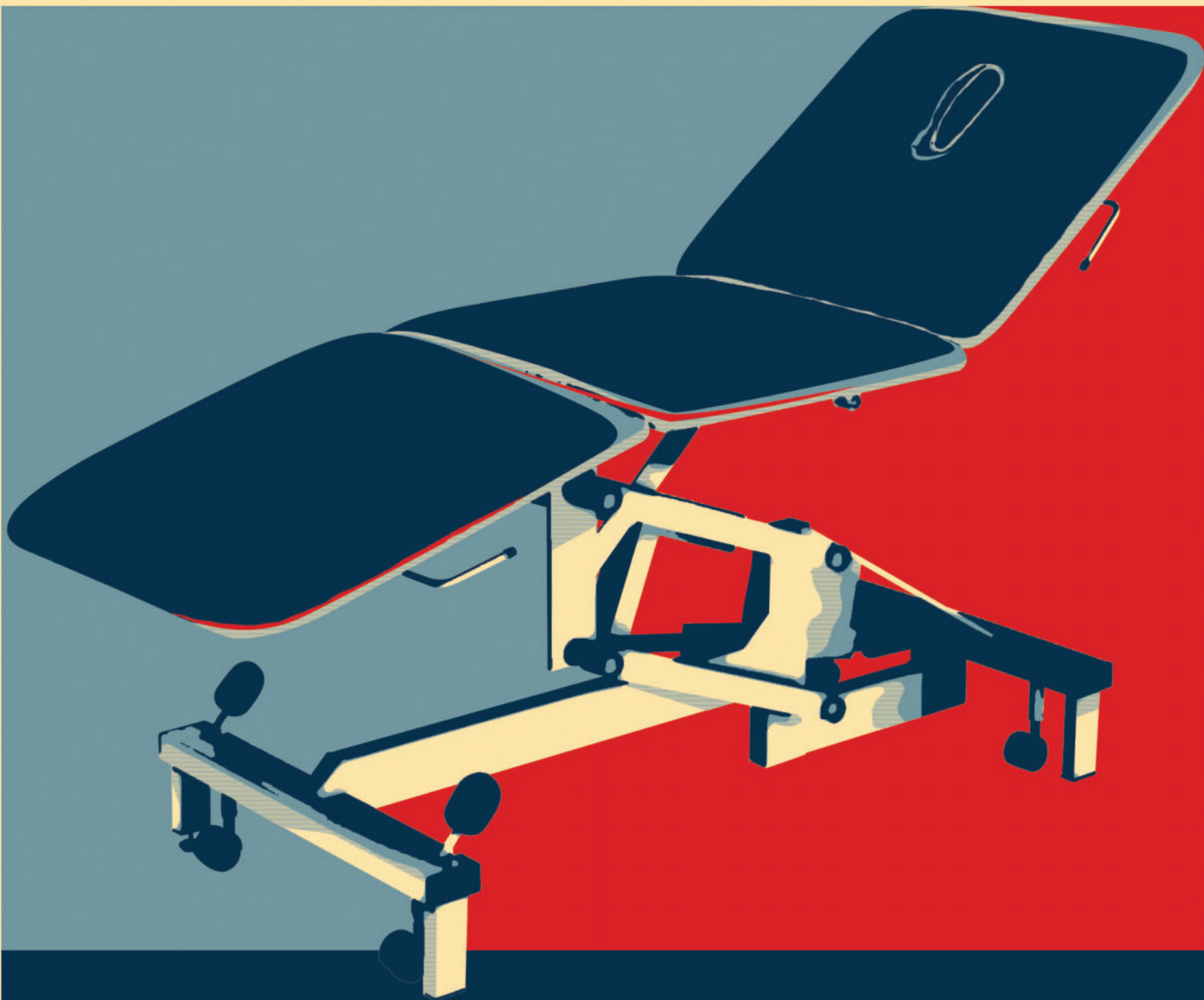
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