

THE SYSTEMIC OSTEOPATHY TECHNIQUE COURSE – BREATHING LIFE BACK INTO OSTEOPATHY!

Caroline Stone.

Hybrid theory and practical (online pre learning, with practical in person sessions).

New: Add a clinical observations / experience block to get insights into a range of systemic and visceral presentations and their potential osteopathic management! Very limited places! Held at Core Clapton, London. Separate fee of £500 for 4 days of observation – please enquire for details).

Queries to osteobitesize@gmail.com

£600 per block, if paid separately or £1500 if paid all together.

Payment dates: paying in full – payment is due by 1 September.

Paying separately:

Weekend one is due by 1 September 2022, weekend two is due 1 January, 2023, and weekend 3 is due 1 May 2023.

3 LINKED WEEKENDS

3 TECHNIQUE INTENSIVE BLOCKS, EACH OF 3 DAYS (18 hours of teaching time per block).

EACH WEEKEND PRACTICAL BLOCK COMES WITH A DETAILED PRE-COURSE E-LEARNING PROGRAMME COVERING LOTS OF THEORY, ANATOMY, EVIDENCE, OSTEOPATHIC HYPOTHESES AND CONCEPTS.

The days are all hands-on, and all the 'lecturing' is done in the pre-course material, so you will need to review it before coming each time, to ensure you are up to speed!

A video technique library will be available for post-course learning.

All eLearning is released in 3 blocks, one month before each practical weekend block. It will remain available for 12 months after the course ends in July 2023. Technique videos will become available after the practical course dates, and also remain available for 1 year after July 2023.

Dates: 2-3-4 DECEMBER 2022; 28-29-30 APRIL 2023; 14-15-16 JULY 2023.

Costs:

If bought separately, £600 per weekend block, and includes 20 hours of supportive eLearning content per block (60 hours in total). If bought together full price is £500.

Venue: London School of Osteopathy, 202 CAMBRIDGE HEATH ROAD, LONDON E2 9LJ.

To book: visit osteobitesize.com/

PRACTICAL BLOCK ONE (INC TUTORIAL THREE) 2-3-4 DECEMBER 2022

THEME: FLUIDS, FASCIA, FINDING HEALTH – EXPLORING VASCULAR, LYMPHATIC, SEROUS AND INTERSTITIAL FLUIDS, CHANNELS AND CONNECTIONS. INCLUDES APPROACHES TO EVALUATING VISCOSITY, 4TH STATES AND FLOW / CHARGED DYNAMICS. HOW OSTEOPATHIC CONCEPTS RELATE TO FLUID DYNAMICS.

You will explore:

- Feeling arteries and veins and working through their dynamics
- Examining the lymphatic system and considering Biotensegrity, and how to use fascial and somatic mobility and tissue testing to explore interstitial space.
- You will experience working with various serous interfaces, including the peritoneal layers, pleural layers and the spinal fluid systems.
- Useful whole body and local osteopathic diagnostic and examination concepts relevant to exploring the fluid dynamics in the tissues.
- Spinal column circulation

You elearning will give you:

- Anatomical insights into ways to explore fluid systems
- How the fluid system works
- Concepts of microcirculation, interstitial dynamics, pericytes, glymphatics and other interesting dynamics, such as interstitial flow along meridians.
- Understanding in more depth the 'rule of the artery'
- You will explore the 4th phase of water, charge ion theories for fluid flow
- viscosity and physiology of fluid dynamics
- a brief insight into vasomotion, which will be further explored in stage two of the programme and covered in the second practical block.
- It will also include cellular respiration and metabolism, biotensegrity concepts and how the heart works
- THE HEART IS NOT A PUMP IS A KEY CONCEPT YOU WILL LEARN.
- YOU WILL NOT NEED AWARENESS OF THE IVM TO FOLLOW THIS COURSE, but the course will illustrate where the IVM might come from and what fluids have to do with it (and these concepts will be further elaborated in the second stage of the elearning).
- Osteopathic philosophy and concepts relating to whole body fluid dynamics
- Introducing work with immune systems such as nodes and spleen, mesenteries and global skins / lymph
- Introducing working with coelomic interfaces – the peritoneal / abdominal sliding surface and the basics of pleural / pericardial mediastinal slide.
- Evidence informed approaches

THEME: PRACTICAL BLOCK TWO 28-29-30 APRIL 2023

THE AUTONOMICS AND THE ENDOCRINE IMMUNE SYSTEMS, BREATHING AND METABOLIC STRESS / INFLAMMATION. BODY MAPPING TECHNIQUES, FOCUSING, VAGAL AND AUTONOMIC TONE, AROUSAL AND STRESS / TRAUMA TECHNIQUES. EVALUATING OSTEOPATHIC LESIONS AND

EXPLORING COMMUNICATION BARRIERS TO HEALTH. OSTEOPATHIC CONCEPTS RELATING TO NEUROPHYSIOLOGY AND ADAPTIVE DYNAMICS IN THE WHOLE PERSON. INTRODUCES THE RESPIRATORY AND CRANIOFACIAL SYSTEM

You will explore:

- Evaluation of the nervous system by tissue exploration rather than traditional clinical methods tests – somatic patterns, reflex dynamics, balance and vision
- Considering trauma, defensiveness, protection and emotional dynamics in tissues
- Looking at body mapping, focusing techniques, identifying boundaries and exploring 'consent' by tissue responsiveness
- Exploring safe zones in tissues, tissue work arounds, identifying when local and global listening is fooling you!
- Palpation of autonomic plexi, tracking vasomotion dynamics eg dermatome, sclerotome, myotome and viscerotome.
- Exploration of vagal tone and pathways
- Consideration of the respiratory systems, diaphragms, and the craniofacial stomatognathic system
- Working with eent and continuing work with immune systems such as nodes and spleen, mesenteries and global skins / lymph
- Considering abdominal work for the microbiome and GUT mucosa

Your elearning will give you:

- Insights into visceral pain
- Pain behaviours
- Viscero-somatic and somato-visceral reflexes
- Trigeminal and vagal reflexes
- Social engagement and other movement, learning and behaviour networks theories
- Microbiome and neural integration discussions
- Anatomy and function of the stomatognathic and cranial systems
- Introduction to visceral and peritoneal / pleural / pericardial anatomy
- Anatomy and function discussions for the lymphatic and endocrine immune systems
- Evidence informed approaches

PRACTICAL BLOCK THREE (INC TUTORIAL EIGHT) 14-15-16 JULY 2023

PHYSIOLOGICAL VISCERAL CONCEPTS – DETAILED ABDOMINAL AND PELVIC OVERVIEW. INCLUDES 3D ORGAN CONTACTS, SOMATOVISCERAL CONNECTIONS AND 'MANUAL ULTRASOUND' ORGAN TESTING, PHYSIOLOGICAL ORGAN DYNAMIC EXPLORATION. 3 DIMENSIONAL AND INTEGRATIVE CLINICAL EVALUATION WILL BE INCLUDED.

You will explore:

- Functional gastro-intestinal organ problems and presentations
- Adhesions and abdominal wall pains

- Global urogenital function and pelvic functions and chronic pelvic pain, using external / perineal contacts.
- Global pelvic concepts and introducing pudendal neuralgia and coccydynia
- Basics of male pelvic pain and urogenital presentations such as hernia, prostate, testicular pain, bladder function
- Irritable bladder, basics of organ prolapse in females, global concepts of organ support.
- Rectal function and constipation, IBS and rectal dyssynergia, in both sexes.
- Somatovisceral integration in a tensegrity model

Your elearning will give you:

- Detailed visceral anatomy and physiology in the abdomen and pelvis relevant to a range of conditions
- Discussions of the application of osteopathy across a range of visceral, systemic and functional conditions
- Discussions regarding adhesion formation and further discussion of inflammatory processes in the body and its systems, and their management
- Somatovisceral integration in a 'pressure system's and 'fluidic hydrostatic' tensegrity model
- General functional visceral dynamics where a range of somatic and intra-visceral smooth muscle dynamics may be relevant
- Physiology of smooth muscle
- Discussions of scope, risk, benefit
- Communication and consenting issues
- Evidence informed approaches