

Considering the future?

How can we not “Dig-on”?

Alice Williams; lecturer, & Robert Cartwright; vice chairman, of the Institute of Classical Osteopathy

In these uncertain times, now more than ever, we need to ensure that our fundamental osteopathic thought processes are taught and embedded in osteopathic practice.

Advances have been made in conventional medical care since the inception of Osteopathic medicine. The impact of antibiotics and modern surgical procedures has been lifesaving and life-changing. Modern miracles like cataract operations and hip replacements are now routine. Physiological processes much better understood. Yet conventional medical approaches do, in the main, take a pathogenic approach; a pill for an ill. Osteopathy was envisaged as an alternative to this way of looking.

As osteopaths we seek to understand how come the individual in front of us is struggling. Whatever symptoms reported, whatever signs observed, the osteopath has the anatomical and physiological knowledge to understand how these symptoms have come about. This understanding, may allow the osteopath the rational justification required to help the patient to find their way back to health. For the osteopath, this fascinating natural understanding of life is what first drew them into our discipline. For the patient, wanting responsibility for their own health, osteopathy is a fantastic alternative to pills.

As a patient, where possible, which would you prefer? To learn how to live your life with ease? Or the life sentence of a drug dependant existence?

The way forward is to be proud of our history, our alternative philosophy, and our clinical results; and to take osteopathic medicine forward into the 21st century. Our history is rich with characters who used the osteopathic philosophy in their general clinical practices and documented the effects they observed. True pioneers and naturalists, they explored the scope of the body's capabilities and explored what an osteopathic treatment can therefore achieve. Subsequent scientific discoveries give us further insights, which we can now also incorporate into our osteopathic medicine.

We need to communicate the work that we do. Our patients need to know we provide this alternative. We need to make ourselves not quite so difficult to find for those who are suffering. We are often the last port of call for those seeking answers, stumbled upon by chance, when the patient has found that no-one else can help.

At this turning point in history, where the morbid load on society is so painfully brought into focus by the advent of novel viruses and antibiotic resistant bacteria, our osteopathic principles and our holistic, individual, health-based approach is needed. Especially as, according to the iO, this is what our patients like and want from us. Our patients need us as educators and facilitators of bespoke health and hopeful futures. Not as a footnote in history.

We need not adopt a conventional medical view to stand alongside the medics. Our alternative has its own place. Just as medicine has theirs. Working to create health would help alleviate the allostatic load on society. Aware of the potential there is for osteopathy to move people towards health we can work together towards this end. Awareness of our potential and scope arises from knowing our history, seeking that understanding of our patients and noticing the ways in which we improve the health of these patients.

Here at the Institute of Classical Osteopathy, we have re-invented how we teach classical osteopathy. In our new diploma course: we take the time in class to explore the principles, scope and rationale of classical osteopathic medicine; we include plenty of practical guidance and refinement of hands on skills; and we provide mentored application in clinical practice for the developing osteopath. We have found osteopathy to be a fascinating, lifelong journey; we hope that you will too.

I also wrote this for Sian for replying to new enquiries.....

Thank you for your interest in the foundation course.

We will be starting our new Diploma course in February 2021 in the UK and I will be sure to add you to our rapidly growing class list.

Our new and redesigned Diploma in Classical Osteopathy will have a new and updated format.

It will be a course set over two years incorporating all 3 of our previous flagship courses: Foundation, Applied and Advanced.

In our new Diploma course: we will take the time in class to explore the principles, scope and rationale of classical osteopathic medicine; we will include plenty of practical guidance and refinement of hands on skills; and we will provide personal mentored application in clinical practice for the developing osteopath. We will be incorporating both valuable in-classroom time and online course elements. There will be both core curriculum lectures and inspirational guest speakers.

Here at the ICO our mission is to nurture development of classical osteopaths. We aim to provide an ongoing pathway for personal and professional development. Our Diploma course is the entry level to membership of the Institute of Classical Osteopathy and our growing international community of classical osteopaths. We seek to explore the scope, principles and rationale of classical osteopathic treatment. We have found osteopathy to be a fascinating, lifelong journey; we hope that you will too.

We are currently finalising the details of our new Diploma in Classical Osteopathy, so we will be back in contact soon, with dates, price, outline curriculum and schedule.

Our new Diploma Course in the UK will start in February 2021.

This new and redesigned Diploma Course in Classical Osteopathy will have an updated format. The course is designed over a two years period incorporating all 3 of our previous flagship courses: Foundation, Applied and Advanced.

However, given the recent events we have updated its delivery, restructure the program and introduce new lectures. So, will take the time in the classroom to explore the principles, scope and rationale of Classical Osteopathic Medicine; we will include plenty of practical guidance and refinement of hands on skills. During the last six months we have been working in a new personal mentored application in clinical practice. Students will have a personal online tutoring with several practice visit in order to develop you as a competent Classical Osteopath.

We are going to incorporate both valuable in classroom time and online course elements. There will be both core curriculum lectures and inspirational guest speakers.

Here at the ICO our mission is to nurture development of classical osteopaths. We aim to provide an ongoing pathway for personal and professional development. Our Diploma course is the entry level to membership of the Institute of Classical Osteopathy and our growing international community of classical osteopaths. We seek to explore the scope, principles and rationale of classical osteopathic treatment. We have found osteopathy to be a fascinating, lifelong journey; we hope that you will too. You can explore through our YOUTUBE channel webinars and lectures that will make you understand better the philosophy of the ICO.

At the moment we are working on details of the new Diploma in Classical Osteopathy and we will update information regularly. In the meantime, make sure you sign in to our rapidly growing class list and fill up our APPLICATION FORM