

2022 | 2023

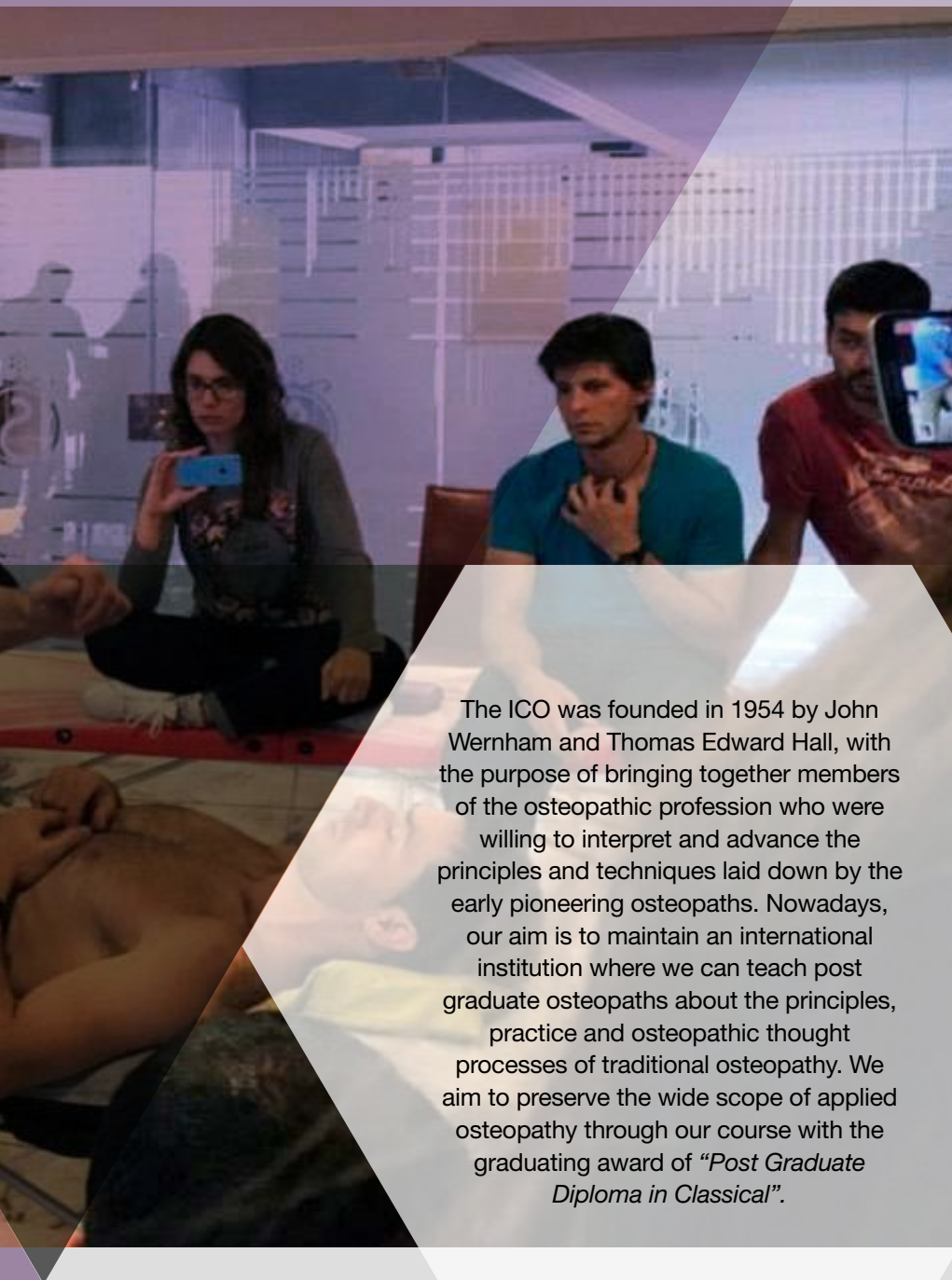
*Postgraduate Diploma  
in Classical Osteopathy*



THE INSTITUTE OF CLASSICAL OSTEOPATHY

# The Institute of Classical Osteopathy (ICO)





The ICO was founded in 1954 by John Wernham and Thomas Edward Hall, with the purpose of bringing together members of the osteopathic profession who were willing to interpret and advance the principles and techniques laid down by the early pioneering osteopaths. Nowadays, our aim is to maintain an international institution where we can teach post graduate osteopaths about the principles, practice and osteopathic thought processes of traditional osteopathy. We aim to preserve the wide scope of applied osteopathy through our course with the graduating award of *"Post Graduate Diploma in Classical"*.

# Why is the PGDCO for you?

## **This Postgraduate Diploma Course is for Osteopaths who:**

- Feel they have something missing or have noticed either during their undergraduate training or since graduating that the osteopathy that they were taught, is not the osteopathy they expected it to be.
- Want to enrich, advance or progress their osteopathy.
- Want to be immersed in a deeper understanding of the “wholeness” of the human organism, the inseparable relationship between structure and function and how the anatomical arrangement relates to the physiological behavior.
- Want to learn about the innate intelligence of the organism and self healing mechanism and how we, as osteopaths, can help patients encourage these processes.





# Why study with the ICO?

Classical Osteopathy encompasses a whole philosophy of health and disease and, as such, requires continuous thought, study, application and research in order to reach the standards of practice of our osteopathic predecessors and assist a wide range of patients.

## Why do qualified osteopaths come and study with us?

- *“My training didn’t teach me what I thought it would and what I think I need to be an effective osteopath.”*
- *“I felt after a number of years practicing that the osteopathy I had learnt didn’t correlate with the osteopathy I wanted to be able to do.”*
- *“What I had learnt, didn’t make sense, it was inconsistent with the principles which meant I didn’t know what to do in the clinical setting.”*
- *“After a long period of self-reflection, I felt there was something missing from my education.”*
- *“After going to a presentation by classical osteopaths about classical osteopathy, I wanted to learn more about classical osteopathy and be a classical osteopath.”*
- *“After being in practice for a number of years and completing CPD courses in most other techniques, I found that they made little difference to the outcome for my patients, I met a colleague and they explained to me that it wasn’t just the technique that was important but the more so the osteopathic thinking and reasoning behind it.”*
- *“I attended a conference in London in 2005 and it opened my eyes to the osteopathy I experienced as a patient and it differed to the osteopathy I was being taught at the BSO.”*

A photograph of a chiropractor in a white shirt performing a manual adjustment on a male patient lying on a massage table. The patient is wearing a blue shirt and shorts. The scene is set in a room with wooden walls. The image is overlaid with a large, dark, semi-transparent geometric shape (a triangle and a rectangle) that frames the text.

# The PGDCO

The **PGDCO** is divided in three stages to enable you to learn the principles and develop your technical ability step by step:

1. Foundation Stage
2. Applied Stage
3. Advanced Stage Students will have access to essential reading material and online

Students will have access to essential reading material and online resources before and throughout the course.

The seminars of the Foundation Stage are classroom based, supported by online webinars and tutorials between seminars.

The Applied Stage will be run through online tutorials. One tutor will connect each week with a small group of students. There will be practical case histories, techniques tuition via video, reviewing certain key areas of the course.

The Advanced Stage is designed to enable a deeper understanding of the concepts and more applied level of application and technical procedure. It will expand your understanding of etiology and pathophysiology as understood and practiced by the pioneers of the profession from which they treated all manner of ailments and disorders.

## Applicant criteria for the PGDCO:

Qualified UK or overseas osteopaths holding a recognized graduate osteopathic qualification in their country of origin.



# Aims and Objectives

The Diploma Course is perfect for anyone who would like to discover more about the scope of osteopathy and wishes to use osteopathy to its full potential by studying the legacy of the pioneers of the profession. Evaluate patient's presenting symptoms, generate a diagnosis from a Classical Osteopathic perspective and work applying Osteopathic Principles.

You will learn to appreciate the relationship of anatomy, physiology, mechanics, principles and the whole state of the patient, so as to improve your treatment outcomes.

**In the first part of the course** you will learn to recognize the palpatory quality of the tissues under your hands, begin to understand and apply the osteopathic principles, to observe and record the patient under the effect of gravity and treat through the use of Body Adjustment that can be applied directly in practice.








**The second part of the course** resolves your doubts about how to use your new skills in the day-to-day practice with your patients. It provides mentoring through advice and guidance so you can learn from experienced classical osteopaths and quickly achieve positive clinical outcomes.

**The third and final stage of the Diploma course** aims to build on and develop your understanding of key Classical Osteopathic concepts acquired in the earlier stages. At this level you will have gained valuable clinical experience and it is time to co-develop your learning pathway, with a greater depth of knowledge, enquiry, application and skill set. You will have the opportunity to continue to widen your scope and ability of practice, along with the confidence in your own ability. This stage is therefore designed to include several workshops that will cover different disease processes in detail, through the application of physiological and mechanical principles.

During the Diploma Course and between the seminars there will be webinars to embed, explore and expand on the topics covered in the classroom and motivational webinars to learn from our senior faculty members about some specific topics and their experiences.



## **To this end the PGDCO aims to:**

- Develop your understanding and application of the Osteopathic Principles, so that memorizing an osteopathic formula becomes unnecessary.
  - Help you to develop an understanding of the osteopathic concepts, their anatomical and physiological application, which will lead you to develop a broader clinical awareness and treatment strategies.
  - Nurture your steady growth towards the clinical application of everything you learn in the classroom taking you through a journey of discovery towards becoming a classical osteopath.
  - Help the novice osteopath to refine your skills, knowledge, confidence and scope of practice. Providing you with a treatment framework even with the most complex of patients.
  - Provide the more experienced osteopath with the tools and understanding to broaden your scope and approach to practice.
  - Enable you as a modern trained osteopath to explore the vast teachings of the early pioneer osteopaths who offered an alternative to the medical treatments of 120 years ago and to correlate that with modern day discoveries in biology.
- 



# Topics

# Content of the Diploma Course

## I - Osteopathic Principles

### *Contents:*

Health and disease, body unity, rule of the artery, self-healing, vasomotion, visceromotion, lymphatics, constitutional diagnosis, endocrine system, acute/chronic states, osteopathic lesion, cardiac system, respiratory systems, mechanical principles in Classical Osteopathy, neurological aspects of the body, visceral system, drainage and supply.

## II - Osteopathic Body Mechanics

### *Contents:*

Defining mechanical terms, centre of gravity line, lines of force, mechanical application, physiological movements in the spine, long lever, pelvic mechanics, regional spinal mechanics, pivots and key stones, development and behaviour of spinal arches, centres of oscillation.

## III - Applied Physiology

### *Contents:*

Head and Hilton's laws, osteopathic centres analysis, osteopathic lesion, central nervous systems, sympathetics/parasympathetics role in the body, applied vasomotor system, trophicity, deep and superficial circulation, splanchnics, cerebrospinal fluid, inhibition versus stimulation behaviour in the organism, physiological effect of adjustment.



## IV - Applied Anatomy

### *Contents:*

Anatomical description of the nervous system (peripheral to central), relevant anatomical description of the pelvis, lumbar-dorsal-cervical spine, the osteopathic lesion, centre of gravity line, centres of oscillation, lymphatics analysis.

## V - Applied Technique

### *Contents:*

Patient evaluation from standing to the treatment table, body adjustment, rhythm, touch, oscillation, integration, coordination, local treatment versus global treatment, adaptation, why/when/how to perform interventions, stimulation, inhibition, length of treatment, regional practical application of adjustments, approach to acute and chronic cases, articulation, areas of ease, direct/indirect work.



## Last but not least:

The content of each seminar is designed to provide a gradual growth into the subject of Classical Osteopathy. Our years of experience delivering this course have shown that the best way for the student to reach the final level required by the ICO involves a step by step approach to the theoretical and practical application of the course contents.

You are advised to review and reflect on the subjects covered after each seminar. There will be revision webinars to clarify and integrate some of the concepts covered in the lecture room.

Students are expected to act as models during practical sessions, and are advised to take regular osteopathic treatments with either our ICO tutors or ICO Members as part of the personal learning process.

The Diploma will include different assessments such as presentations assignments, self-reflective areas and practical viva.





# Classical Osteopathy

# What is Classical Osteopathy?

Classical osteopathy offers a traditional view to modern day osteopathy; it is based on adjustment and integration of anatomy that enables physiological changes and movement towards health.

Classical Osteopathy values the early works of A.T. Still, J.M. Littlejohn, C.P. McConnell, Luisa Burns, Irvin Korr, who documented their pioneering osteopathic practice. They perceived Osteopathy as a revolutionary complete system of healthcare. We study their early research and practice taking into account the value of contemporary research and advances in medical knowledge

Classical Osteopathy has developed as an Art form as well as a Science, enhanced by a Philosophy that helps us to understand the organism, its workings and compensations.







# Our Team

# Diego Gómez Etayo | Chairman of the ICO



"I am glad to present this Postgraduate Diploma in Classical Osteopathy. This is the work of years of experience and dedication of our faculty team.

We have decided to bring together each section of the previous course into one single Diploma Course. Embedding the Course in this new format is the best way for our students to fully integrate each stage and create strong foundations for their future practice.

Even though we believe that Osteopaths are meant to be trained hands-on in the classroom. We have found that with the advance in modern technology we can effectively engage with our students for the informative and discussion sections online, reducing our carbon footprint and undue stress of travel.

I am glad to work with a great faculty team that without a doubt will lead you through this learning process in Classical Osteopathy.

I hope to see you all soon and share our passion for Osteopathy."  
Diego

## Our Faculty:

Mervyn Waldman  
Chris Campbell  
Diego Gomez  
Robert Cartwright  
Christopher Batten  
Alice Williams  
Ben Adams  
Henry Lee  
Sian Almandras

Miriam Elkan  
Simon Brocard  
Hendrik Vlek  
Sarah Wheeler  
Tim Sparrow  
Dr Todd Bezilla  
Sandy Antunes  
Paul Mazzucco  
Andy Cotton

Mark Robson  
Marika Jevbratt  
Amanda Moore  
Pindy Cummings  
Rafael Cabrera  
Vanisha Kumar  
Mun Mah-Wing  
Felix Cañal

A photograph of a person lying on their back on a massage table in a clinical or therapy room. A therapist is performing a massage on their abdomen. The room has a window with a view of a blue roof, a fan, and a small table. The image is overlaid with a large, semi-transparent purple diamond shape.

Applying

## Dates:

Email **icofrontdesk@gmail.com** for all the information with dates and locations to our courses either in the UK or abroad.

- > **Dates: Check our website with ALL the information**
- > **Seminars** run from Friday to Monday.
- > **Foundation Stage** 4 Seminars of four days
- > **Applied Stage** 20 hours of online tutorials
- > **Advanced Stage** 4 Seminars of four days
- > **Tutorials and Inspiration webinars** – 12 hours

## Location:

**Peaslake Village Hall**

Walking Bottom, Peaslake, GU59RR - UK

## Applications:

Log into the ICO website where you will find an application form under the DIPLOMA heading. You will need to fill in this application form and send it to us. If you have any doubts, please email us at:

**icofrontdesk@gmail.com**







## Price and Payments:

The Total amount for the PGDCO 18 month Diploma Course is £5000.

Registration on sign up requires a £400 deposit.

The balance (after any discount) will be spread equally over agreed instalments.

## Instalments and Discounts:

Discounts are available. Instalment Payments will be discussed on sign up.

> Payments: we have 4 payment options: Payment in Full | Payment over 12 months | ICO Graduates | New Graduates in Osteopathy. Please do not hesitate to contact us for further information via **icofrontdesk@gmail.com**

## Refunds:

Please refer to terms and conditions at **[www.classical-osteopathy.org](http://www.classical-osteopathy.org)**



THE INSTITUTE OF  
CLASSICAL OSTEOPATHY

**[www.classical-osteopathy.org](http://www.classical-osteopathy.org)**

