

Number	Dates	Seminar Title & Outline Synopsis
Copenhagen (3-day seminars)		
1	September 9-11	Introduction to Osteopathy, the ESO & ESO Denmark course. Practical demonstrations and use of the osteopathic approach International osteopathic standards and Danish regulation. Principles of osteopathy and the World Health Organisation 5 structure-function models of osteopathy. The osteopathic concept of somatic dysfunction. Quality of palpation. Introduction to effective holistic examination (OE) and multi-tissue osteopathic manipulation treatment techniques (OMT). Clinically contextualised practical multi-tissue work
2	October 8-10	General Osteopathic Examination (GOE) 1 Conduct a holistic and multi-tissue GOE, critically evaluate findings within a whole body and the WHO/CEN 5 structure-function models. Quality of palpation. Application of OE within patient setting safely & effectively. Clinically contextualised practical work
3	November 5-7	General Osteopathic Treatment (GOT) 1 Develop the ability to perform OMT GOT routines safely & effectively with awareness of the 10 principles and spinal mechanics. Palpatory awareness of the articular, myofascial, visceral, vascular and neural tissues within the WHO/CEN 5 structure-function models. Quality of palpation. Clinically contextualised practical work
4	December 3-5	Visceral 1: Introduction to Visceral Osteopathy Basic visceral concepts and relations of viscera with the rest of the body within the WHO/CEN 5 structure-function models. Quality of palpation. Medical screening of abdomen. Abdominal osteopathic screening routine for somatic dysfunction assessment in clinical practice. Intra & extraperitoneal structures. OE of specified abdominal visceral structures, their attachments. OE of the respiratory diaphragm and the respiratory / circulatory structure-function / model. Role of fluids in function & dysfunction. OMT of abdominal visceral structures safely and effectively. clinically contextualised practical work
5	January 21-23	MSK: Lumbar Spine & Pelvis The osseous, articular, soft tissue and main neural & vascular structures of the lumbar spine & pelvis. The functional relationships of lumbar spine & pelvis with the rest of the body. Screening routines and specific tests. Pathological considerations. Quality of palpation. Perform OE and OMT on the MSK structures. Clinically contextualised practical work.
6	February 18-20	MSK: Lower Extremity; Hip & Knee The osseous, articular, soft tissue and main neural & vascular structures of the lumbar spine & pelvis. The functional relationships of the hip & knee with the rest of the body. Screening routines and specific tests. Pathological considerations. Quality of palpation. Perform OE and OMT on the MSK structures safely & effectively. Clinically contextualised practical work
7	March 18-20	MSK: Lower Extremity; Foot & Ankle The osseous, articular, soft tissue and main neural & vascular structures of the foot & ankle. The functional relationships of the foot & ankle with the rest of the body. Screening routines and specific tests. Quality of palpation. Pathological considerations. Perform OE and OMT on the MSK structures safely & effectively. Clinically contextualised practical work.

8	April 22-24	Balanced Ligamentous Tension (BLT) 1 Introduction to the BLT approach and technique. Application to patient groups. Quality of palpation. Evaluation and treatment of the ligaments of the finger, ankle, foot, knee, hip, pelvis, lower lumbar spine, occipito-atlantal (OA), gleno-humeral (GH), clavicular joints and scapular safely & effectively. Clinically contextualised practical work
9	May 20-22	Introduction to Fascia The anatomy, histology, physiology and neurology of fascia: myofascia, viscerofascia, meningeofascia & sclerofascia. Interactions between different fasciae. Biomechanical neural & fluid characteristics. Fascia & WHO 5 structure-function models Screening routines and specify tests. Quality of palpation. OE and OMT of the different fascia structures safely & effectively. Clinically contextualised practical work
10	June 17-19	Osteopathic Clinical Consultations 1. Case History taking in the context of the WHO 5 structure-function models, Differential Diagnosis and use of approaches and techniques taught to date in integrated approaches safely & effectively. Review of GOE. Clinically contextualised practical work in real patient context

ESO, Boxley, UK (1-day seminars) Taught with Velje Group

11	August 26	Year 1 End of Year Examinations
12	August 27	Year 1 End of Year Examinations
13	August 28	MSK: Lumbar Spine & Pelvis and Lower Extremity Review <i>Review of material taught in Yr. 1 Seminars 5-7</i> Enhancement of palpation and quality and effectiveness of taught assessment and treatment techniques.
14	August 29	Cranial (IVM) 1 Introduction to the physiology of the Involuntary Mechanism (IVM). Detailed anatomy of the osseous and meningeal cranial vault and base, the meningeal spine and sacrum. Quality of Palpation of the IVM for these structures safely & effectively. OE and OMT for these structures
15	August 30	Cranial (IVM) 1 (continued)
16	August 31	Research & Professionalism (R&P) 1 Introduction to R&P course modules: student learning journal (portfolio). Professional skills and research dissertation. Critical thinking and reflection in osteopathy and research as a guide to more effective practice. Safety & professionalism in clinical practice within the UK Osteopathic Practice Standards (OPS)
17	September 1	MSK: The Cervical Spine The osseous, articular, soft tissue neural & vascular structures of the cervical spine. Quality of palpation. The functional relationships of the cervical spine with the rest of the body. Screening routines & specific tests. Introduction to OE and OMT on the MSK structures safely & effectively. Clinically contextualised practical work
18	September 2	Medical Testing 1. General Medical Screening (GMS) for the respiratory and cardiovascular systems. Screening for pathologies.

Note: There may be minor variations in the sequence of seminars.