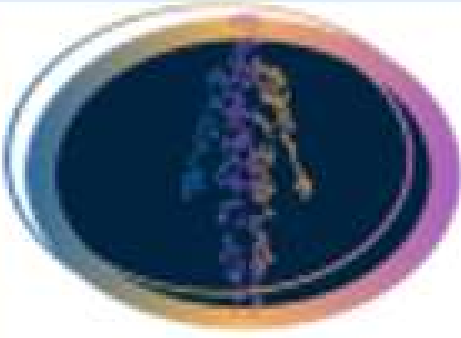



# WOMEN'S HEALTH COURSES

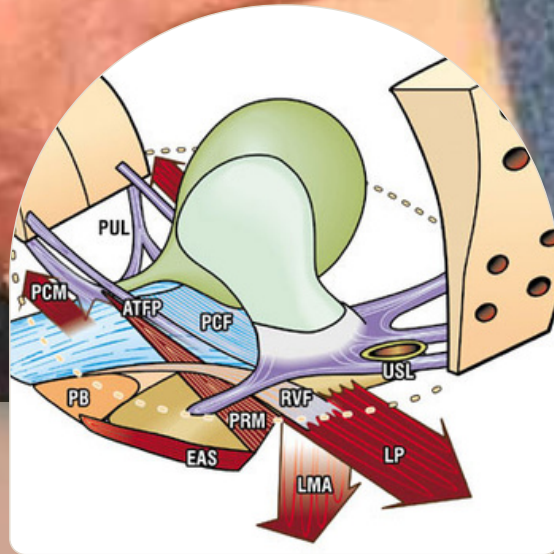
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College of  
Non Musculoskeletal  
Osteopathy



[cnmo.co.uk](http://cnmo.co.uk)



# THE CNMO OFFERS IN DEPTH AND CLINICALLY RELEVANT TRAINING

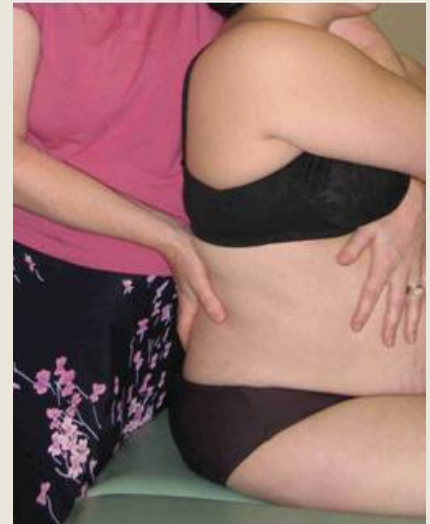




How to  
choose the  
right course  
for you

Are you interested  
in Obstetrics?

[Read more](#)



How about chronic  
pelvic pain?

[Read more](#)





How to  
choose the  
right course  
for you

Have you already  
completed a  
women's health  
programme, but felt  
you don't have all the  
skills you need?



Are you at the  
beginning of your  
women's health  
journey?



## About the CNMO teaching style

Very accessible lectures, fully recorded, view as many times as you like, long term access after course ends

Caroline is a highly experienced practitioner and lecturer, and is committed to sharing knowledge, clinical experience, and to support your learning at your pace

Life and work balance is very important to the CNMO - that's why we offer flexible hybrid courses, that you can pace yourself with

**We offer one to one support, and we simply want to you develop YOUR skills and YOUR clinical experience**

# COURSE FORMAT

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## ◆ THE CERTIFICATE

A 3 semester / one year online programme, with zoom meetings to start your learning journey - recorded Lectures and resources equivalent to 9 taught weekends

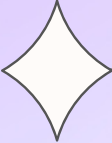
## ◆ THE DIPLOMA

A further year of training, online and with 5 practical weekends (15 days) of technique and patient examination routines included, on top of another 9 weekend equivalent recorded lecture package, with zoom meetings.

## ◆ PROGRAMMES ARE ASSESSED

Pass each semester to progress to the next.

---



## Four choices of programme level

CHOOSE YOUR OWN ENTRY POINT

1

background,  
framework,  
overview

### CPD PROGRAMME

Extensive online programme with lots of resources, for you to study in your own time.

2

anatomy,  
science,  
concepts

### CERTIFICATE QUALIFICATION

Combines CPD resources with zoom meetings, course work, forums, and lots of additional learning material. Includes exam / assessments. Hybrid distance learning and live meetings.

3

Clinical  
assessment,  
protocols,  
management  
and evidence

### DIPLOMA QUALIFICATION

Practical (in person) training including, technique discussions, zoom tutorials and forums, additional learning resources. Clinical oversight included.

4

Case reflection,  
individual dynamics,  
troubleshoots,  
interprofessional  
dynamics, mentoring  
and support

### COLLEGIATE MENTORING AND SUPPORT

Helping you develop your practice and competence

You should choose the Certificate to start if you don't have much women's health experience, or you need to review all the anatomy, physiology, visceral and other approaches required to begin this journey.

But, ***even if you have done a diploma before***, the Certificate includes such a lot of the physiology, neuroscience, anatomy and concepts, that it makes a great addition to any prior learning, which may not have had the same level of science / evidence.



## Four choices of programme level

CHOOSE YOUR OWN ENTRY POINT



You should choose the Diploma after the Certificate, but if you already have a women's health diploma you will still get a enormous amount out of the CNMO Diploma as it focuses strongly on examination and treatment strategies, clinical protocols, and critical appraisal to help you manage specific presentations in individual patients. The CNMO Diploma includes a very extensive programme covering a whole range of conditions from children, adolescents, older women, those who are pregnant and beyond.



# Programme aims / focus

## CERTIFICATE SUMMARY:

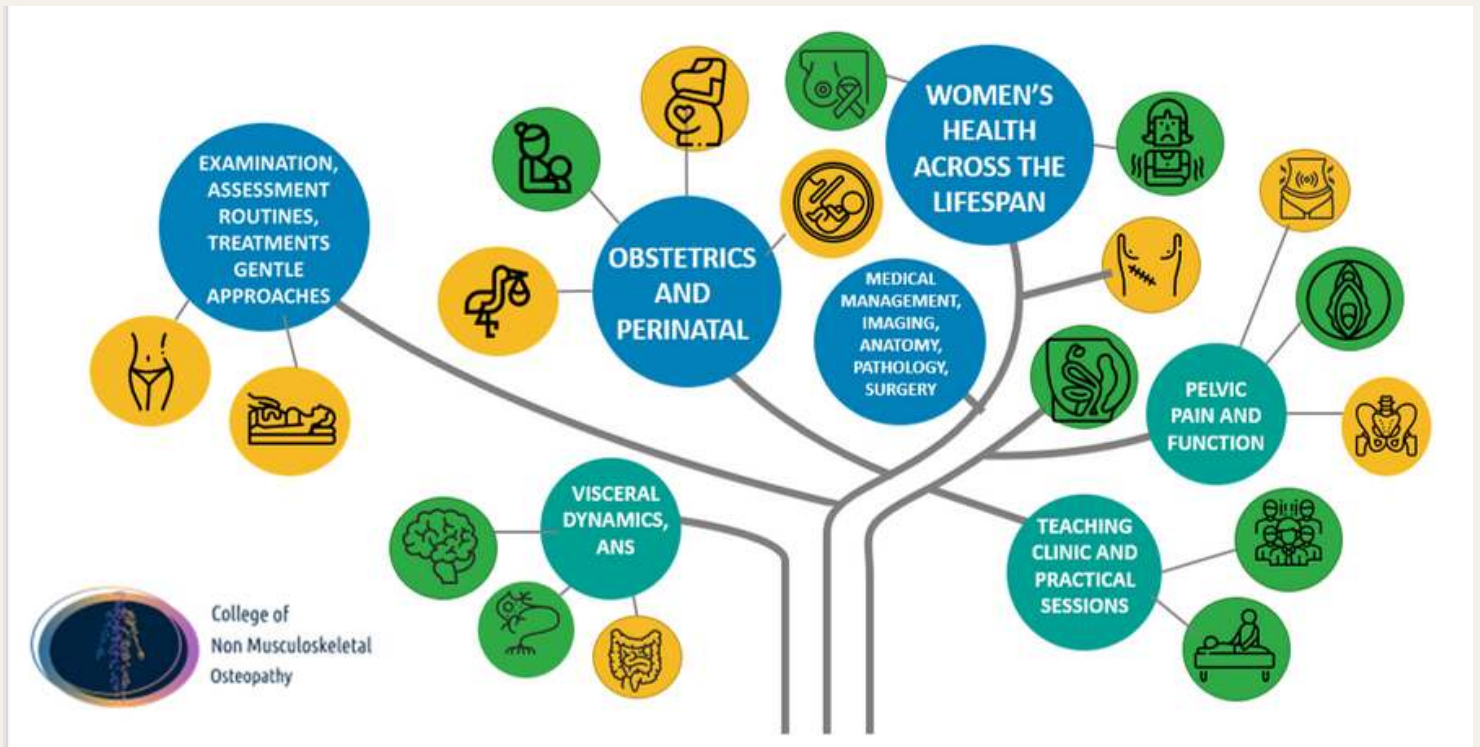
- ANATOMY AND PHYSIOLOGY
- AUTONOMICS, VISCERAL PAIN
- MICROBIOME AND IMMUNE CONSIDERATIONS IN WOMENS HEALTH
- UROGYNAECOLOGY AND PELVIC FLOOR
- DEVELOPMENT, HORMONES, BODY IMAGE, GROWTH
- ENDOCRINE DYNAMICS, FERTILITY AND OBSTETRICS
- BIRTH, BONDING, BREASTFEEDING
- POST PARTUM RECOVERY
- LIFESPAN ISSUES
- MENOPAUSE
- CHANGING UROGENITAL AND MUSCULOSKELETAL FACTORS
- ONLINE PLATFORM AND TUTORIAL SUPPORT

## DIPLOMA SUMMARY:

- CLINICAL ASSESSMENT REVIEW = CONSIDERING ALL THE FACTORS WITHIN THE CERTIFICATE CURRICULUM AND TAKING THEM TO THE NEXT LEVEL:
- MANAGEMENT OF VARIOUS CONDITIONS EG fertility, endo, prolapse, diastasis, complex pregnancy, post partum, bladder disorders / cystitis, post surgical issues, cancer considerations, pelvic pain, breast care
- CLINICAL PROTOCOLS - WHAT THEY ARE AND ARE NOT
- OUTCOMES ASSESSMENT
- UNDERSTANDING ORTHODOX MANAGEMENT AND INTERDISCIPLINARY ISSUES, imaging, diagnostic criteria, screening
- PRACTICAL TECHNIQUE INTENSIVE CLASSES
- TUTORIAL SUPPORT
- EXTENSIVE EVIDENCE REVIEW AND CASE ANALYSIS
- HELPING YOU WORKSHOP COMPLEX PRESENTATIONS
- DEVELOPING YOUR PERSONAL CLINICAL PROFESSIONAL FIELD OF CARE
- ONLINE PLATFORM AND TUTORIAL SUPPORT (PLUS ABOVE PRACTICAL SESSIONS)
- CLINICAL OBSERVATION POSSIBILITIES

# Module Guide

WOMENS HEALTH QUALIFICATIONS		
	CERTIFICATE	DIPLOMA
Supplementary Module	<ul style="list-style-type: none"> <li>Introduction to osteopathic and somatophysiological principles</li> <li>Learning how to learn – revision of concepts</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to roles and boundaries in clinical practice</li> <li>Care plans, management, clinical audit, and outcomes measures</li> <li>Constructing an evidence-informed approach</li> </ul>
MODULE ONE	<ul style="list-style-type: none"> <li>Development of the body cavities and genitals</li> <li>Anatomical changes from children to adults</li> <li>Neuro-endocrine-immune system</li> </ul>	<ul style="list-style-type: none"> <li>Bladder and bowel function in girls</li> <li>Gender and identity issues</li> <li>Complex dynamics in puberty</li> <li>Hormonal balance across the lifespan</li> </ul>
MODULE TWO	<ul style="list-style-type: none"> <li>Development of immunity</li> <li>The role of the microbiome</li> <li>Function, physiology and somatovisceral integration</li> <li>The basics of visceral pain and visceral reflexes</li> </ul>	<ul style="list-style-type: none"> <li>Adolescent mental health</li> <li>Interoception, body image and sense of self</li> <li>Complexities of endocrine imbalance and dysbiosis on visceral pain</li> <li>Complex visceral pain and dysautonomia</li> </ul>
MODULE THREE	<ul style="list-style-type: none"> <li>Being female</li> <li>Gender bias in research</li> <li>Social dynamics, relational safety</li> <li>Basics of fertility, conception and gynaecological function</li> </ul>	<ul style="list-style-type: none"> <li>Trauma dynamics</li> <li>Fear, freeze, visceral pain</li> <li>Effects on physiology, function and fertility, subfertility and assisted conception</li> <li>Complex gynae, endometriosis, adhesions</li> </ul>
EXAM / ASSESSMENT ONE		
MODULE FOUR	<ul style="list-style-type: none"> <li>Pregnancy and general obstetric dynamics</li> <li>Optimal foetal positioning</li> </ul>	<ul style="list-style-type: none"> <li>Considering pregnancy complications, accompanying disorders, complex pain and biomechanical considerations,</li> </ul>
MODULE FIVE	<ul style="list-style-type: none"> <li>Biomechanics in pregnancy</li> <li>Orthopaedic and tissue changes and strains</li> <li>Third trimester</li> </ul>	<ul style="list-style-type: none"> <li>Foetal position, high risk pregnancies, complex therapeutic alliance and interprofessional considerations</li> <li>pelvic instability and diastasis rehab</li> </ul>
MODULE SIX	<ul style="list-style-type: none"> <li>Preparation for labour and delivery</li> <li>Birth trauma</li> </ul>	<ul style="list-style-type: none"> <li>Complex birth trauma and injury</li> <li>Pregnancy loss</li> <li>Premature delivery</li> </ul>
EXAM / ASSESSMENT TWO		
MODULE SEVEN	<ul style="list-style-type: none"> <li>Maternal mental health</li> <li>The fourth trimester</li> <li>Breastfeeding and initial recovery</li> <li>Body cavity and postural recovery</li> </ul>	<ul style="list-style-type: none"> <li>Postpartum depression</li> <li>Complex maternal infant considerations</li> <li>Breast care, mastitis, physiology of challenging maternal recovery</li> <li>Complex body image and structural instability problems</li> </ul>
MODULE EIGHT	<ul style="list-style-type: none"> <li>Ongoing urogenital health and pelvic support</li> <li>Menopause</li> <li>Breast care,</li> </ul>	<ul style="list-style-type: none"> <li>Complex urogenital dysfunctions</li> <li><u>Post-surgical</u> and other operative dynamics</li> <li>Cancer and complex pathology across the lifespan</li> </ul>
MODULE NINE	<ul style="list-style-type: none"> <li>Gerontology and Global recap of course</li> </ul>	<ul style="list-style-type: none"> <li>The role of osteopaths and allied healthcare manual therapy professionals in Women's Health</li> </ul>
EXAM / ASSESSMENT THREE		



## Short video about contents

(this is visible in the flipbook version, or go to <https://vimeo.com/604686694>)

# How the courses work

The Certificate and the Diploma share similar formats

- there are 3 semesters, each with 3 months
- every month there is online learning (around 5 hours a week) equivalent to a full weekends of lectures, plus other resources. You complete these in your own time.
- there is an hour zoom meeting each month
- after 3 months there is an assessment, which you need to submit to progress to the next semester
- if you need to postpone for a while that is fine - you can pick it up, the semester you paused at, usually when it next comes round again (unless you delay just for a short time, and your progression can be reorganised more quickly)
- Diploma students only have prepaid access to 5 weekends (15 days) of practicals - to complete the practicals, these can be done in any order, and you choose 5 of the available weekends - as many of the techniques overlap between programmes. You can spread the course attendance over 2 years. If you withdraw there is no refund for any portion of any unattended practicals, as you get access to technique recordings anyway. Practicals are assessed in person, and so you can't complete the programme until they are all completed.
- Diploma students also need clinical observations and be doing their own patients (even if only a few) as patient cases need to be assessed also



# **PRACTICAL LECTURES DATES FOR 2022, FOR THOSE ON THE DIPLOMA**

**STOMATOGNATHIC / RESPIRATORY / CVS 14-15-  
16 January 2022**

**OBSTETRICS, BASIC PELVIC FLOOR, BREAST CARE  
- 4-5-6 Feb 2022**

**ABDOMINAL / GASTROINTESTINAL - 25-26-27  
March 2022**

**RENAL SYSTEM, URINARY TRACT, BASIC MALE  
AND FEMALE UROGENITAL - 27-28-29 MAY 2022**

**PAEDIATRICS - FROM INFANTS TO ADOLESCENTS  
- 17-18-19 JUNE 2022**

**COMPLEX FEMALE UROGENITAL AND PELVIC  
DYNAMICS, PLUS INTERNALS - 15-16-17 JULY  
2022**

Choose up to 5 for your programme and take them in one year, or spread over two. The cost is already included (apart from travel etc) in your Diploma Course Fee. Repeated annually.

# Certificate Qualifications (all topics) - One Year Distance Learning Mode.

Early bird price  
October 2021 intake

£650 (ends 30 September 2021)

Full price £900 for enrolments from 1  
November onwards (final enrolment  
by 30 November).

## Diploma - One Year Hybrid Mode

£2000 for enrolments registered by 30  
September, 2021.

Cost includes 5 lots of 3 day technique  
intensives

Course starts October 2021

Final enrolment by 30 November, 2021.

Full Diploma cost is £2500



# Contact Us Now

## Visit the website to enrol

Discounts end 30 September,  
enrolment closes 30  
November, 2021.

**COURSES START 1st OCT, 2021**



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