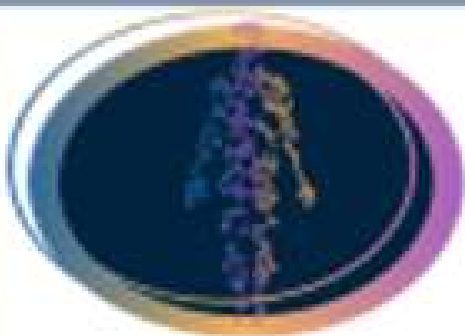


VISCERAL AND SYSTEMIC COURSES IN OSTEOAPTHIC MEDICINE

cnmo.co.uk

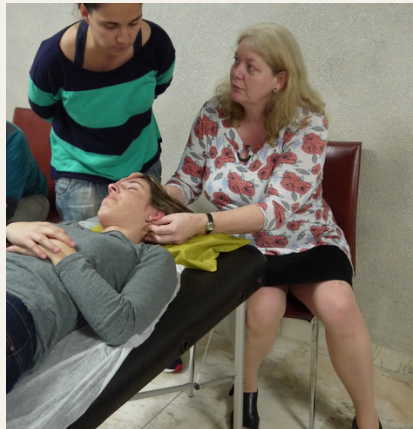


College of
Non Musculoskeletal
Osteopathy





THE CNMO OFFERS IN DEPTH AND CLINICALLY RELEVANT TRAINING



www.cnmo.co.uk



How to
choose the
right course
for you

Are you interested in
digestive disorders,
and abdominopelvic
function in general?



How about respiratory or
circulatory dynamics,
inflammatory or
autoimmune dynamics?

How about swallowing,
voice, hearing, systemic
illness?





How to
choose the
right course
for you

You have done a
course in osteopathy,
but, do you practice
osteopathy? Do you
feel you have all the
skills you need?



Is osteopathic medicine
'real', is it valid in the
21st Century? Is there
something relevant and
vital in the osteopathic
contribution that has
been misunderstood?



About the CNMO teaching style

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

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

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

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

COURSE FORMAT

◆ THE CERTIFICATE

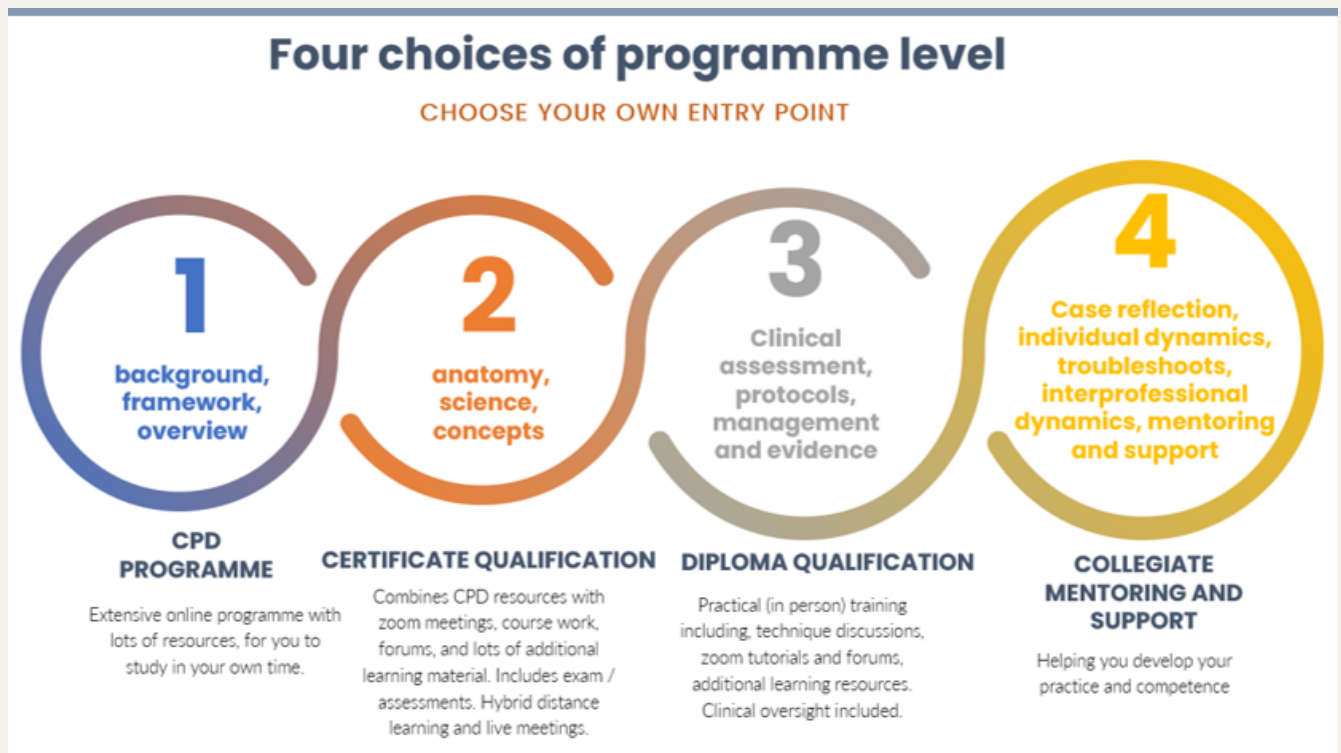
A 3 semester / one year online programme, with zoom meetings to start your learning journey - recorded Lectures and resources equivalent to 9 taught weekends

◆ 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.



You should choose the Certificate to start if you don't have much visceral experience. BUT you should understand that 'visceral' does not equate to osteopathic medicine, which is in fact what this course is really about!

Therefore the course will review all the anatomy, physiology, visceral and other approaches required to begin this journey. But, ***even if you have dismissed 'visceral' as irrelevant, without evidence, and having no place in modern osteopathy***, the Certificate and the Diploma courses make you think again. They include such a lot of the physiology, neuroscience, anatomy and concepts, that it makes a great addition to any prior learning, and helps you to re-contextualise your relationship with osteopathic principles in practice. The Certificate rebuilds you skill set from the ground up.

Four choices of programme level

CHOOSE YOUR OWN ENTRY POINT



You should choose the Diploma after the Certificate, as now, the CNMO Diploma focuses strongly on examination and treatment strategies, clinical protocols, and critical appraisal to help you manage specific presentations in individual patients. ***Osteopaths treat individuals, but people present with conditions, and it is up to us to understand the pathological processes in that person that has lead to that presentation, and then to seek to help.*** The CNMO Diploma includes a very extensive programme covering a whole range of systemic and visceral conditions.

You can come straight into the diploma, but it assumes that you are fully comfortable with all the content of the certificate, so have a good think first!

Programme aims / focus

CERTIFICATE SUMMARY:

- Osteopathic medicine versus visceral osteopathy
- Understanding body compartments and interactions
- somatovisceral integration - mechanic perspectives
- neural considerations, autonomics, interoception, microbiome, brain-gut, and global HPA / stress / physiological integration
- visceral-vascular and CVS / fluids, fluids in compartments
- respiratory systems, cardiac integration, sleep arousal and breathing
- cranial cavity and spinal canal dynamics
- stomatognathic system and EENT, neuroendocrine dynamics
- gastrointestinal tract dynamics and upper urinary tract
- general urogenital dynamics
- stress. allostasis, inflammatory and oxidative dynamics, systemic health
- ONLINE PLATFORM AND TUTORIAL SUPPORT

DIPLOMA SUMMARY:

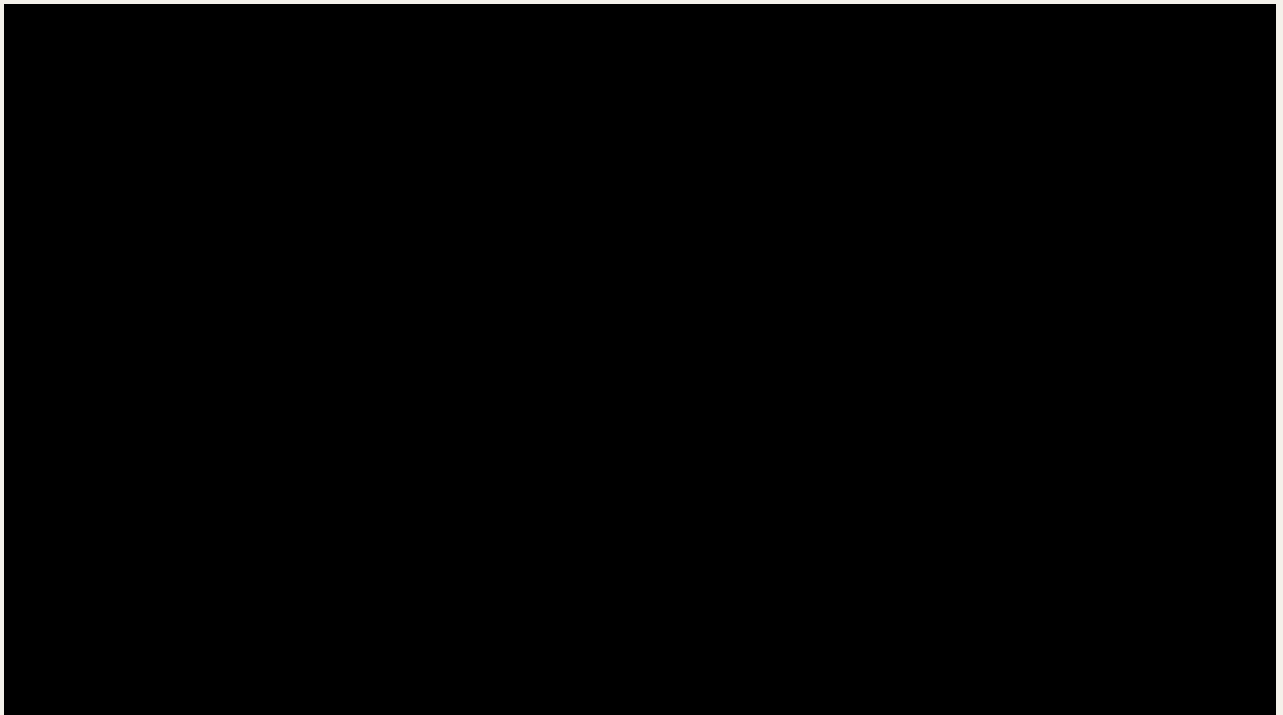
- CLINICAL ASSESSMENT REVIEW = CONSIDERING ALL THE FACTORS WITHIN THE CERTIFICATE CURRICULUM AND TAKING THEM TO THE NEXT LEVEL:
- MANAGEMENT OF VARIOUS CONDITIONS EG functional gastro-intestinal disorders, swallowing and oral function, breathing dysfunction, asthma and other chronic breathing problems, systemic health, supporting autoimmune dynamics, post surgical considerations (eg scars and painful abdominopelvic conditions), more in depth urogenital dynamics for men and women. Ears, throat dynamics.
- 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

VISCERAL AND SYSTEMIC DISORDERS		
	CERTIFICATE	DIPLOMA
MODULE ONE	<ul style="list-style-type: none"> Osteopathic medicine versus visceral osteopathy Understanding body compartments and interactions somatovisceral integration - mechanic perspectives 	<ul style="list-style-type: none"> Review of osteopathic philosophy and the concept of an osteopathic pathological paradigm and what it means in patients care and health service delivery
MODULE TWO	<ul style="list-style-type: none"> neural considerations, autonomies, interoception, microbiome, brain-gut, and global HPA / stress / physiological integration 	<ul style="list-style-type: none"> Visceral pain, arousal, central autonomic network, limbic and frontal and cognitive dynamics other brain matrix considerations
MODULE THREE	<ul style="list-style-type: none"> visceral-vascular and CVS / fluids, fluids in compartments 	<ul style="list-style-type: none"> Endocrine immune, lymphatics and complex health considerations
EXAM / ASSESSMENT		
MODULE FOUR	<ul style="list-style-type: none"> respiratory systems, cardiac integration, s central pattern sleep arousal and breathing 	<ul style="list-style-type: none"> Interacting with asthma and other breathing disorders
MODULE FIVE	<ul style="list-style-type: none"> cranial cavity and spinal canal dynamics, locomotion and visceral / metabolic integration 	<ul style="list-style-type: none"> considering headaches, and trigeminal-autonomic considerations
MODULE SIX	<ul style="list-style-type: none"> stomatognathic system and EENT, neuroendocrine dynamics 	<ul style="list-style-type: none"> voice, hearing, speech and swallow paediatric, adult and gerontological considerations
EXAM / ASSESSMENT		
MODULE SEVEN	<ul style="list-style-type: none"> gastrointestinal tract dynamics and upper urinary tract dynamics focusing on foregut from lower oesophagus caudally, mid and hindgut issues 	<ul style="list-style-type: none"> Functional gastrointestinal tract disorders, GIT pathologies and autoimmune dynamics IBS and constipation Abdominal pain syndromes, post renal considerations
MODULE EIGHT	<ul style="list-style-type: none"> general urogenital dynamics 	<ul style="list-style-type: none"> pelvic pain, urinary, genital / prostate / general gynae considerations, rectal dynamics
MODULE NINE	<ul style="list-style-type: none"> stress. allostasis, inflammatory and oxidative dynamics, systemic health 	<ul style="list-style-type: none"> Systemic health and where the osteopathic contribution lies
EXAM / ASSESSMENT		



Short video about contents



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. Practical assessments 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

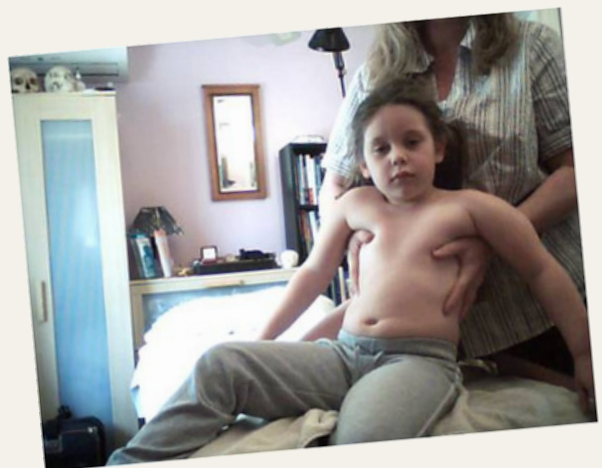
£2000 for enrolments registered by 30
September, 2021.

Cost includes 5 lots of 3 day technique
intensives

Course starts October 2021

Final enrolment by 30 November, 2021.

Full Diploma cost is £2500

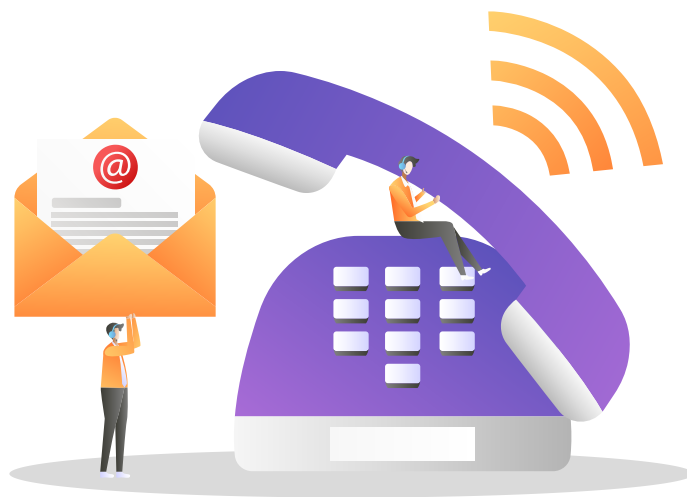


Contact Us Now

Visit the website to enrol

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

COURSES START 1st OCT, 2021



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