

CEO (Osteopathic Studies) Inc.

COLLEGE D'ETUDES OSTEOPATHIQUES (CEO)

Guide to CEO Osteopathic Study Program.

Description of the program

An exclusive program

With its five-year study program in osteopathy manual practice, the CEO is a leader in the teachings it offers its students and its graduates obtain access to a profession in demand.

Professional opportunities

Employment opportunities offered to osteopaths are interesting for the following reasons:

- In the province of Quebec, as elsewhere, people are more and more aware of the efficacy of alternative and complimentary medicines; this awareness contributes to the demand for osteopathic care.
- There is an increasing need for health professionals, notably in osteopathy, for a number of reasons, including the increasing number of geriatric patients requiring more health services.
- This statement is also true for health professionals practising in regional areas, where the notoriety and recognition of the osteopathic profession contribute to its increasing demand.
- More than 600 graduates of the CEO successfully practice their profession, which proves that osteopathy is appreciated within the Canadian population.

Information on the program

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Admission to the program

Fall 2011

Time period for the program: 5 years + thesis writing (1 to 2 years)

Prerequisites:

In order to enter the study of osteopathic manual practice, the candidates must satisfy the following criteria:

- **Holders of a university degree (in medicine, physiotherapy, occupational therapy, sports and athletic therapy, nursing, dentistry, chiropractic, veterinary medicine, kinesiology, physical therapist)** directly access the program of study in **osteopathic** manual practice.
- **Doctors in acupuncture** are directly admitted to the program.
- **Massage therapists** are required to follow a pre-admissions program in basic health sciences.

Upon completion of their osteopathic studies, students must write and must successfully defend an osteopathic thesis before receiving the title of D.O.

Foreign candidates

- Foreign candidates holding a recognized diploma are accepted.
- The admissions committee will review the file of foreign candidates who do not hold a recognized diploma.

Language of teaching

The Halifax and Vancouver programs are offered in English. Students must conform to the linguistic requirement of the program.

Accommodation measures:

Students are allowed to write exams and papers in both Canadian official languages (French and English).

The use of a bilingual dictionary approved by the proctor is permitted for students who's mother tongue different from the language of instruction.

Frequently asked questions

What are the work opportunities?

There are over 600 graduates in Osteopathy and the demand is greater than ever. A number of practitioners have extensive waiting lists. At present, there is a need for practitioners in all provinces of Canada, especially in the western provinces. The public has a great appreciation for the treatments offered by qualified osteopaths.

Why pick the C.E.O. ?

- ✓ The C.E.O has more than 25 years of teaching experience. The teaching staff is comprised of over 86 instructors, consisting of health professionals holding bachelors, masters, and doctoral degrees, who have considerable teaching and clinical experience.
- ✓ The C.E.O. is a member of the O.S.E.A.N. (Osteopathic European Academic Network) an association of colleges offering university level education in the manual practice of osteopathy, as well as a member of the W.O.H.O., the World Osteopathic Health Organization.

What are the resources for students of the Colleges?

- Program directors and administrative personnel are available to answer administrative and financial questions at all times.
- There is an on-line bookstore at editions.spirales@bellnet.ca which offers a number of books pertinent to osteopathy students.
- Continuing education seminars are offered.
- The College is recognized by both professional and governmental institutions in Europe, which may offer recognition for training and diplomas obtained in Canada.

What is the amount of work required in order to complete these studies?

The ratio of homework required is two hours for every hour spent in class.

How does the College guide students during their thesis experimentation and in writing their thesis project?

- This is a fascinating moment in the student's studies where the knowledge acquired during 5 years of study is used to do clinical, fundamental or qualitative research.
- The College offers training and support with the writing of these projects. Students are assisted with synthesis, analysis and bibliographical work. Research methodology courses are also offered.
- At the end of the 5th year, the student writes his/her thesis protocol and presents it to a jury, whose role is to insure that the student has chosen his/her subject orientation and methodology well.
- During the writing of the thesis itself, the thesis director or research committee supervises and guides the student. Once the thesis has been completed and after the pre-reading, the student presents his work to an international jury, when the thesis is accepted by this jury, the D.O. diploma is conferred to the student.

Does osteopathy have a good reputation in Canada?

- Certain institutions and a growing number of patients increasingly rely on osteopaths, and more specifically on the well trained professionals of our Colleges.
- The CEO is considered one of the best manual practice osteopathic schools in both Canada and abroad.

THE STUDY PROGRAM IN OSTEOPATHY

| FIRST YEAR PROGRAM | Course ID. | In class | Home study | Clinical experience | Credits |
|--|------------|-------------|-------------|---------------------|-----------|
| History & concepts of Osteopathy – General osteopathic treatment Myofascial techniques | TOG | 32h | 64h | | 2 |
| The Pelvis, Part 1: the Sacrum Sphenobasilar evaluation & correction. | Pelvis1 | 32h | 64h | | 2 |
| The Pelvis, Part 2: the Iliac – Pubic Symphysis, Coxofemoral Temporal Bones | Pelvis2 | 32h | 64h | | 2 |
| Strain / Counterstrain | Stra | 32h | 64h | | 2 |
| Lower extremity Advanced sphenobasilar lesions | LowerE | 32h | 64h | | 2 |
| Pathophysiology 1 | Patho1 | 40 h | 64h | | 2 |
| Oral presentations | | 16h | | | .5 |
| Lower extremity, Stage II: the Knee | Knee | 16h | 32h | | 1.5 |
| Clinical days | CliD | | | 48 h | 1 |
| | | | | | |
| Total | | 232h | 416h | 48h | 15 |

| SECOND YEAR PROGRAM | Course ID. | In class | Home study | Clinical experience | Credits |
|---|-----------------|-------------|-------------|---------------------|-----------|
| Lumbar spine Bones of the Vault | Lum | 32h | 64h | | 2 |
| Dorsal Spine & Ribs, Advanced Dorsal Spine Lesions | Dors Advdors | 32h 32h | 64h 64h | | 2 2 |
| TMJ1, Cervical Spine | ATM1 Cerv | 32h 32h | 64h 64h | | 2 2 |
| Embryology Muscle Energy | EMBRY Musc | 32h 32h | 64h 64h | | 2 2 |
| Oral presentation Advanced course | Syn2 Cou-Ava | 16h 16h | 32h 32h | | 1 1 |
| Clinical days | CliD | | | 48h | 1 |
| | | | | | |
| Total | | 224h | 448h | 48h | 15 |

| THIRD YEAR PROGRAM | Course ID. | In class | Home study | Clinical experience | Credits |
|---------------------------------------|-------------------|-----------------|-------------------|----------------------------|----------------|
| Bones of the face | Face | 32h | 64h | | 2 |
| Occiput/Atlas/Axis - C0C1C2 | Char | 32h | 64h | | 2 |
| Lymphatics | Lymp3 | 08h | 16h | | .5 |
| Upper Extremity | UPPER | 24h | 64h | | 2 |
| TMJ, Part II | ATM 2 | 8h | 16h | | |
| Functional Emergency techniques | Urge | 32h | 64h | | 2 |
| Revision for practical exams optional | Rev3 | 16h | 32h | | 1 |
| Paediatrics – Newborn | Interr | 24h | 48h | | 1.5 |
| Revision for Oral exams optional | Syn3 | 16h | 32h | | 1 |
| Written Exams | Exa3 | 8h | | | |
| Oral exams | ExaPra3 | 8h | | | |
| Clinical days | ClID | | | 32 h | 1 |
| | | | | | |
| | | | | | |
| Total | | 208h | 384h | 32h | 13 |

| FOURTH YEAR PROGRAM | Course ID. | In class | Home study | Clinical experience | Credits |
|--|-------------------|-----------------|-------------------|----------------------------|----------------|
| Digestive System: Stomach & oesophagus | OesEst | 32h | 64h | | 2 |
| Pathophysiology 2– Digestive system or cardio-respiratory | SemPat | 32h | 64h | | 2 |
| Research Methodology | Métho4 | 24h | 48h | | 1.5 |
| The Hepatic System | Cra4 | 32h | 64h | | 2 |
| Small & Large Intestines: The Viscero-somatic & Somato-visceral Interrelations | Viscer | 32h | 64h | | 2 |
| Respiratory System: Plura and Lungs Adv. Course - Rib OA | PlèPou | 32h | 64h | | 2 |
| Theoretical & Practical review | | 08h | | | |
| Oral presentation | Syn4 | 08h | | | |
| Advanced Course | CouAva4 | 16h | 32h | | 1 |
| Clinical days | ClID | | | 40h | 1 |
| | | | | | |
| | | | | | |
| Total | | 216h | 400h | 40h | 13.5 |

| FIFTH YEAR PROGRAM | Course ID. | In class | Home study | Clinical experience | Credits |
|--|-------------------|-----------------|-------------------|----------------------------|----------------|
| The Kidneys – intro to Gynaecology | ReiVes | 32h | 64h | | 2 |
| Pathophysiology 2 – Cardio-Respiratory Or Digestive system | Semdig | 32h | 64h | | 2 |
| Research Course | Métho5 | 24h | 264h | | 6 |
| The Pericardium – The Heart | Cran8 | 32h | 64h | | 2 |
| Bladder, Part1&2 – Gynaecology & Obstetrics | GynObs | 32h | 64h | | 2 |
| Thesis protocol presentation | | 4h | | | |
| Advanced course treatment of children | CliEnfR5 | 8h | 16h | | |
| The Autoregulation system | SynPar | 32h | 64h | | 2 |
| Revision for Oral exams | Syn3 | 16h | 32h | | 1 |
| Revision for Practical exams | | 16h | | | |
| Written Exams | Exa3 | 8h | | | |
| Oral & practical exams | ExaPra3 | 8h | | | |
| Clinical days | CliD | | | 40h | 1 |
| | | | | | |
| | | | | | |
| Total | | 244h | 632h | 40h | 18 |

GENERAL DESCRIPTION OF COURSES

INTRODUCTION – GENERAL OSTEOPATHIC TREATMENT

TOG

GOT provides a historical review of the practice of both traditional medicine and osteopathic medicine. Principles and general concepts of osteopathy are explained. A description of the applications and practices of GOT is given. 34 different sequences and practical applications for assessment, release, correction and integration purposes are presented.

THE PELVIS, PART 1 and SPHENOBASILAR EVALUATION & CORRECTION

Pelvis1

The sacrum : osteopathic practice and principle related to the pelvic functional unit. Introduction to the sphenobasilar synchondrosis and its inter-relations, locally, regionally and globally.

THE PELVIS PART 2 – ILIAC, PUBIC SYM., COXO-FEMORAL & TEMPORAL BONES

Pelvis2

The iliac, pubic symphysis and coxofemoral joint: evaluation, treatment and application to ambulation and the pelvic functional unit. The temporal bone and its role within the cranio-sacral functional unit.

STRAIN/COUNTERSTRAIN

Description, practice and principles associated with this therapeutic method: 34 different sequences are presented and applied for assessment, release, correction and integration purpose

LOWER EXTREMITY

ADVANCED SPHENOBASILAR LESIONS

LowerE

Ankle and foot: principles clinical indications, practice and: integration within postural balance and musculo-skeletal system. The sphenobasilar articulation, the lesions and their normalization.

PATHOPHYSIOLOGY 1

Patho1

Course provides the foundations of pathophysiology as related to the practice of traditional manual osteopathy. It covers the essentials of Osteology, Myology and Neurology as they relate to the practice of osteopathy. Provides indications of conditions in which osteopathic treatment is contraindicated

THE KNEE

Knee

The knee and its role ambulation, postural balance and as a functional unit of the pelvis and lower extremity.

LUMBAR SPINE – BONES OF THE VAULT

Lum

Description and applications concerning the spinal column and its biomechanics, postural balance, typologies and interrelations with the other systems. General indications and practice guidelines relating to the lumbar spine.

DORSAL SPINE & RIBS

Dors

Assessment and treatment of the thoracic spine and rib cage in accordance with their functional unit. Teaching of the different principles and practices of the clinical methodology of osteopathy. Introduction to the physiology and treatment of the TMJ

ADVANCED DORSAL SPINE LESIONS – ATM1

AdvDors

Integration and advanced course regarding previously learned material in dorsal spine part 1: complex thoracic spine and rib lesions, special indications.

CERVICAL SPINE

Cerv

Introduction, middle and lower cervical spine: Osteopathic study of the biomechanics and somato-visceral / viscero-somatic interactions of the cervical spine with the rest of the organism: practice and principles.

EMBRYOLOGY

EMBRY

Description and osteopathic application of the different stages of embryological development, including the morphogenetic processes and concepts.

MUSCLE ENERGY

Musc

Introduction and learning of the method and principals developed by Fred Mitchell, Sr. Applications to the spinal column and pelvis. The role of the muscles in an osteopathic lesion.

BONES OF THE FACE

Face

The facial bones and the fasciae: evaluation and treatment of the bones of the face. Review of the facial complex as a functional unit. Osteopathic practices and principles, therapeutic indications and interrelations with the rest of the body.

OCCIPUT/ATLAS/AXIS (COC1C2)

Char

Occiput, Atlas and Axis junction: Biomechanics and biodynamics of this functional unit; its role within postural balance and autoregulation of the organism: practice and principles.

LYMPHATICS

Lymp3

Anatomy, physiology and embryology of the lymphatics, their role within the immune system: osteopathic considerations, practices and principles.

UPPER EXTREMITY

UPPER

Integration of the upper extremities within the body's dynamics: concepts, practices and principles related to prehension and to the girdle functional units. Deeper learning of the concepts and treatment related to the TMJ.

TMJ 2 – ATM2

Consideration, practice and principles related to the occlusion functional unit and its interrelations with the rest of the body

FUNCTIONAL EMERGENCY TECHNIQUES

URGE

Comprehensive osteopathic view of functional emergencies and practical therapeutic methods to address these types of indications.

PAEDIATRICS – NEWBORN

Interr

Study of the neuromotor development stages, practical applications, assessment of the abilities and competencies of infants and osteopathic treatment practices and principles.

DIGESTIVE SYSTEM: STOMACH & OESOPHAGUS

OesEst

Introduction in visceral treatment, the Stomach and Oesophagus: clinical indications, practice and principles.

RESEARCH METHODOLOGY

Métho4

Basic notions regarding research methodology, schemes, scientific and ethical considerations, statistical tests and analysis, data banks and search engines.

THE HEPATIC SYSTEM

Crâ4

Covers the evaluation and treatment methodology used in the osteopathic treatment of the liver, the gall bladder and the coccyx. Provides integration, global, regional and specific interrelations in accordance with osteopathic methodology. Reviews the indications, contraindications and clinical precautions.

SMALL AND LARGE INTESTINES - THE VISCERO-SOMATIC AND SOMATO-VISCERAL INTERRELATIONS

Viscér

The subdiaphragmatic organs and the viscera: the applications and treatments. The importance given to the hepatic sphere in relation to the musculoskeletal system and its relationship to the other organs and viscera.

THE RESPIRATORY SYSTEM: PLEURA AND LUNGS. ADVANCED COURSE IN RIBS OSTEOARTICULAR ADJUSTMENTS

PlèPou

Osteopathic practice and principles related to the respiratory system: somato-visceral and viscerosomatic interrelations with the thoracic functional unit and the organism.

THE KIDNEYS – INTRODUCTION TO GYNAECOLOGY

ReiVes

The kidneys, osteopathic practice and principles, its role within the organism, interaction with the musculo-skeletal system and other organic viscera/organs.

Gynecology: osteopathic practice and principles of the organs of the gynaecological/andrological sphere. Its relationships to the musculoskeletal system: viscerosomatic and somato-visceral relationships, as well as with the whole body.

PATHOPHYSIOLOGY – DIGESTIVE SYSTEM

SemPat

Presentation of the principal viscerosomatic elements enabling a differential diagnosis in the context of an osteopathic intervention within a multidisciplinary approach

RESEARCH COURSE

Métho5

Basic training in research methodology: forms of research, scientific and ethical considerations, statistical tests and analysis, data base, search engines.

THE PERICARDIUM – THE HEART

Crân8

Description, considerations, osteopathic vision, principles and practice applied to the mediastinal functional unit and the organism as a whole.

BLADDER PART 1 & 2 – GYNECOLOGY & OBSTETRICS

GynObs

The urethra, bladder and ureter: osteopathic considerations and practice regarding the urinary tract functional unit.

Osteopathic practice and principles of the gynaecological/andrological sphere, part 2 and of obstetrics.

PATHOPHYSIOLOGY – CARDIO-RESPIRATORY SYSTEM

ADVANCED COURSE – TREATMENT OF CHILDREN

CliEnfR5

Psychological, emotional and physiological child development; osteopathic considerations, practice and principles. Techniques

THE AUTOREGULATION SYSTEM

SymPar

Osteopathic practice related to systemic dysfunctions and therapeutic methods aimed at enhancing the natural autoregulation capacity of the living organism.

RADIOLOGY AND MEDICAL IMAGING 2/ CLINICAL EXAMINATION

Practical approach: on-going training in medical imaging with osteopathic considerations.

Basic medical clinical examination of patient with review of physiology and pathology of the different systems.