

British Columbia School of Osteopathic Manual Practice Inc.

COLLEGE D'ETUDES OSTEOPATHIQUES (CEO)

Osteopathic Study Program Guide

Vancouver, B.C.

2013-2014

An exclusive program

The CEO was the first school of traditional osteopathy in Canada.

The Study Program for health professionals began in 1981 and is in constant evolution in order to be in line with the World Health Organisation (WHO) benchmarks.

Traditional Osteopathy is a comprehensive blend of osteopathic philosophy, theory, methodology, osteopathic techniques, clinical applications and research elements, each of which is introduced in a progressive and cumulative fashion.

The Study Program in Osteopathy consists of five years of classroom study followed by one year of independent philosophical, clinical or experimental research. Each session is five days in length, falling over a weekend in order to minimize time lost from the student's full time employment.

Following this, students have to successfully present their research project to an international jury before obtaining the D.O.M.P. – Diploma of Osteopathy Manual Practice.

Information on the program

Admission :

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General information :

Next class: Fall 2013

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

Schedule: 5 consecutive days (Thursday to Monday) 6 times a year for the 5 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, nursing, sports and athletic therapy, chiropractic, physical therapist, veterinary medicine, mid-wives;
doctors in acupuncture and massage therapist (3000 hours) directly access the program of study in osteopathic manual practice.
- Kinesiologists and massage therapists with a minimum of 2200 hours of training are required to follow a pre-admissions course in basic health sciences.
- Foreign candidates holding a recognized diploma are accepted.
- The admissions committee will review the files of other candidates that do not hold a recognized diploma.

Language of teaching

The Vancouver program is 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 whose mother tongue differs from that of the language of instruction.

Conditions of access to practice

Students must write research project to obtain a DOMP (Diploma Osteopathy Manual Practice)

Frequently asked questions

What are the work opportunities?

There are over 900 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 eastern and western provinces. The public has a great appreciation for the treatments offered by qualified osteopaths.

Why pick the CEO ?

- ✓ The CEO has more than 30 years of teaching experience. The teaching staff is currently of 175 teachers, including clinic supervisors and teaching assistants, which allows for a low instructor/student ratio. Professors come from different health science backgrounds, being chosen based on high academic standards. They are all D.O. and have written and defended a thesis in osteopathy. Students are allowed to develop their talents and the college promotes respect, ethics, and loyalty.

- ✓ The Study program is taught in our 8 colleges. Students can continue their program in any of them (Vancouver, Toronto, Halifax, Winnipeg in English; Montreal and Quebec in French; Germany in German; Switzerland in English)
- ✓ The CEO is a member of the OSEAN (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 WOHO, 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 on business hours.
- There is a bookstore at editions.spirales@ceo.qc.com which offers a number of books pertinent to osteopathy students.
- Class representative
- Continuing education seminars are offered.

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 research project experimentation and writing?

- The College offers training and support with writing research project. 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 research 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?

- A growing number of patients and institutions 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 VANCOUVER

FIRST YEAR PROGRAM	Course ID.	In class	Home study	Clinical experience	
Palpation Course	110PALP	32h			
History & concepts of Osteopathy – General osteopathic treatment	101TOGH	32h	64h		
Integration days	160INTE			8h	
Pelvis 1: the Sacrum					
Sphenobasilar evaluation & correction.	102PEL1	32h	64h		
Pelvis 2: the Iliac – Pubic Symphysis, Coxofemoral Temporal Bones	102PEL2	32h	64h		
Integration days	160INTE			8h	
Strain / Counterstrain	104SCST	32h	64h		
Lower extremity 1, the Foot					
Advanced sphenobasilar lesions	106LOW1	32h	64h		
Integration days	160INTE			8h	
Pathophysiology 1	108PAT1	40h	80h		
Oral presentations	120ORAL	16h	32h		
Lower extremity 2 : the Knee	106LOW2	16h	32h		
Clinical methodology	170METH			16h	
Total		264h	464h	40h	

SECOND YEAR PROGRAM	Course ID.	In class	Home study	Clinical experience	
Lumbar spine , Vault bones	201LUMB	32h	64h		
Dorsal Spine & Ribs,	202DOR1	32h	64h		
Advanced Dorsal Spine Lesions, TMJ1	203DOR2	32h	64h		
Integration days	260INTE			8h	
Cervical Spine	204CERV	32h	64h		
Integration days	260INTE			8h	
Embryology	208EMBR	40h	80h		
Muscle Energy	205MUSC	32h	64h		
Practical exam	220PRAC	8h	16h		
Oral presentation	220ORAL	16h	32h		
Advanced course	206AVCA	8h	16h		
Clinical methodology	270METH			24h	
Total		232h	464h	40h	

THIRD YEAR PROGRAM	Course ID.	In class	Home study	Clinical experience	
Bones of the face	302BONE	32h	64h		
Upper Extremity	305UPPE	24h	48h		
TMJ 2	307TMJ2	8h	16h		
Lymphatics	306LYMP			8h	
Integration days	360INTE			8h	
Occiput/Atlas/Axis - C0C1C2	301COAA	32h	64h		
Integration days	360INTE			8h	
Functional Emergency techniques	304URGE	32h	64h		
Paediatrics – Newborn	303PEAD	24h	48h		
Clinical day (babies)	310BABY			8h	
Review for Practical exams	320REVI	16h	32h		
Written Exams	321WRIT	8h	24h		
Practical exams	322PRAC	8h	16h		
Clinical days (palpation)	370METH			24h	
Total		184h	376h	56h	

FOURTH YEAR PROGRAM	Course ID.	In class	Home study	Clinical experience	
Pathophysiology – Digestive system or cardio-respiratory	411PDIG 512PCAR	32h	64h		
Digestive System: Stomach & oesophagus	401DIG1	32h	64h		
Hepatic System	402DIG2	32h	64h		
Small & Large Intestines: The Viscero-somatic & Somato-visceral Interrelations	404DIG3	32h	64h		
Integration days	460INTE			8h	
Respiratory System: Plura and Lungs Adv. Course - Rib OA	403RESP	32h	64h		
Research Methodology	432RESE	24h	264h		
Oral presentation	470ORAL	16h	32h		
Written exam	421WRIT	8h	24h		
Advanced Course	406ADVA	8h	16h		
Clinic days (palpation)	470METH			24h	
Total		216h	656h	32h	

FIFTH YEAR PROGRAM	Course ID.	In class	Home study	Clinical experience	
Pathophysiology, Cardio-Respiratory Or Digestive system	512PCAR 411PDIG	32h	64h		
Kidneys, intro to Gynaecology	501GYN1	32h	64h		
Bladder,1&2 – Gynaecology & Obstetrics	502GYN2	32h	64h		
Integration days	560INTE			8h	
Research Course * (same as 4 th year)	532METH	24h			
Pericardium , Heart	503HEAR	32h	64h		
Integration days	560INTE			8h	
Presentation of research project	534PRPR	4h			
Advanced course treatment of children	501PAED			8h	
Autoregulation system	504AUTO	32h	64h		
Review for Practical exam	520REVI	16h	32h		
Written Exam	521WRIT	8h	24h		
Practical exam	522PRAC	8h	16h		
Clinical days (palpation)	570METH			40h	
Total		220h	392h	64h	
Total		1116h	2352h	232h	

The CEO reserves the right to alter its programs without notice

GENERAL DESCRIPTION OF COURSES

PALPATION COURSE

110PALP

Course to improve the palpation skills and perceptual ability of students.

INTRODUCTION – GENERAL OSTEOPATHIC TREATMENT

101TOGH

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

102PEL1

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.

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

102PEL2

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

104SCST

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 1

ADVANCED SPHENOBASILAR LESIONS

105LOW1

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

108PAT1

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

LOWER EXTREMITY 2 : KNEE

106LOW2

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

LUMBAR SPINE –VAULT BONES

201LUMB

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

202DOR1

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 – TMJ1

203DOR2

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

CERVICAL SPINE

204CERV

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

208EMBR

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

MUSCLE ENERGY

205MUSC

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

302BONE

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)

301COAA

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

306LYMP

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

UPPER EXTREMITY

305UPPE

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

307TMJ2

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

FUNCTIONAL EMERGENCY TECHNIQUES

304URGE

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

PAEDIATRICS – NEWBORN

303PEAD

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

401DIGI

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

RESEARCH METHODOLOGY

432RESE

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

THE HEPATIC SYSTEM

402DIGI2

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
404DIGI3**

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.
403RESP**

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
502GYN2**

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

Gynaecology: 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
411PDIG**

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

**PATHOPHYSIOLOGY – CARDIO-
RESPIRATORY SYSTEM
512PCAR**

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

**RESEARCH COURSE
532METH**

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

**THE PERICARDIUM – THE HEART
503HEAR**

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

**BLADDER 1 & 2 – GYNECOLOGY &
OBSTETRICS
502GYN2**

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.

**ADVANCED COURSE – TREATMENT OF
CHILDREN
501PAED**

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

**THE AUTOREGULATION SYSTEM
504AUTO**

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