Online conference on

Osteopathy meets Psychology

November 19th & 20th, 2021

In cooperation with
Dear friends of osteopathy,

after last year’s great success, we are pleased to be able to present an online symposium of international standing for you again this year.

At our second online conference we will focus on the psychological aspects of osteopathy from different perspectives.

The intimate interaction of body and mind is a basic assumption of osteopathy. Nevertheless, osteopathic practice often emphasizes physical interrelationships as a possible cause of symptoms, while the significance of the psyche is less studied, not infrequently interpreted metaphysically and often incorporated into treatment rather incidentally.

At our conference, we want to discuss the interactions between psyche and body, which are essential for therapy, from numerous clinically relevant perspectives. We have invited internationally renowned experts, who will who will present you a new and more complex osteopathic understanding of the patient, transferable insights from psychology, and practical insights from their osteopathic experience.

When patients come in for a consultation, discomfort and dysfunction are only the tip of the iceberg. Underneath, mostly relatively unnoticed, a multitude of psycho-somatic mechanisms and influences are at work. Body and psyche are like two facets of the same coin, so that the consideration of psycho-logical aspects and concepts can improve the healing potential of an osteopathic treatment. The aim of this congress is to give you as therapists an understanding of these exciting connections and to equip you with practical tools to recognize and address them.

We are looking forward to seeing you!

Your
Osteopathie Schule Deutschland
13:45 - 14:00  Welcome

Psychological effects of osteopathy

14:00 - 14:40  Dr Jorge Esteves DO, PhD (ITA)
Adaptation, the person and their environment: from AT Still to an ecological-enactive approach to osteopathic care

14:40 - 15:20  David Hohenschurz-Schmidt, MSc, MOst (GBR)
& Prof Dr Lene Vase (DEN)
My friend called placebo: context effects in practice

15:20 - 16:00  Prof Dr Francis Keefe (USA)
& Assoc Prof Dr Rebecca Shelby (USA)
The role of psychologically- and behaviorally-informed treatment in pain management: Current status and future directions

16:00 - 16:10  Interaktive body performance

16:10 - 16:30  Coffee break

Concepts: Rethinking Osteopathic Practice

16:30 - 17:10  Dr Sabrina Coninx (DEU)
& Dr Peter Stilwell BKin, DC, MSc, PhD (CAN)
 Philosophical reflections on pain, persons and practice

17:10 - 17:50  Sanja Maretic M Ost (GBR)
Narrative ways of knowing: the role of narrative medicine when working with people living with pain

17:50 - 18:30  Dr Oliver Thomson DO PhD (GBR)
More than just a number - Re-thinking philosophies, theories, evidence and the value of qualitative research for osteopathy

18:30 - 19:00  Panel discussion

19:00 - 20:00  Poster presentations

(All lectures are including 10 minutes of Q&A. Subject to modification!)
Clinical integration of psychology and osteopathy

09:00 - 09:40  Dr Phil Austin DO, PhD (AUS)
The importance of identifying and assessing psychological drivers of musculoskeletal pain in osteopathic clinics

09:40 - 10:20  Dr Whitney Scott PhD (GBR)
Working with the psychological flexibility model and Acceptance and Commitment Therapy in the osteopathic management of persistent pain

10:20 - 11:00  Dr Hilary Abbey DO, PhD (GBR)
OsteoMAP: A behavioral therapy and osteopathic program for pain patients

11:00 - 11:10  Coffee break

11:10 - 11:20  Interaktive body performance

11:20 - 12:00  t.b.a.
Using communication consciously: Practical methods to improve practice

12:00 - 13:00  Lunch break

13:00 - 13:40  Prof Dr Frauke Musial (NOR)
Combining psychotherapy with craniosacral therapy for severely traumatized patients: Experiences from an outpatient clinic in Norway

13:40 - 14:20  Torsten Liem DO, MSc Ost, MSc Paed Ost (DEU)
Emotion regulation in psychosomatic osteopathy

14:20 - 15:10  Dr med Alain Cassourra MD, DO (FRA)
The psychotherapeutic dimension in the practice of osteopathy

15:10 - 15:50  Lisbeth Marcher (CAN)
A guide of your psychology in the body

15:50 - 16:20  Coffee break

16:20 - 17:00  Dino Muzzi DO (CAN)
Focusing and osteopathy

17:00 - 17:40  Bonnie Gintis DO (USA)
The three anatomies: Personal - Cultural, Biologic – Primordial, Cosmic - Energetic

17:40 - 18:10  Panel discussion

18:10 - 18:40  Poster presentations (award ceremony) & closing words
Conference fees

Standard rate: 128,- €

Special offers:

• OSD-Student or Partner (20% discount): 102,- € *
  (OSD Deutschland, OSD Polska, TOTA, Epimorfosis)

• Student or OSD-Alumni (15% discount): 109,- € *

* Verification needed!
Registration

Please register on our website:

www.osteopathy-conference.com
Conference
Speakers

Dr Hilary Abbey DO, PhD (GBR)
Osteopath and Associate Professor at the University College of Osteopathy in London and Head of Research. Project leader “Osteopathy, Mindfulness and Acceptance-based Programme” (OsteoMAP) for chronic pain patients

Dr Phil Austin DO, PhD (AUS)
Osteopath and PhD pain researcher, currently teaching at the University of Sydney in the Master’s program Clinical Management of Pain. Book publication: Chronic Pain

Dr med Alain Cassourra MD, DO (FRA)

Dr Sabrina Coninx (DEU)
PhD in scientific philosophy from Ruhr University, Bochum. Research supported by the German Research Foundation on empirically based philosophy in the context of pain, emotions, affective disorders and clinical practice. Book Publication: Experiencing Pain: A Scientific Enigma and Its Philosophical Solution

Dr Jorge Esteves DO, PhD (ITA)
Professor of osteopathy and vice director of the ICOM. Research interests include palpatation, affective touch and reconceptualization of osteopathy.
Bonnie Gintis DO (USA)

Author of Engaging the Movement of Life: Exploring Health and Embodiment through Osteopathy and Continuum (2007); her innovative approach deepens perceptual approaches in osteopathic treatment. Board of directors of the Cranial Academy.

David Hohenschurz-Schmidt MSc, MOst (GBR)

PhD student at Imperial College London with a research focus on clinical trials of non-invasive pain therapies. Osteopath with several years of teaching experience in clinical methods, pain, and the autonomic nervous system.

Prof Dr Francis Keefe (USA)

Professor in the Department of Psychiatry and Behavioural Sciences at Duke University in Durham, North Carolina, as well as Professor in Anesthesiology and Professor of Medicine, Director of the Duke Pain Prevention and Treatment Research Program, which focuses on developing new and more effective methods for assessing and treating patients with acute and chronic pain. Over 450 publications and 3 books, Editor-in-Chief of PAIN, the leading journal in the field of pain research.

Torsten Liem DO, MSc Ost, MSc Paed Ost (DEU)

Conference Speakers

Lisbeth Marcher (CAN)
Founder of the Bodynamic System and Bodynamic International, former director of the Bodynamic System. Teaching hyporesponsive muscle responses and developing a body map and character structure system and approaches to shock trauma resolution; book publication: The Body Encycloedia.

Sanja Maretic MOst (GBR)
Osteopath and former literary scholar currently studying Narrative Medicine at Columbia University. Final thesis on the role of poetry and medical humanities in osteopathic education.

Prof Dr Frauke Musial (NOR)
Professor at Arctic University in Tromso, Norway, and collaborator at the Norwegian National Research Centre for Complementary and Alternative Medicine NAFKAM. Formerly at the Chair of Naturopathy and Integrative Medicine at the Faculty of Medicine, University of Duisburg-Essen, Germany.

Dino Muzzi DO (CAN)
Osteopath since 1993, teaching at home and abroad since then. He has developed a specific method in osteopathy for somato-emotional dysfunction by combining osteopathy and Focusing.

Dr Whitney Scott PhD (GBR)
Clinical Lecturer of Clinical Health Psychology at King’s College London, Clinical Psychologist and Research Director at the INPUT Pain Management Program at St Thomas’ Hospital. Research focus is Acceptance and Commitment Therapy (ACT) in pain patients in rehabilitation.
Assoc Prof Dr Rebecca Shelby (USA)

Associate Professor in the Department of Psychiatry and Behavioral Sciences at Duke University. Director of Teaching at the Duke Cancer Patient Support Program and member of the Duke Pain Prevention and Treatment Research Program. Research interests in behavioral therapy for cancer-related pain patients.

Dr Peter Stilwell BKin, DC, MSc, PhD (CAN)

Chiropraktiker, rehabilitation researcher, and PhD health researcher. Currently a research associate at McGill University in the Faculty of Medicine and Health Sciences, School of Physical and Occupational Therapy, where he conducts conceptual and qualitative research on pain and person-centered pain management.

Dr Oliver Thomson DO, PhD (GBR)

Osteopath and Associate Professor at the University College of Osteopathy in London and researcher focusing on qualitative methods. He is currently exploring philosophical underpinnings and the role of qualitative methods in manual therapies with his Words Matter podcast.

Prof Dr Lene Vase (DEN)

Professor of Psychology at Aarhus University in Denmark. One of the world’s leading placebo researchers focusing on pain modulation in the central nervous system and evidence for pain therapies with publications in, e.g., the Lancet.
Osteopathie Schule Deutschland (OSD)

In 1999, the Osteopathie Schule Deutschland (OSD) was founded by Torsten Liem in Hamburg. The OSD aims to offer training and advanced education in osteopathy and all related subjects focusing on high academic and didactic standards in step with actual practical training. Furthermore, the OSD is involved in advancing the development of osteopathy through research, publications and clinical networks such as the Institute of Integrative Morphology (IIM), the Academy of Paediatric Osteopathy and the Academy of Sports Osteopathy.

We are happy to give advice anytime!

Visit us on:
www.osteopathie-schule.de

For further information on any of our courses, please request our brochures. We regularly offer introductory evenings at all our course locations.

Osteopathie Schule Deutschland GmbH
Mexikoring 19
D-22297 Hamburg
email: osd@osteopathie-schule.de
phone: +49 (0) 40 644 15 69 0
fax: +49 (0) 40 644 15 69 10

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