

Course Title

Osteopathy's Unique Contribution to Health

Course Leader

Zara Van Herbert D.O.

Bio

Zara graduated in 1992 from the John Wernham College of Osteopathy and has run a successful practice in Ashford since then. She lectures and practices internationally as well as in the UK.

As an affiliate of traditional osteopathic approaches having been taught and mentored directly by John Wernham, Zara has a wealth of knowledge and experience and has developed her own subtle approach to patient care that she is keen to pass on to the current generation of osteopaths to ensure her knowledge is not lost. Her extraordinarily gentle approach cannot be categorised in the terminology of today's osteopathy. It is not cranial, functional, structural or visceral. In her words it is 'the truth of osteopathy', where the practitioners every contact is one to potentiate health in the whole patient so that their own mechanism can flourish. Whilst working overseas Zara delights in the opportunity to treat patients with complicated illnesses and has the knowledge and track record to prove her approach. She regularly travels outside Europe to treat patients unable to access contemporary medicine and lectures to Russians at home and abroad.

Charles Bruford D.O. BSc (Hons) Ost.

Charles graduated from the European School of Osteopathy (ESO) in 2005 and has gone on to teach on the undergraduate programme as course leader for the Involuntary Mechanism module, tutor in their children's clinic and lecture across Europe on a variety of osteopathic subjects. Ultimately Charles became Principal of the ESO in 2014 as well chair of the Council of Osteopathic Education Institutes (COEI) and board member of the Osteopathic European Academic Network (OsEAN). He has recently resigned his position as CEO/Principal of the European School of Osteopathy and stepped down from the other boards to return to practice. His role on this module is to support Zara in presenting her knowledge.

Course Content

How to jump start the body back to health.

One of the fundamental concepts of osteopathy is the application of technique to provide stimulus to potentiate healing. Delegates on this course will learn what the obstructions to health are, how to identify them and what methods are employed to remove those obstructions. These obstructions are lesions.

Lesion Diagnosis

Delegates will be shown how to recognise lesions that are obstructions to the self-healing mechanism. Some are simple primary lesions, others are complex or compensatory lesions. Each and all need to be correctly diagnosed and then specifically accommodated in the application of technique to have an effective treatment outcome.

Causes of Lesions

Delegates will learn that there are many different causes of lesions and patients may have a multiple of different causes for one or many discrete lesions. Each lesion may require a unique approach from the practitioner. Causes to be discussed on the day include, but are not limited to:

Physical Lesions

Reflex Lesions

Physiological Lesions

Compensatory Lesions

Emotional Lesions

Gravitational Lesions and

Atmospheric Lesions

Postural lesions

Nutritional Lesions

Time permitting each cause will be specifically discussed and osteopathic approaches for the treatment of these demonstrated. This one-day introduction would normally be presented as a number of weekend modules, to be held at the Ashford Osteopathic Clinic. Details of further study opportunities will be available on the day. This is a practical day that members of ICRA will delight in and similarly open-minded osteopaths should attend.