Welcome Package

Canadian College of Osteopathy
Toronto – Winnipeg
Welcome to the Canadian College of Osteopathy

Time honored manual osteopathy, as taught at the Canadian College of Osteopathy, provides you with a natural and effective approach to the assessment and treatment of the entire human body. Osteopathy will enable you to address and respond to your patients’ needs. Osteopathic manual practitioners benefit people of all ages, ranging from infants to the elderly.

The success of our program resides in the experience and dedication of our faculty and their commitment to the progression of each student’s skills and overall knowledge, combined with the relevance of practical application of osteopathic principles taught in our Student Clinic. Our low instructor to student ratio ensures personal attention, leading to the development of competent osteopathic manual practitioners.

We encourage you to pursue our fascinating studies, which will provide you with tangible solutions to your patients’ physical and health concerns.

The Canadian College of Osteopathy and its parent affiliate, the Collège d’Études Ostéopathiques, bring together renowned North American and European instructors and clinicians. Our faculty is passionate about teaching and sharing their decades of classroom and clinical experience.

It will be our pleasure to welcome all who are interested in acquiring the knowledge and the “know-how” required to become a competent, confident osteopathic manual practitioner.

Please contact the college at 1-800-263-2816, ext. 229 to arrange a personal tour, or join us at one of our information sessions scheduled throughout the year.

We look forward to meeting you in the near future.

Philippe Druelle, D.O.
Principal and Founder
What is Osteopathy

“A natural medicine which aims to restore function in the body by treating the causes of pain and imbalance. To achieve this goal, the Osteopathic Manual Practitioner relies on the quality and finesse of his/her palpation and works with the position, mobility and quality of the tissues.”

Founded by Andrew Taylor Still in 1874, osteopathy embraces the philosophy that the body has an innate or natural ability to self-regulate and to heal itself. The key factor that permits this process to proceed unimpeded is the ability of the body to circulate all of its fluids and liquids. These fluids include the blood, lymph, synovial fluid, digestive juices, cerebrospinal fluid, axoplasm, and all the other intra and extracellular fluids of the body.

Any obstruction that impedes the circulation of fluids within the body is the focus of osteopathic assessment and treatment. These impediments may take the form of structural or non-structural blockages. Structural or physical impediments include generalized twists, curves or pulls within the body as well as specific bones, organs or tissues that are misaligned. These faults may either affect the control of a system that controls fluid circulation, or affect the circulation of liquids along with the life sustaining and regulatory products that they carry.

Non-structural impediments may include emotional patterns that are responsible for maintaining the body in a certain adaptation of defense, such as a predisposition to holding the breath. These adaptations are quite often responses to stressful incidents of the past, present, or are of a repetitive nature, such as raising the shoulders in times of stress or cold temperatures.

Over time, the body gradually loses its ability to efficiently self-regulate and to self-heal. Some of this loss may be due to the aging process, the prolonged influence of gravity on posture, trauma, accident, illness, surgical scarring, childbirth, repetitive activity, or the cumulative effects of mental, emotional, physical and spiritual stress.

In most cases a person has had some combination of the above experiences. The result of these experiences may manifest themselves locally in the body or more frequently, the symptoms are experienced far from the site of the original site of occurrence. For this reason, the Osteopathic Manual Practitioner is said to assess the whole body. Although treatment may be directed toward several specific areas, the effect of that treatment is often felt throughout the body. It is for this reason that the Osteopathic Manual Practitioner is also said to treat the whole body.
Welcome To The CCO!

Thank you for your interest in our osteopathic manual practice program. The information below and in the accompanying admissions application package will provide you with answers to questions you may have about the college and our program.

If you require further information or have questions that aren’t addressed here, please do not hesitate to contact us at 514-342-2816, ext. 229 / 1-800-263-2816, ext. 229 or via email at admission@ceosteo.ca.

Our Program

Our osteopathic program is a part-time, in class program completed over the course of 4 years of classroom study followed by one year of independent philosophical, clinical, or experimental research to obtain the D.O.M.P. (diploma in osteopathy manual practice) and the D.Sc.O. (diploma in science of osteopathy). Our academic year runs from September to May, with slight variation depending on the academic year.

Academic Year

Toronto campus – August/September to March/April, Thursday to Monday inclusively
Winnipeg campus – September to July, Wednesday to Sunday inclusively
Class hours – 8:30 a.m. to 5:30 p.m. with 1 hour for lunch

Most course materials are provided to students on the first day of each course.
Basic Requirements

Our program is a graduate level program and is geared toward health professionals who have a thorough understanding of human anatomy.

We ask that applicants have one of following prerequisites:

- an undergraduate or graduate degree in the sciences (i.e. medicine, biology, health sciences, kinesiology, chiropractic, etc.)
- a manual therapy certificate such as massage therapy, physiotherapy, athletic therapy, etc.

If you have a degree in a field unrelated to the program, or you only hold a high school diploma, you may be eligible for the full-time basic science program offered at our Montreal campus (please note the program is offered in French only).

Application Process In Two Easy Steps

Step 1: Mail us your application with all required documents along with your non-refundable application fee of $105.

Please refer to the application form for a checklist of what to include when submitting your application package.

The admissions committee will review your application and make a decision based on your credentials.

Step 2: Wait for a decision letter.

After the admissions committee reviews your application, you will receive a letter in regards to your credentials.

Depending on your qualifications and background, your acceptance to the program may be conditional upon completion of some additional courses. These conditions may include:

1) Completion of an Anatomy and Physiology pre-admission course (online, self-study course)

2) Completion of additional clinic hours

Detailed information sheets on these conditions are included in this package.
Start Dates
Our academic year begins late summer every year at our Toronto campus; and late summer every 2 year at our Winnipeg campus. Course schedules for all years are released at the end of April each year.

Application Deadline
Applications are accepted throughout the year all the way to August 15th. In order to ensure a place, send your applications early.

The college reserves the right to close submissions when classes reach full capacity. If classes are full, you have the option to be placed on a waiting list for the following year.

Eligibility For International Students
To be eligible to join our osteopathic manual practice program as a US or international student, you will be required to provide us with official certificates and transcripts to support your application.

A Canadian osteopathic manual practice diploma is not recognized in the United States of America (US); only licensed medical practitioners can practice osteopathy in the US. To practice osteopathy in Canada, you must be a licensed manual practitioner and you are required to register with a recognized osteopathic association.

Other Campuses
To apply to any of our other campuses located in Montreal, Vancouver, or Halifax, please contact Florent Bartolucci at 1-800-263-2816, ext 229 or via email at admission@ceosteo.ca
Canadian College of Osteopathy
Excellence in the service of our students

The Canadian College of Osteopathy (CCO) and its parent institution, College d’Études Osteopathiques — the Canadian leaders in osteopathic manual practice education — offer a complete education in osteopathic manual practice. This comprehensive program includes all aspects of myofascial, osteoarticular, visceral, and cranial osteopathy. The program’s greatest strength is its unique clinical methodology, which allows practitioners the ability to individualize and provide treatments that are both effective and efficient.

The CCO’s program, which helped set the standard for the World Health Organization’s benchmarks for osteopathic education, has continuously exceeded those standards.

Our program is divided into two main periods of study:

• First, there is a four-year period, during which you will learn and practice all of the theoretical and practical osteopathic material. Following the successful completion of your exams, you will obtain a certificate of academic aptitude.

• Then, there is a one-year period, during which you will participate in supervised clinical practice overseen by highly experienced osteopathic manual practitioners. During this time, you will also complete an independent study on the topic of your choice.

Upon completion of both periods, you will obtain the D.O.M.P. (Diploma in Osteopathic Manual Practice) and the D.Sc.O. (Diploma in the Science of Osteopathy).

Advantages of the CCO

At the CCO, our program focuses on the essential features of osteopathic manual practice that sets it apart from other forms of manual therapy. The most important of these features is the practitioner’s ability to palpate tissue tension, texture, and subtle motions. Time and instructor feedback are the most crucial elements of one’s palpation development. All of our faculty have been chosen not only for their competencies, education, and expertise, but also because they are passionate about transmitting their knowledge and skill to students. The majority of our faculty members and clinical instructors have 10-40 years of experience.
Other advantages offered by the CCO include the following:

- Students can start their studies at one of our campuses and finish them at another of our campuses across Canada (Vancouver, Winnipeg, Toronto, Montreal, Quebec City, and Halifax) or in Europe (Germany and Switzerland).
- Our continuing education classes are taught by some of the world’s most renowned and skilled osteopaths and physicians. All of our campuses, national and international, offer a wide range of annual continuing education opportunities.
- Students are provided all notes electronically two weeks prior to the start of each course.
- Courses are held over five consecutive days encompassing the weekend, providing our students with the flexibility to manage their schedules.
- Both campuses provide students with a library, kitchens for students to enjoy their own lunches and student clinics where students can receive treatments.
- Both campuses are near public transportation and parking facilities.
- Students have the flexibility to take a course at any of our other 7 campuses if scheduling conflicts arise or transfer to a different campus if the need arises.

Choosing the CCO

Choosing where you will take your education in osteopathic manual practice requires careful consideration. The CCO was the first osteopathic educational institution to be established in Ontario, more than 25 years ago. Since then, the college has graduated some of the most qualified and accomplished osteopathic professionals in the province. Although shorter programs at other institutions may seem enticing, it is important to realize that osteopathy is much more than learning techniques.
The Academic Program
An Exclusive Program

With its program in traditional osteopathy, the Canadian College of Osteopathy (CCO) is a leader in healthcare education. The CCO offers its students the unique opportunity to study under the tutelage of some of the most respected faculty members and clinical instructors within the profession and in an environment of the highest quality. Our curriculum provides its graduates the scale & knowledge to deal with people of all ages.

Work Opportunities

Like most professions in the healthcare sector, the career prospects for osteopaths are interesting for several reasons:

- The people of Ontario and Manitoba are becoming increasingly conscious of the usefulness and efficiency of natural medicine; this social tendency contributes to an increase in the demand for osteopathic care.

- There is a rising need for healthcare professionals, particularly osteopathic manual practitioners, due to the growth and aging of our population, which calls for more healthcare services. This is equally true for professionals practicing in rural areas, where there is a constant increase in demand for this type of service.

- Approximately 1,500 graduates, educated at our campuses across Canada, are actively and successfully practicing osteopathy. The public recognizes their competence and makes their satisfaction known.
Objectives and Course Plan

The program offers a combination of practical, theoretical and clinical focuses. Our program is divided into two main periods of study:

• First, there is a four-year period, during which you will learn and practice all of the theoretical and practical osteopathic material. Following the successful completion of your exams, you will obtain a certificate of academic aptitude.

• Then, there is a one-year period, during which you will participate in supervised clinical practice overseen by highly experienced osteopathic manual practitioners. During this time, you will also complete an independent study on the topic of your choice.

Upon completion of both periods, you will obtain the D.O.M.P. (Diploma in Osteopathic Manual Practice and the D.Sc.O. (Diploma in the Science of Osteopathy).

Each 5 day practical course consists of:

- lectures on osteopathic principles
- relevant theory
- assessment and treatment demonstrations
- guided practice sessions
- palpation development exercises
- integration strategies

Clinical Training

- One-on-one patient encounters
- Close supervision
- Immediate feedback

Independent Study

- Opportunity to integrate 4 years of education
- Topic of your choice
- Guidelines and supervision provided
- Presentation followed by graduation

Other Courses

- Theory based courses (such as embryology, radiology, pharmacology and research)
- Review days
- Exam days
1st Year
- Introduction to osteopathic palpation
- Strategies for osteopathic studies
- Philosophy and basics principles of osteopathy
- History of osteopathy
- General osteopathic treatment
- Concept of the Vasomotion
- Introduction to cranial osteopathy
- The pelvis and lumbo-sacral junction
- The lower extremities, hip, knee, ankle and foot
- Gait and posture analysis
- Strain counterstrain approach
- Basic fascial approach
- Pathophysiology
- Research in osteopathy
- Basic clinical methodology
- Review

2nd Year
- Advanced principles of osteopathy
- The lumber spine and trunk
- Thoracic spine rib case
- The lumber spine
- Cervical spine and neck
- Intermediate cranial osteopathy
- Temporomandibular joint & occlusion
- Advanced evaluation and treatment of the fascia
- Muscle energy approach
- Basic embryology
- Shoulder girdle and upper extremity
- Pharmacology
- Intermediate clinical methodology
- Oral presentation & written paper
- Oral practical exam
- Osteopathic palpitation level II
- Craniae base
- Advanced postural assessment
- Dura mater techniques
- Upper cervical spine
3rd Year
- Applied principles of osteopathy
- Osteopathic palpitation level III
- Bones of the face
- Advanced cranial osteopathy part I
- Neuro-motor development
- Advanced evaluation and treatment of the fascias
- Functional emergency techniques
- Lymphatics
- Pathophysiology of digestive system
- Research methodology
- Advanced clinical methodology for evaluation and treatment
- Written & oral practical exam

4th Year
- Applied osteopathic principles
- Viscerosomatic & somatovisceral interrelationships
- Visceral fascia and omenta
- Advanced embryology
- Obstetrics
- Basic and advanced pediatrics for newborns and children
- Visceral osteopathy and interrelationship with the musculoskeletal system
- Respiratory system and advanced rib cage
- Organs of the digestive system
- Hepatic system
- The central chain of fascia
- Radiology
- Literature review (written) and oral presentation of literature review
- Oral practical exam and written exam
- Urinary system and lower pelvis
- Circulatory system and vessels
- Pathophysiology of the cardiorespiratory system
- Advanced clinical reasoning and application
- Gynecology and andrology
- Advanced pediatrics
- Advanced pelvic approach
- Complex patient scenarios
- Parasympathetic and sympathetic nervous systems
- Evaluation and treatment of emotional trauma
- Autoregulation and immune systems
- Advanced cranial osteopathy
- Cranial osteopathy (general synthesis and advanced courses)
- Synthesis of myofascial, fluidic and energetic protocol levels of palpation
- Research methodology
- Presentation of independent study idea
- Written and oral practical exam
5th Year
Consolidation year, consisting of comprehensive exams, remainder of clinical training and conduction of the independent research study.

Evaluation Method
- Regular tests, one per course
- Year-end review presentations, years 1 and 2
- Oral exam at the end of years 2 and 3
- Written exam end of year 3
- Independent study idea presentation at the end of year 4
- Comprehensive oral and written exam at the beginning of final year
- Clinical competencies, on-going
- Presentation of independent research study at the end of year 5 followed immediately by graduation
### The Study Program In Osteopathy – Toronto

<table>
<thead>
<tr>
<th></th>
<th>First Year Program</th>
<th>In-Class</th>
<th>Home Study</th>
<th>Clinical Experience</th>
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<td>Palpation Course</td>
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<tr>
<td>History and concepts of Osteopathy - General Osteopathic Treatment</td>
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<td>32h</td>
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<tr>
<td>Integration Days</td>
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<td>24h</td>
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<tr>
<td>Pelvis 1: Sacrum, Sphenobasilar Evaluation &amp; Correction</td>
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<td>32h</td>
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<tr>
<td>Clinical Methodology</td>
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<td>Pelvis 2: Iliac, Public Symphysis, Coxofemoral, Temporal Bone</td>
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<td>General Pathophysiology 1</td>
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<td>General Pathophysiology 1 Online Course</td>
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<td>24h</td>
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<tr>
<td>Strain Counterstrain</td>
<td></td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>Lower Extremity 1: Foot advanced Sphenobasilar Lesion</td>
<td></td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>Oral Presentations</td>
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<td>16h</td>
<td>32h</td>
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<tr>
<td>Lower Extremity 2: Knee</td>
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<td>16h</td>
<td>32h</td>
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<tr>
<td>Orthopedic and Neurological Assessment</td>
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<th>Second Year Program</th>
<th>In-Class</th>
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<tbody>
<tr>
<td>Lumbar Spine, Vault Bones</td>
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<td>32h</td>
<td>64h</td>
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<tr>
<td>Clinical Methodology</td>
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<td>16h</td>
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<tr>
<td>Muscle Energy</td>
<td></td>
<td>32h</td>
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<tr>
<td>Embryology</td>
<td></td>
<td>16h</td>
<td>32h</td>
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<tr>
<td>Embryology Online Course</td>
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<td>24h</td>
<td></td>
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<tr>
<td>Dorsal Spine and Ribs</td>
<td></td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>Advanced Dorsal Spine Lesions,TMJ</td>
<td></td>
<td>40h</td>
<td>80h</td>
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<tr>
<td>Cervical Spine</td>
<td></td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>Integration Days</td>
<td></td>
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<td></td>
<td>16h</td>
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<tr>
<td>General Revision</td>
<td></td>
<td>8h</td>
<td></td>
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<tr>
<td>Upper Extremity</td>
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<td>24h</td>
<td>48h</td>
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<tr>
<td>Lymphatics</td>
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<td>8h</td>
<td>16h</td>
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<td>Pharmacology</td>
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<td>16h</td>
<td>32h</td>
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<tr>
<td>Oral Presentations</td>
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<td>32h</td>
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<tr>
<td>Practical Exam</td>
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<td>16h</td>
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<tr>
<td>Functional Emergency Technics</td>
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The Study Program In Osteopathy – Toronto

### Third Year Program

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<tr>
<th>Topic</th>
<th>In-Class</th>
<th>Home Study</th>
<th>Clinical Experience</th>
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<tbody>
<tr>
<td>Occiput/Atlas/Axis</td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>Integration Days</td>
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<td>16h</td>
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<tr>
<td>Bones of the Face</td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>Cranial Osteopathy - Advance Course</td>
<td>8h</td>
<td>16h</td>
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<tr>
<td>Pathophysiology Digestive System</td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>Research in Osteopathy</td>
<td>32h</td>
<td>64h</td>
<td>—</td>
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<tr>
<td>Introduction to Digestive System</td>
<td>32h</td>
<td>64h</td>
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<tr>
<td>General Revision</td>
<td>16h</td>
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<tr>
<td>Small and Large Intestines</td>
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<tr>
<td>Hepatic System</td>
<td>32h</td>
<td>64h</td>
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<td>Review for Practical Exams</td>
<td>16h</td>
<td>32h</td>
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<tr>
<td>Written Exam</td>
<td>8h</td>
<td>16h</td>
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<tr>
<td>Practical Exam</td>
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<td>Clinical Days</td>
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### Fourth Year Program

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<td>Kidneys - Introduction to Gynaecology</td>
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<td>Annotated Bibliographies</td>
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<td>Bladder - Gynaecology and Obstetrics</td>
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<td>Pathophysiology, Cardio-Respiratory System</td>
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<td>Radiology</td>
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<td>Respiratory System: Plura and Lungs</td>
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<td>Pericardium and Heart</td>
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<td>Paediatrics and Newborns</td>
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<td>Advanced Treatment of Children</td>
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### The Study Program In Osteopathy – Toronto

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<th>Fifth Year Program</th>
<th>In-Class</th>
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<th>Clinical Experience</th>
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<td>Written Exam</td>
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<td>Practical Exam</td>
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<td><strong>Total hours</strong></td>
<td><strong>48h</strong></td>
<td>—</td>
<td><strong>56h</strong></td>
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**Grand Total Hours**

<table>
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<tr>
<th></th>
<th>1184h</th>
<th>2160h</th>
<th>208h</th>
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</table>
Following the completion of the four academic years, students begin their research. The research component at the CCO is the foundation upon which students are able to integrate the material they have studied in the previous five years and to consolidate their knowledge through practical application. Moreover, this period is an opportunity for students to help advance the field of osteopathy through their research.

The assignment is an independent study of the student’s choice and may take the form of qualitative or quantitative research. It may be conducted in the fields of osteopathic philosophy, experimental research, or the clinical application of osteopathic theory and techniques.

Prior to embarking upon their research, towards the end of their fourth year, students submit and present a proposal for the research. A small panel of jurors reviews the proposal and provides helpful suggestions. The student is guided throughout their research by a faculty member, former graduate, an approved Osteopathic Manual Practitioner from another institution, and/or researcher approved by the college, who holds a PhD in a related field. The college’s philosophy embraces the ideal that it is through this one-to-one relationship that the student and the instructor both profit personally and academically.

The student’s research does not go unnoticed. Either a world-renowned osteopath or osteopathic researcher chairs the international jury, before whom the research is presented. Copies of the research theses are housed in libraries of the Germany, Switzerland, Montreal and Toronto branches of the Association of Traditional Osteopathic Colleges of Canada (ATOCC).

In addition, some CCO research is housed in the libraries of the Still National Osteopathic Museum in Kirksville, Missouri, the American Osteopathic Association and the British School of Osteopathy. Other research has been published in overseas journals and is also under consideration for publication in major peer reviewed journals.

Prizes for excellence in philosophical, clinical or experimental research are also awarded annually. Selected winners of these prizes are invited to present their research at one of the annual international symposiums offered by the ATOCC member colleges.
Clinical Training

General Objectives:
The clinical training portion of the program focuses on teaching students how to conduct a professional consultation from an osteopathic manual perspective. Osteopathic manual practices benefit people of all ages, from infants to the elderly.

Specific Objectives:
- Perform intake process using appropriate and thorough questioning
- Accurately record pertinent subjective and objective information
- Selection and execution of appropriate assessment and tests
- Development of a comprehensive treatment plan based on mutually agreed upon goals and clinical findings
- Execution of the treatment plan in a stepwise fashion
- Reevaluation of objective/subjective findings
- Provision of homecare advice and exercises

Ongoing Objectives:
- Maintaining professional and ethical rapport
- Incorporation of evidence based research in clinical care
- Strengthen the ability to form an appropriate differential diagnosis and treatment plan
- Continuous assessment of safety and ethics practices
- Practical application of osteopathic principles in clinical practice
- Efficiency and time management
- Communication with other healthcare professionals
- Professional record keeping
- Business aspects of clinic operations (e.g. marketing, bookkeeping, scheduling, and invoicing and multitasking)
Anatomy and Physiology Online Course

“Anatomy and Physiology” is a self-study, online course required of students admitted to the D.O.M.P. program who hold a certificate, registration or license to practice, a form of medicine or manual therapy (minimum of 2,200 hours of training), but who are either:

- Kinesiologists (as they lack a license to practice manual therapy);
- RMT's that completed a 2200 hour program;
- Other applicants lacking a university degree in health or human sciences or the equivalent at the college’s discretion.

The online Anatomy and Physiology course consists of:

- Twenty (20) online lessons to be completed by September 15, 2020
- You will have quizzes after each section that you will need to pass in order to complete the course.

Registration

Tuition fees are $425.00 for the pre-admissions course.

To register you have to be accepted in the program first. You will then receive a registration form and an invoice. Fill it and send it by email to: admission@ceosteo.ca.

Website link

Once you’ve paid the tuition fee, you will be sent a link by email to access the website. You will need to pay $200.00 by credit card to register online.

If completion of the Anatomy and Physiology online course is a condition of your acceptance to the college, this information sheet along with a course registration form will be sent with your acceptance letter.
Therapeutic Tools of Osteopathy

Cranial-sacral Application:

Cranial-sacral treatment is a sub-discipline of osteopathy, developed by William Garner Sutherland, D.O., who was a student of the profession’s founder, A.T. Still. It is the osteopathic practitioner’s knowledge of when, where, and how to apply cranial techniques that makes osteopathic treatment so effective.

Osteopathy works under the premise that the cranium as well as all of the tissues and systems of the body are in a constant motion. This motion is the Primary Respiratory Mechanism (PRM), an idea that originated with osteopathy. This function imparts to all living tissue a motion. This ‘micro-mobility’ termed motility, is expressed at a frequency that is detectable by the human hand through precise and experienced palpation. This motility has become the focus of much scientific research.

The cranial touch focuses on this restoration of the inherent motility of PRM. This application is not restricted to the cranium alone. It may also be applied to any other tissue or system of body, because this motility is expressed everywhere in the body. Depending upon the health and state of the tissues under evaluation, this motility is detected in varying degrees of normality by the palpating Osteopathic Manual Practitioner. Treatment is aimed at restoring the optimal rhythms of the patient’s PRM.

Osteo-Articular Adjustments:

As described by Philippe Druelle, D.O., “an osteo-articular adjustment is a precise methodical and exacting manual osteopathic technique, which requires specificity.” The Osteopathic Manual Practitioner’s goal is to restore the natural physiological relationship between the elements comprising the articular functional unit without using force.

Rather than attempting to physically move the bones, the Osteopathic Manual Practitioner delivers a precisely timed and placed “impulse,” in order to reduce the strain upon the intended articular functional unit. This impulse allows the unit to return to its natural position without stressing either the tissues, the body, or the patient. For those reasons, the college does not teach the “high velocity, low amplitude”, or “direct thrusting” approaches, nor any other type of manipulation requiring pushing of bones back in place.
Myofascial Normalization:

Fascial release is a generalized term to describe treatment that is aimed at restoring soft tissue mobility and motility, particularly that of membranous-like tissues. These membranes or connecting tissues comprise the fabric that holds the human body together as a functioning system.

The work consists of manually creating a reciprocal balance between the myofascial chains, through the use of different therapeutic methods, each one having a precise indication and function. The Osteopathic Manual Practitioner’s palpatory skill in both sensing the state of the tissue, and by moving the tissue at the same time, allows him/her to achieve release without the application of force.

There are many types of fascial release that have been developed by Osteopathic Manual Practitioners. These include:

- **General Osteopathic Treatment (GOT)** which consists of normalizing all parts of the body by mobilizing in a rhythmical way the different elements in sequence.

- **Strain Counterstrain** to normalize spasms due to trauma affecting the tissue network and fibres as first described by Lawrence H. Jones, D.O.

- **Muscle Energy** to gain freedom of motion by releasing contractures that shorten muscle fibres and restrict osteo-articular structures as first described by Fred Mitchell Sr., D.O.

- **Reciprocal Membranous Tension** to resolve strains or tensions affecting the fascial network in order to restore a functional tensegrity and plasticity of the tissue matrix.

Visceral Normalization:

Recognizing that a dysfunctional relationship between the organs and the musculoskeletal system has been proven to be a source of physical pain or discomfort, visceral normalization seeks to alleviate this dysfunction.

Treatment is usually directed towards ensuring that each organ has adequate mobility or space in which to perform its functions. This treatment works to ensure that each organ is not impeding any major vessels or nerves in the area, and that it has its own sense of motility.

Even more so than with other techniques, the Osteopathic Manual Practitioner who performs visceral normalizations must be able to fully apply his knowledge of normal and abnormal anatomy and physiology. In addition, since many of the organs are not within the physical reach of the Osteopathic Manual Practitioner’s hand, the Osteopathic Manual Practitioner relies on his refined sense of palpation. Using this sense, there is no tissue that is out of the reach of a skilled and experience Osteopathic Manual Practitioner’s sensory abilities.
Why Choose CCO

Canadian College of Osteopathy
Toronto – Winnipeg
Why Choose the Canadian College of Osteopathy?

Selecting the right institution through where to study traditional osteopathy is extremely important to your future. The quality of your education and training is crucial to your own professional career as well as for the reputation of osteopathic manual practice in Canada.

The Canadian College of Osteopathy (CCO) is the only place you can earn your D.O.M.P. (Diploma in Osteopathic Manual Practice) and D.Sc.O. (Diploma in the Science of Osteopathy).

Leaders in Osteopathic Education

Our flagship campus first opened its doors in Montreal in 1981 and the college has since built a global reputation for excellence in the field of osteopathic education. Established in Toronto in 1992, the CCO was Ontario’s first osteopathic institution and remains the preeminent school to obtain the most comprehensive education and training in preparation for a successful career in osteopathy. More than 1,200 osteopathic manual practitioners have graduated from the college nationwide.

Satellite Campuses Across the Globe

The Canadian College of Osteopathy has numerous campuses across Canada, and even extends its reach into Europe, which affords our students educational options not offered by other osteopathic institutions. For example, you can begin your studies in Toronto and continue your program, with the same high level of quality, at one of our other campuses in Montreal, Quebec City, Vancouver, Winnipeg, or Halifax. For those interested in studying abroad, the college also has campuses located in Germany and Switzerland.

The CCO and its affiliated institutions remain the leaders in the training of fully qualified, clinically effective, and therapeutically safe osteopathic manual practitioners in Canada. Our curriculum provides a strong foundation in the history, philosophy, theory, principles, and practices of osteopathy—from its beginnings under A.T. Still to its modern-day practitioners and researchers—as well as the basics of anatomy, physiology, and biomechanics.
Our instructors are osteopaths or osteopathic manual practitioners, clinicians, researchers, and authors, each with between 10 to 40 years of clinical and/or teaching experience. Our faculty, assistants, and clinical supervisors in the outpatient clinic have been selected for their expertise and dedication. They will help you move forward in your education and career. Their primary goal is to transmit their know-how to you in as effective a manner as possible.

The CCO provides complete hands-on clinical training in patient-centered therapies, both in the classroom setting and in the student outpatient clinic, giving students valuable practical palpation experience with real patients. Palpation and clinical reasoning skills require time to develop, so we don’t rush our students. Our program is paced out over five years, during which time you’ll be able to gradually incorporate what you learn at school into your own practice at a rate that allows genuine progress. This progress and proficiency will stay with you for a lifetime, not just to finish an exam.

Whereas there are many courses that teach osteopathic techniques, only our program provides you with the clinical methodology. In other words, we teach you how to know which techniques to use and what sequence to apply them in, so that your patient undergoes the minimal amount of treatment and obtains the maximum results. Only the CCO teaches a distinct clinical methodology to ensure that treatments are precisely designed and concisely applied.

Our small and friendly classes help ensure that each student receives the special personalized attention required to allow him or her to achieve full potential as an osteopathic manual practitioner. The classes are pleasant, and well-organized, with bright natural sunlight.

With our computer room, library, and video archives, you will have access to the best post-graduate courses and symposia, with such renowned international osteopaths as Harold Magoun Frymann, Fred Mitchell Junior, Anne Wales, Thomas Schooley, and Alan Becker. This advantage enables you to gain exposure to all the relevant and up-to-date information in the profession.

We have convenient classroom schedules to minimize your time away from work. Our campus also has a convenient location, with easy access to public transportation (including the TTC subway station located nearby in the Yorkdale shopping mall) and ample parking.

There is ongoing support from faculty and advisors at CCO. After earning your D.O.M.P. and D.Sc.O., you can take advantage of our continuing academic training to further develop your expertise.

After graduation, Ontario residents can obtain full member status with the Association of Osteopathic Manual Practitioners (OAO), the longest-standing osteopathic association in Ontario, established in 1999. The OAO works for you to ensure that insurance companies recognize your
status as a legitimate practitioner within the province. This professional osteopathy association is known for its international diversity and is a partner member of the Osteopathic International Alliance.

CCO offers a fantastic continuing education program with opportunities to study with internationally recognized specialists. Courses of continuing education are based on the concept of the Master class, in which renowned osteopaths transmit their expertise. In addition, the CCO holds an annual Founder’s Day conference where you can meet and learn from the best osteopaths in the world.

The CCO’s excellent international reputation allows our students to take internships in recognized institutions abroad, including Europe, Russia, and Japan. These internships are a unique opportunity to meet other osteopathic students and senior professionals. The college issues letters of introduction to facilitate your contact with international colleagues.

Tuition fees are established according to the number of hours you spend in direct contact with our faculty members and clinical instructors. A detailed invoice guarantees transparency. You can consult with the registrar on campus for any special requests.

The Importance Of Research

The unique key to the great international respect enjoyed by CCO is our research component. Student-based research is a pillar of the CCO that we are very proud to support. After completing the full four-year classroom curriculum consisting of 34 classes, students conduct original independent research of a philosophical, clinical, or experimental nature, followed by the writing of a thesis. The research component could be completed within 12 months. Some research grant money is available to assist students in their thesis work.

While other schools boast that they do not require a research component, it is important to realize that research is crucial to your education and training. All medical professions, including osteopathy, are based on a developed body of knowledge that comes, in part, from research. As professionals, we have to study, understand, and critique not only osteopathic research, but other medical research as well. Not only will the CCO help you find and critique research through classroom instruction and assignments, but the practical opportunities we offer in conducting your chosen thesis project will solidify the importance of research to your daily practice of osteopathy.

CCO research, which has been published in many peer-reviewed journals, is recognized internationally for its value to the osteopathic profession. The research is conducted on qualitative subjects of the student’s choosing, and all student researchers are carefully mentored. The CCO’s director of research holds a master’s degree in research.
World Health Organization Standards

The program in traditional osteopathy at CCO exceeds the benchmark standards of the World Health Organization (WHO) as well as the Osteopathic European Academic Network (OsEAN).

In fact, our research program, and those of our European affiliates, served as models for the WHO standards. These standards lay out numerous essential competencies for osteopathic practice in training programs, including the following:

- A strong foundation in osteopathic history, philosophy, and approach to healthcare.
- An understanding of the five models of structure-and-function relationships.
- An understanding of the mechanisms of action of manual therapeutic interventions.
- Competency in the palpatory and clinical skills necessary to diagnose dysfunction.
- Competency in a broad range of osteopathic manipulative treatment (OMT) skills.
- Proficiency in physical examination and in the interpretation of tests, imaging, and laboratory results.
- A thorough understanding of the articular, fascial, muscular, and fluid systems.
- A basic knowledge of traditional medicine and complementary/alternative medicine.

The osteopathic training program offered by CCO is classified in the WHO guidelines as a Type II program, which is aimed at students with prior training as healthcare professionals.
In order to succeed in this program, how much time will I need to devote to studying?

The average ratio is two hours of homework for each hour of in-class instruction. We also suggest that students create study groups to promote the sharing of ideas and practicing therapeutic methods.

What skills and techniques will be acquired during the student clinic days?

• The student’s performance on clinic days is under the supervision of osteopathy faculty members and clinical instructors with excellent clinical experience. Each step in the process of treating a patient – from the initial evaluation to the treatment plan, and its execution is done with the guidance of our supervisors.

• Clinical days allow students to gain experience in handling the complex cases of real patients.

• The CCO is a leader in clinical methodology, teaching this method not only in Canada, but in Japan, Russia, Germany, Switzerland, France, and the United States.

How does the CCO guide its students during their experimentation and writing of their research project?

• Throughout their studies, students learn how to write a research by completing various projects, synthesis assignments, and analyses, as well as completing compulsory courses on research methodology.

• Upon completion of the 4-year curriculum, students will draft a research project proposal, which is then presented to a jury of CCO graduates in order to ensure that the student has selected a suitable subject, direction, and research methodology.

• All students are supervised by an advisor as they conduct and write the research project. After the research pre-read has been completed, the student will present it before an international jury. Once the research project is accepted, the student will receive their D.O.M.P., recognized by the OAO, and the D.Sc.O., which indicates the completion of research in osteopathy.
For More Information

Admissions Office
Tel: 1-800-263-2816, ext. 229
admission@ceosteoa.ca

The Academic Councils of the Canadian College of Osteopathy

The role of AC is to define the academic future of the CCO, to ensure the quality of courses, and to guarantee excellence in education, according to the World Health Organisation (WHO) criteria.

• Catherine Cabral-Marotta, D.O.M.P, D.Sc.O.
• Marie Colford, D.O., D.Sc.O.
• Tara Drew, D.O.M.P, Ph.D., D.Sc.O.
• Philippe Druelle, D.O., D.Sc.O.
• Geneviève Forget, D.O., D.Sc.O.
• Daryl Hochman, MD, D.O.M.P, D.Sc.O.
• Rob Hufgart, D.O.M.P, D.Sc.O.
• Katherine Liberatore, D.O.M.P, D.Sc.O.
• Brad McCutcheon D.O.M.P, D.Sc.O., MSc
• Jane Stark, D.O.M.P, MS, D.Sc.O.
• Kevin Stocker, D.O.M.P, D.Sc.O.