

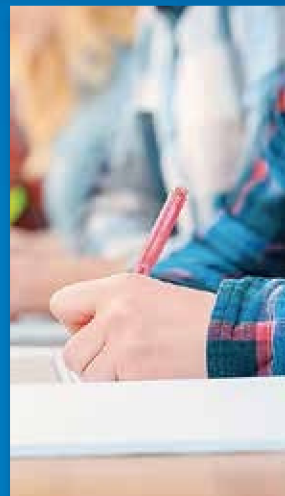
# *Canadian College of Osteopathy*



Cohort 2024



Canadian College of  
**Osteopathy**  
Toronto | Winnipeg



# Admission to the CCO



## Our Program

Our osteopathic program is a **part-time, in class** program.  
The entire training program takes **4 years and a half**.  
Our students graduate with a D.O.M.P. (Diploma in Osteopathy Manual Practice)

## Academic Year

**Toronto campus :** August/September to March/April, Thursday to Monday inclusively  
**Winnipeg campus :** August to July, Wednesday to Sunday inclusively

**Seminars :** 8 or 7 seminars per year  
Each session is five days to six days in length, falling over a weekend in order to minimize time lost from the student's full time employment.

**Class hours :** 8:30 a.m. to 5:30 p.m. with 1 hour for lunch

## Admission

Please fill out the application form and send it by e-mail to [admission@ceosteo.ca](mailto:admission@ceosteo.ca) with all requested documents.



# Admission criteria



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

Depending on your level of qualifications, you may gain direct entry into our program, or entry with additional requirements.

## To meet our admission criteria:

✓ You hold a bachelor in these health programs

- Medicine
- Physiotherapy
- Occupational therapy
- Sports and athletic therapy
- Chiropractic
- Kinesiology\*
- Nursing science\*\*
- Veterinary medicine\*\*
- Midwives\*\*

✓ Or you hold one of the following diplomas

- Acupuncture diploma\*\*
- Doctorate in Naturopathic Medicine\*\*
- Homeopathy diploma\*\*
- Practical nursing diploma\*\*

✓ Or you are a Massage Therapist

Massage Therapist		
2600-3000 hour-program	2200 hour-program or more with a university degree	2200 hour-program or more and no university degree *

- 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).

\* Pre-admissions course required (consists of a twenty online lesson course in basic anatomy and physiology).

\*\* Pre-admissions course and 120 hours of additional clinic hours required.



# Pre-admissions Anatomy and Physiology 2024



**“Anatomy and Physiology”** is an online self-study course required for some students admitted to the D.O.M.P. program.

The online Anatomy and Physiology course consists of:

- 20 online lessons to be completed by September 15, 2024.
- You will have quizzes after each section that you will need to pass in order to complete the course.

## Registration

To take the pre-admissions course you have to be accepted in the program first. Tuition fees are \$425.00.

## 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.



# Our Study Program



Our program meets the OAO's and MAOMT's requirements and WHO Benchmarks.

## First year:

Palpation Course, History and concepts of Osteopathy, General Osteopathic Treatment, Pelvis, General Pathophysiology, Strain Counterstrain, Lower Extremity, Orthopedic and Neurological Assessment.

## Second year:

Lumbar Spine, Vault Bones, Muscle Energy, Embryology, Dorsal Spine and Ribs, Cervical Spine, Upper Extremity, Lymphatics, Pharmacology, Functional Emergency Technics.

## Third year:

Occiput/Atlas/Axis, Bones of the Face, Cranial Osteopathy - Advance Course, Pathophysiology Digestive System, Introduction to Digestive System, Small and Large Intestines, Hepatic System

## Fourth year:

Kidneys - Introduction to Gynaecology, Bladder - Gynaecology and Obstetrics, Pathophysiology, Cardio-Respiratory System, Radiology, Respiratory System: Plura and Lungs, Pericardium and Heart, Paediatrics and Newborns, Autoregulation System.

**OAO:** Ontario Association of Osteopathic Manual Practitioners

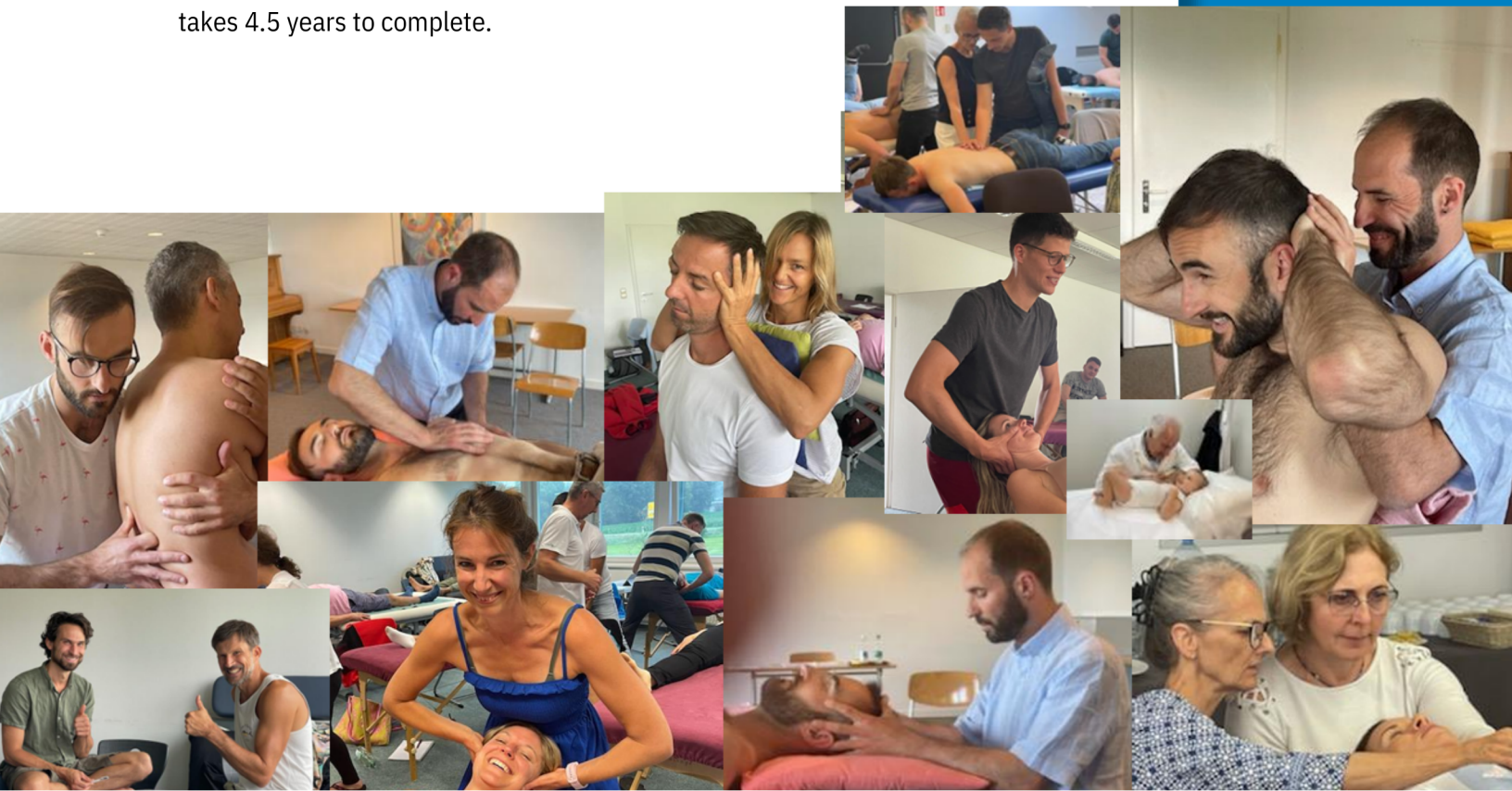
**MAOMT:** Manitoba Association of Osteopathic Manual Therapists



# Research



- The research component is important to membership in a professional organization. It's important to be able to find and understand research as it supports the clinical decision making.
- Students are introduced to research in the first year, and every year of the program such that they are prepared for their clinical research study.
- The research component at the CCO is the foundation upon which students are able to integrate the material they have studied in the previous four years and to consolidate their knowledge through practical application.
- The study is independent on the topic of their choice. They proceed concurrently with it as they complete their clinical hours.
- Moreover, this period is an opportunity for students to help advance the field of osteopathy through their research.
- The entire training program, including the research component, takes 4.5 years to complete.



# Clinical Training



## General Objectives : 10 competencies

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
- 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
- Selection and execution of appropriate assessment and tests

### 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)

## Clinical Training – 1000 hours

- Integration days, clinical methodology, clinical days, paediatric clinical days
- Osteopathic applications in private practice
- Clinical observation at an osteopathic manual practitioner
- Approved continuing education courses
- Humanitarian mission

Our program meets the OAO's and MAOMT's requirements and WHO Benchmarks.



# 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:

- Our students can take courses at our other campuses (Toronto, Halifax, Vancouver, Winnipeg and in French at Quebec and Montreal) or in Europe (Germany and Switzerland).
- Our continuing education classes are taught by some of the world's most renowned and skilled osteopathic manual practitioners 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.

## 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 30 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.





# *Canadian College of Osteopathy*

## **Toronto**

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## **Winnipeg**

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