



Canadian College of
Osteopathy

Toronto



Information
on our programs
in **Osteopathy**

Academic year

2023-2024

collegeosteo.com



Welcome to the Canadian College of Osteopathy!

Toronto and Winnipeg



We're available every day to answer your questions. You can contact Florent, our registrar, who is available Monday to Friday, 9 a.m. to 4 p.m., at 1-800-263-2816, ext 229, or by e-mail at admission@ceosteo.com.



The satisfaction of learning how to relieve pain and make patients feel good



Definition of Osteopathy

Traditional osteopathy, as presented by the Canadian College of Osteopathy, is defined as:

“A natural manual therapy 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 palpation and works with the position, mobility and quality of the tissues”.

*The profession of osteopathy was founded single-handedly in 1874 by an American physician, with a mechanical background, named **Andrew Taylor Still** (1828-1917).*



Dr. Still with his students - dissection class, 1901

Comprehensive part-time training course for healthcare professionals
that will provide you with solutions for your patients
42 years of experience to share

- Specially adapted to meet your professional needs.
- Courses take place over weekends, with one seminar per month for 8 months.
- The entire training program takes 4 years and a half.
- You will graduate with a D.O.M.P. (Diploma in Osteopathy Manual Practice) and the D.Sc.O. (Diploma in Science of Osteopathy).
- You can start your training at one campus and complete it at another, in Canada and Europe.
- Our graduates are admitted to the Ontario Association of Osteopathic Manual Practitioners: OAO.

To meet our admission criteria

✓ You hold a bachelor in these health programs

- Medicine
- Physiotherapy
- Occupational therapy
- Sports and athletic therapy
- Chiropractic
- Kinesiology¹
- Nursing science²
- Veterinary medicine²
- Midwives²

✓ You hold one of the following diplomas

- Acupuncture diploma²
- Doctorate in Naturopathic Medicine²
- Homeopathy diploma²
- Practical nursing diploma²

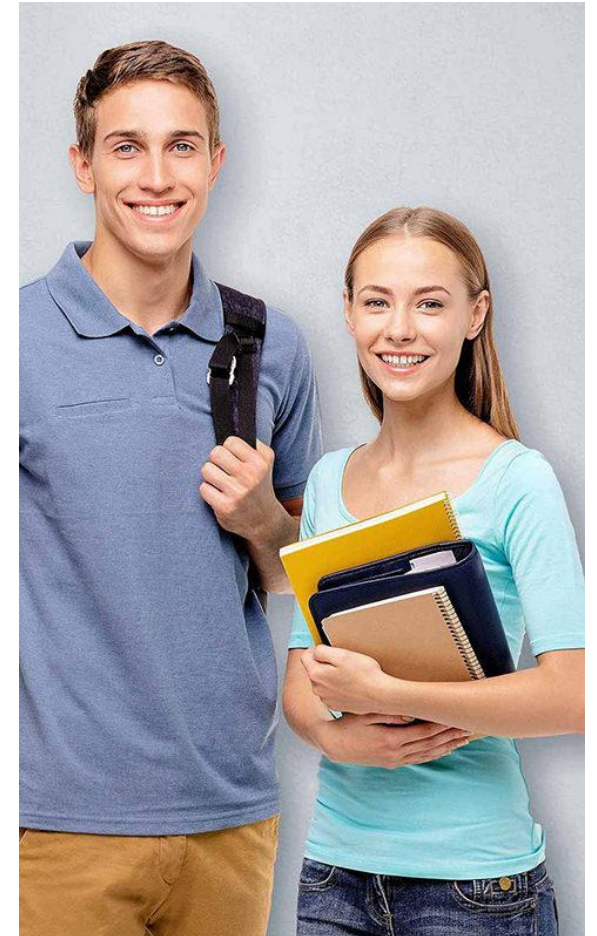
✓ You are a Massage Therapist

Massage Therapist		
2600-3000 hour-program	2200 hour-program or more with a university degree	2200 hour-program or more and no university degree ¹

- 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).

¹ Pre-admissions course required (consists of a twenty online lesson course in basic anatomy and physiology).

² Pre-admissions course and 120 hours of additional clinic hours required.



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 members 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.



The know-how required to become a competent, confident osteopathic manual practitioner.

Precise, guided palpation



The ability to reproduce the therapeutic gesture efficiently on your own



Our program meets the OAO'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:

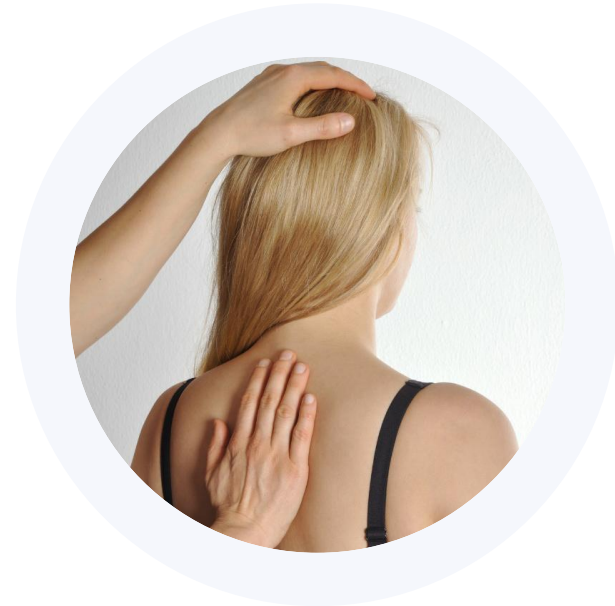
Lumbar Spine, Vault Bones, Muscle Energy, Embryology, Dorsal Spine and Ribs, Cervical Spine, Upper Extremity, Lymphatics, Pharmacology, Functional Emergency Technics.

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.



Osteopathic techniques : you'll learn about 1,350 therapeutic techniques and methods, with their indications and contraindications.

Osteoarticular adjustments

- The objective is to put the joints in motion without using force.
- The benefits: smoothness, precision, efficiency. That is why it is very much appreciated by patients.
- Usually, one technique is sufficient and does not need to be repeated to obtain relief.



Myofascial

- In history, from the very beginning, osteopaths were the first to discover these excellent techniques.
- There are many soft tissue methods in osteopathy as:
- The myofascial release, by Andrew T. Still and William Garner Sutherland D.O., the muscle energy, by Fred Mitchell, D.O., the strain counterstrain, by Laurence Jones, D.O.
- Palpation and knowledge of neurophysiology are important in this field including the work of Irvin Korr, PhD, Denslow, PhD, and Patterson, PhD.



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Cranial

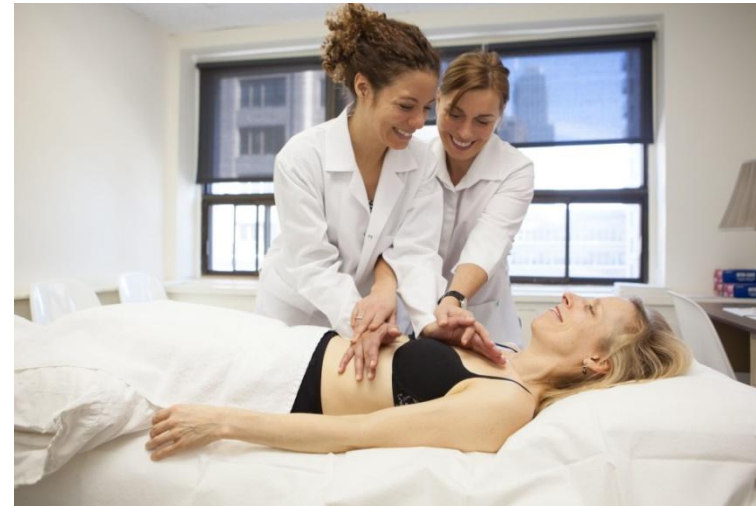
- There is an internal movement that Sutherland called the Primary Respiratory Mechanism (9 to 12 cycles per minute).
- It tells you whether a region has vitality or not. This requires accurate palpation.
- It is very useful after concussions, for young children, after a difficult birth, chronic fatigue, headaches.



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Visceral

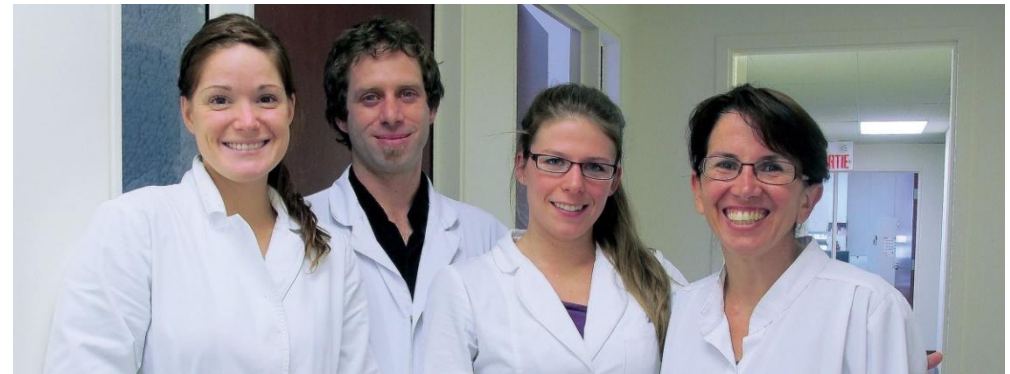
- Since the beginning of osteopathy, many osteopaths and D.O.M.P. have studied and developed therapeutic methods, particularly in gynaecology and obstetrics.
- The viscera are often the cause of dysfunction, inflammation and associated pain.
- We have received the pioneers in this field: Jean Pierre Barral, Philippe Druelle, Bernard Darrailans, René Briend, etc.



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CCO clinical methodology

- Enables the D.O.M.P. to itemize and prioritize global assessment findings by teaching a hierarchy of somatic dysfunction (SD). Your treatments will be more effective.
- The clinical methodology is very successful and we teach it in many countries: Canada, USA, Russia, Japan, France, Italy, Germany, Switzerland.



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 requirements and WHO Benchmarks.



Work opportunities



- The people of Ontario and Manitoba are becoming increasingly conscious of the usefulness and efficiency of natural manual therapy ; 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 1,800 graduates, educated at our campuses across Canada, are actively and successfully practicing osteopathy. The public recognizes their competence and makes their satisfaction known.



Administrative benefits

- Modern, comfortable permanent premises with spacious, well-lit classrooms.
- A modern space close to metro station.
- We can provide you with certificates to obtain bank loans for your studies.
- The administrative team is at your service every day.
- A part-time program director, Martin Vincent, attentive and highly competent.
- Teachers who care about your well-being and the quality of your studies with Daryl Hochman, DPM, D.O.M.P., D.Sc.O., MSc and Jane Stark, CATA, MS, D.O.M.P., D.Sc.O.
- An educational consultant, Marie Colford, D.O.
- The outpatient clinic is available to patients at reduced rates.
- Teachers are on hand to help you with your studies if you have difficulties with patients.
- A research team led by Daryl Hochman and Jane Stark.



Financing your education

Fees cover the exceptional services we provide and the support you need to succeed in your studies. Profits are reinvested in student services.

- Various sources of financing and payment are available.
- We can provide you with certificates for your bank
- For the coming school year, we plan to offer scholarships ranging from \$1,000 to \$2,000 for first-year students. Conditions apply based on your needs and your exam success.
- Our students and graduates, benefit from substantial discounts on post-graduate courses and for the International Osteopathic Symposium.
- If you need help, we're here to find solutions and help you continue your studies.

The first course will be held on September 14, 2023 at the CCO : 90 Eglinton Avenue East, Unit 900 Toronto

- Course content:
- General concepts of osteopathy and practice of different palpation techniques MYOFASCIAL RELEASE techniques for the pelvis, spine, upper and lower limbs, cervical spine and clinical applications for concussions, people who have suffered accidents at work, road accidents, athletes, people with dysfunctions and pain. (Sutherland DO, Frymann DO).
- Introduction to visceral and cranial techniques. GENERAL OSTEOPATHIC TREATMENT Set of 30 techniques to meet the needs of the body suffering from tensions and restrictions. (Wernham DO, Littlejohn DO). Clinical methodology.
- To register please contact our registrar by email at : admission@ceosteo.ca



Diploma

- At the end of your studies, you'll graduate with a D.O.M.P., which has equivalence for practice in all Canadian provinces.
- At the end of each post-graduate course, you'll receive a certificate showing the number of hours and credits.





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