

Somato-Emotional *Perspective* in Osteopathy



LOCATION

Hilton Anatole, Dallas, TX

DATE

March 14-16, 2027

COURSE DIRECTOR

Travis Gordon, DO, MSc, FAAO



Travis Gordon, DO, MSc, FAAO is an Assistant Professor of Osteopathic Manipulative Medicine and Medical Director of Yucatán, Mexico for MSUCOM where he leads international educational programs, research and collaborations. He has board certifications in Family Medicine and Neuromusculoskeletal Medicine and holds a Masters degree in Humanistic Psychotherapy. He endeavors to expand global osteopathic recognition and dedicate his career to bridging the knowledge gap between osteopathy and psychology in their respective mind-body approaches to understand Dr. Still's concept of unity in Body, Mind, and Spirit.

Course Description

This course aims to build upon our existing understanding of anatomy and physiology through a more complete perspective to rediscover what was always in front of our eyes and under our hands: emotion. We will explore the dual nature of emotion in which it manifests itself in psyche and soma as one integral, simultaneous, unconscious process. Reichian concepts of somatic psychology will be explored as a road map to understand common strain patterns and medical diagnoses, emphasizing the emotional basis for their existence. Specific techniques to treat emotion-based strain patterns will be explored with a focus on non-physical trauma as a principle cause of pathology, creating a general shift in perspective from pathophysiology to "treating the health", as Dr. Still taught.

Course Objectives

- Understand specific physiologic mechanisms responsible for the interplay between emotions and the somatic system
- Describe differences between the conscious and unconscious with examples that pertain to the somatic system
- Comprehend basic concepts of Gestalt therapy as they relate to osteopathic principles and be able to effectively use them during medical interview, diagnosis and treatment
- Recognize the five "characters" of somatic psychology and their manifestation from both behavioral and structural perspectives
- Perceive myofascial strain patterns typical of each character and develop personalized treatment plans based on mind-body needs
- Relate concepts of direct and indirect osteopathic techniques to psychotherapeutic strategies

Continued Medical Education: **24 credits** of AOA Category 1-A CME are anticipated.

	On or Before January 5, 2027		January 6 - February 19, 2027		After February 20, 2027	
Registration Fees	With Convo	Without Convo	With Convo	Without Convo	With Convo	Without Convo
Academy Member	\$925	\$1,028	\$1,015	\$1,128	\$1,195	\$1,328
Resident Member (DO or MD)	\$745	\$828	\$835	\$928	\$1,025	\$1,128
Student Member	\$565	\$628	\$635	\$728	\$835	\$928
Nonmember practicing DO or other health care professional	\$1,375	\$1,528	\$1,465	\$1,628	\$1,645	\$1,828
Nonmember Resident or Intern	\$1,195	\$1,328	\$1,285	\$1,428	\$1,465	\$1,628

*The AAO's associate members, international affiliates, and supporter members are entitled to register the same fees as full members

COURSE LOCATION

Hilton Anatole
2201 N Stemmons Fwy, Dallas, TX

COURSE DATES & TIMES

March 14, 2027, 8am-5pm
March 15, 2027, 8am-5pm
March 16, 2027, 8am-5pm

MEAL INFORMATION

Morning coffee/tea provided each day.
Lunch not provided. Afternoon coffee provided each day.

Questions or need additional information? Contact event planner at eventplanner@academyofosteopathy.org