

Somato-Emotional Perspective in Osteopathy

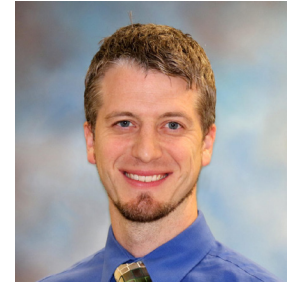


Date: March 3-5, 2024

Location: The Broadmoor (Colorado Springs, CO)

Course Director: Travis Gordon, DO, MHP

Register online at www.academyofosteopathy.org



Course Description

This course aims to build upon our already existing understanding of anatomy and physiology through a more complete perspective and rediscover what was always in front of our eyes and under our hands: emotion. The course will explore the duality of emotion and the somatic system in which it stores itself to form one integral, simultaneous, unconscious process. Concepts of Gestalt Therapy for interviewing and treatment will be emphasized to understand the importance of keeping the patient in the present moment for healing to take place. Physicians will be trained to identify stored emotions in the somatic system to diagnose and treat more efficiently, as well as experience a richer doctor-patient relationship.

The 5 human characterologies, as originally described by Wilhelm Reich and later Alexander Lowen, will be emphasized as a road map to understand common strain patterns encountered in patients and the emotional basis for their existence. Specific ways to treat emotionally-based strain patterns will be discussed and demonstrated with a focus on non-physical causes of pathology to create a general shift in perspective from pathophysiology to “treating the health,” as Dr. Still taught.

Course Objectives

1. Understand specific physiologic mechanisms responsible for the interplay between emotions and the somatic system
2. Describe differences between the conscious and unconscious with examples that pertain to the somatic system
3. Comprehend basic concepts of Gestalt and be able to effectively use them during medical interview, diagnosis and treatment
4. Recognize the 5 characterologies in patients from both behavioral and structural perspectives
5. Perceive myofascial strain patterns characteristic of each characterology and develop appropriate treatment plans based on prioritization of the patient’s specific needs
6. Be able to relate the concepts of direct and indirect osteopathic techniques to psychotherapeutic strategiest

Course Prerequisite

Successful completion of an approved 40-hour Introductory Course in Osteopathy in the Cranial Field.

Continuing Medical Education

24 credits of AOA Category 1-A CME are anticipated.

Course Faculty

Travis Gordon is a native of Lansing, Michigan. He graduated from Alma College in 2005 with a BS in Exercise and Health Science and a BA in Spanish, subsequently completing a two-year service in Peace Corps Nicaragua, working in Public Health with a focus on HIV/AIDS and was awarded the International AIDS Day Award for outstanding initiatives in the field. He graduated from MSUCOM in 2013, earning the Fred Mitchell, Sr. Award for his work in osteopathic manipulative medicine, and later completed a residency at Advent Health East Orlando with specialties in family medicine and neuromusculoskeletal medicine. He has worked for MSUCOM since 2017 and is the Director of Medical Education for International Studies in Yucatan, Mexico and Assistant Professor of Osteopathic Manipulative Medicine. He oversees all international projects and collaborations between MSU and Mexico.

Course Location

The Broadmoor

1 Lake Avenue, Colorado Springs, CO

Course Dates & Times

- March 3, 2024, 8 am-5 pm
- March 4, 2024, 8 am-5 pm
- March 5, 2024, 8 am-5 pm

Meal Information

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

Registration Fees

	On or before January 5, 2024		January 6 through February 5, 2024	
	With Convo	Without Convo	With Convo	Without Convo
Academy member	\$918	\$1,020	\$1,008	\$1,120
Resident Member (DO or MD)	\$738	\$820	\$828	\$920
Student Members	\$558	\$620	\$648	\$720
Nonmember practicing DO or other health care professional	\$1,278	\$1,420	\$1,368	\$1,520
Nonmember resident or intern	\$1,098	\$1,220	\$1,188	\$1,320

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

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