

The Relevance of Chinese Healing Concepts in Osteopathy

Sponsored by the Post-Graduate Institute of Osteopathy

This course series will shed light upon what traditional Chinese medicine (TCM) has to offer osteopathic medicine. We will explore a range of energetic disciplines applicable to OMM. These include acupuncture but also qigong (Chinese yoga), Taoist and Buddhist meditative healing traditions and internal martial arts like taiji quan. New approaches to somatic dysfunction will be illustrated, characterized by efficiencies of whole-body analysis and dynamic treatment methods. Diagnostic accuracy is enhanced through multiple redundancies in the physical exam. Systematic integration of energetic paradigms with osteopathic theory yields to study of non-linear mechanisms of healing in the final course of the series.

Course I: OMM for the Primary Organs, Meridians & Spine

This course introduces the value of energetic models for osteopathic manipulative medicine. New correlations between the primary (solid) organs, their meridians and the spine will be demonstrated. New approaches to somatic dysfunction are explored by elucidating a major regulatory system and its anatomical construct little known in our profession- the meridians of TCM. A system of self-care based on qigong will be introduced with equal application as prescriptive rehabilitation that is useful beyond the musculoskeletal system. Simple but highly effective transitional methods link energetic with mechanical treatments allowing the practitioner to immediately employ new insights and skills for OMT.

Course II: OMM for the Hollow Organs, Meridians & Spine

The second course continues the integration between spine, hollow organs and their meridians. Five Element Theory is a rubric for understanding the interaction between the organs while Transport Theory is modified from an acupuncture model to one of movement in qigong and OMT for diagnosis and treatment. Study of precise movement and restriction integrates OMM and anatomy with acupuncture and meditation. The concept of the triple burner- an organ without parallel in the West, provides new understanding and treatment methods for the venous and lymphatic systems, and the cerebrospinal fluid.

Course III: Energetic Approaches to the Cranial Field

The third course applies 5 Element Theory to the cranial field and cervical spine. This is a new interpretation of Dr Sutherland's work. Decompression of the sphenoid body and its relation to the primary organs tightly integrates cranial, visceral and somatic spheres. New theories of the midline cranial base, dural girdles and sacral function will be illustrated. The entire axial skeleton will be related to the upper limb for diagnostic, manipulative and self-care applications.

Course IV: Energetic Biodynamics

Developmental dynamics form the basis of the fourth course. A new therapeutic approach to problems of organogenesis is described for treatment, self-care, prescriptive meditation and exercise. The ancient Chinese theory of the 8 Extraordinary Meridians will be viewed through an embryologic lens from the earliest moments of the germ disc to organogenesis. Chinese concepts of the midline are linked to a new understanding of tension within the arterial tree. This course will also include the concept of dantiens: centers of energy and function located at the centers of gravity for the head, thorax and the whole body. Holistic principles of movement that are new to the West will be elucidated. The course concludes with a detailed presentation of energetic integration with the environment.

Course V: Potency and Energetics- Mind, Matter and Motion

The final course delves deeply into energetic mechanisms of treatment. Perceptual skills cultivated in the earlier courses are applied to bridge the gap from mechanical to energetic methods. We employ an experiential approach to mind, matter and motion. Although less force and mechanical precision are required the correction of somatic dysfunction is expedited, and the results more definitive. Protection of the practitioner from common pitfalls in OMT are emphasized. Exploration of the biofield allows rapid diagnosis and a new understanding of fulcra and strain patterns individualizes treatment. Non-linear mechanisms of healing are acknowledged along with mysteries of the relationship between healing and personal development. Finally, group and remote healing methods are explicated.

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