

CNMO PROGRAMMES 2024-2025

INDICATIVE CONTENT IS WRITTEN IN THE CHARTS / COLOUR CALENDAR ENTRIES

Cost:

All programmes cost £2500, whether face to face, or online with a practical / clinical block. If you pay in full by 30 June, 2024, the price is £2250. Payment by bank transfer.

INSTALLMENTS – TOTAL PRICE IS £2800. PAY INTIAL FEE OF £800, THEN 4 INSTALLMENTS OF £500, PAYABLE PRIOR TO EACH BLOCK.

CERTIFICATE PROGRAMMES - FULLY FACE TO FACE:

- 1) Women's health (this is year one of the diploma)
- 2) Visceral and Systemic (this is year one of the diploma)
- 3) Paediatrics (this is year one of the diploma)

CERTIFICATE PROGRAMMES - ONLINE, WITH A CLINICAL / PRACTICAL BLOCK

1) Women's Health (this is year one of the diploma)

DIPLOMA PROGRAMMES – FULLY FACE TO FACE

- 1) Women's Health (this is year two of the diploma)
- 2) Paediatrics (this is year two of the diploma)
- 3) Mother and Baby (this is year two of the diploma)



SCHEDULE:

All certificate face to face courses consist of 4 teaching blocks – each of 3 days duration. 3 of the blocks have a clinical day attached. This totals 15 days of attendance.

The women's health and visceral diploma face to face courses consist of four 3-day teaching blocks, 3 have a clinical day attached. Making 15 days. There is also an additional 4 day clinical block required for the women's health diploma. This makes 19 days in total for women's health. The paeds diploma year includes 14 days in total. The combined mother and baby course requires 15 days in total (it excludes the advanced internals block – but this can be added)

Venue

All certificate / diploma face to face courses are taught in Bristol, unless otherwise stipulated:

The venue varies – according to available space/ lecture versus clinic.

Clinical days at either at Bristol Osteopaths, Wells Road or the Family Practice, Gloucester Road, Bishopston.

Lecture days are at Bristol Osteopaths, Queen Charlotte Street, for all programmes except the paediatrics, which run from a meeting room in central Bristol. Bristol Airport approx 30 minutes.

You will receive full details once you enrol.

Timings are usual 8.30-9am start and 5pm finish.

All online programmes are distance learning at your home, with a required clinical / practical block attendance in person (a hybrid format). Year one has one block of 6 days, and year two (of the diploma, where applicable) requires 2 blocks – one 6 day, and one 4 day – making 10 days for year two.

Venue for the online hybrid version

Ashby de la Zouch, Nottinghamshire (near East Midlands Airport – approx 15 minutes, or Birmingham Airport – approx 40 minutes).

You will receive full details once you enrol.

Timings are usual 8.30-9am start and 5pm finish.

YEAR TWO PAEDIATRICS DIPLOMA – FACE TO FACE: there are 2 provisional 6-day blocks for this programme, in 2 blocks of 6 days. The first week is in Bristol, and the second week is in Barnstaple – the provisional dates are at the end.



CALENDER FORMAT FOR THE 2024-2025 CNMO PROGRAMMES

CERTIFICATES: FULLY FACE TO FACE OPTIONS - DELIVERED IN BRISTOL:

GREEN- VISCERAL AND SYSTEMIC CERTIFICATE (YEAR ONE OF THE DIPLOMA)

PINK - WOMEN'S HEALTH CERTIFICATE (YEAR ONE OF THE DIPLOMA)

BLUE - PAEDS CERTIFICATE (YEAR ONE OF THE DIPLOMA)

DIPLOMAS:

GREY - WOMEN'S HEALTH DIPLOMA (YEAR TWO OF THE DIPLOMA)

ORANGE - PAEDIATRICS DIPLOMA (YEAR TWO)

GREY / ORANGE MIX – MOTHER AND INFANT DIPLOMA (YEAR TWO) – COMPLETE SOME OF THE WOMENS HEALTH AND SOME OF THE PAEDS YEAR TWO PROGRAMMES.

ONLINE ONLY CERTIFICATE OR DIPLOMA – WOMEN'S HEALTH PROGRAMMES, REQUIRES A 6-DAY BLOCK, FACE TO FACE, DELIVERED IN ASHBY DE LA ZOUCHE (NOTTINGHAM) FOR YEAR ONE, AND 1X6-DAY AND 1X4-DAY BLOCKS FOR YEAR TWO.

PURPLE - ONE 6 DAY BLOCK FOR YEAR ONE / CERTIFICATE - WOMEN'S HEALTH ONLY

PURPLE – ONE 6 DAY BLOCK FOR YEAR TWO DIPLOMA – WOMEN'S HEALTH ONLY

PURPLE – ADDITIONAL 4 DAY BLOCK FOR INTERNALS / COMPLEX PELVIC PAIN – PART OF YEAR TWO DIPLOMA – WOMEN'S HEALTH ONLY.

FACE TO FACE LECTURE BLOCK SCHEDULES:

VISCERAL CERTIFICATE DATES:

BLOCK ONE:

SUN 13 OCTOBER - CLINICAL INTRODUCTION DAY

MON-WED – 14-15-16- OCTOBER 2024– IN PERSON LECTURES

BLOCK TWO:

SUN 12 JANUARY 2025, CLINICAL DAY

MON-WED 13-14-15 JANUARY 2025, IN PERSON LECTURE DAYS

BLOCK THREE:

SUNDAY 23 FEBRUARY, CLINICAL DAY

MON-WED 24-25-26 FEB, IN PERSON LECTURE DAYS

BLOCK FOUR:

MON-WED 9-10-11 JUNE, IN PERSON LECTURE DAYS

NO CLINICAL DAY



WOMENS HEALTH CERTIFICATE:

BLOCK ONE:

THURS-SAT – 17-18-19 OCTOBER 2024, IN PERSON LECTURES

SUN 20 OCTOBER, CLINICAL INTRODUCTION DAY

BLOCK TWO:

THURS-SAT 16-17-18 JANUARY 2025, IN PERSON LECTURE DAYS

SUN 19 JANUARY, CLINICAL DAY

BLOCK THREE:

THURS-FRIDAY 27-28 FEB AND 1 MARCH, IN PERSON LECTURE DAYS

NO CLINICAL DAY

BLOCK FOUR:

THURS-SAT 12-13-14, IN PERSON LECTURE DAYS

SUN 15 JUNE, CLINICAL DAY

NB YEAR ONE STUDIENTS ARE NOT ABLE TO JOIN THE LAST CLINICAL BLOCK SHOWN IN THE PICTURES – THIS IS FOR SOME YEAR TWO STUDENTS LAST YEAR, WHO MISSED IT, TO BE ABLE TO JOIN IN THIS YEARS YEAR 2 CLINIC.

PAEDS CERTIFICATE DATES:

BLOCK ONE:

MON-WED 21-22-23 OCTOBER, IN PERSON LECTURE DAYS

(NO CLINICAL DAY IN BLOCK ONE)

BLOCK TWO:

WED-FRI 8-9-10 JANUARY 2025, IN PERSON LECTURE DAYS

SAT 11 JANUARY, CLINICAL DAY

BLOCK THREE:

SUN 1 MARCH, CLINICAL DAY

MON-WED 2-3-4 MARCH, IN PERSON LECTURE DAYS

BLOCK FOUR:

THURS-SAT, 5-6-7 JUNE, IN PERSON LECTURE DAYS

SUN 8 JUNE, CLINICAL DAY



WOMEN'S HEALTH (YEAR TWO) DIPLOMA DATES:

BLOCK ONE:

THURS-SAT 24-25-26 NOVEMBER 2024, IN PERSON LECTURES DAYS

SUN 27, CLINICAL DAY

BLOCK TWO:

THURS-SAT 27-28 FEB 2025 AND 1 MARCH, IN PERSON LECTURE DAYS

SUN 2 MARCH, CLINICAL DAY

BLOCK THREE:

THURS-SAT, 6-7-8 JUNE, IN PERSON LECTURE DAYS

SUN 9 JUNE, CLINICAL DAY

BLOCK FOUR:

MON-WED 30 JUNE, AND 1-2 JULY, IN PERSON LECTURE DAYS

THURS-SU 3-4-5-6 JULY, CLINICAL DAYS

PAEDIATRICS DIPLOMA (YEAR TWO) DATES:

BLOCK ONE:

BRISTOL - MON 31 MARCH 2025, THROUGH TO SUN 6 APRIL, 2025.

BLOCK TWO:

BRISTOL / BARNSTAPLE (EXACT VENUE TBC) - MON 14 JULY - SUN 20 JULY 2025.

NB - THESE TWO BLOCKS ARE SHOWN IN THE COLOURED CHARTS LOWER DOWN

MOTHER AND BABY DIPLOMA (YEAR TWO)

COMPLETE 2 OF THE YEAR TWO WOMEN'S HEALTH BLOCKS – THE OBSTETRICS BLOCKS AND THE POST PARTUM BLOCKS COMPLETE THE BRISTOL YEAR TWO PAEDS BLOCK FOR YOUNGER CHILDREN AND BABIES - IN APRIL.

ONLINE PROGRAMMES – WOMEN'S HEALTH:

YEAR ONE CLINICAL BLOCK - ASHBY - TUES-SUN 21-16 JANUARY, 2025.

YEAR TWO CLINICAL BLOCKS - ASHBY - MON-SAT 17-22 MARCH, 2025, AND TUES-FRI 17-18-19-20 JUNE, 2025



ONLINE PROGRAMMES WITH BLOCKS:

PAEDIATRICS ONLINE, CLINICAL AND PRACTICAL BLOCK REQUIREMENTS:

6th to 11th MAY 2025

bank holiday weekend						
2025	May					
28	29	30	01	02	03	04
					bank holiday weekend	bank holiday weekend
05	06	07	08	09	10	11
bank holiday weekend	paeds online block bristol					

WOMEN'S HEALTH ONLINE LINICAL / PRACTICAL REQUIREMENTS:

YEAR ONE:

20	21	22	23	24	25	26
JAN 2025	nottingham	year one onli	ne practical /	clinic /		

YEAR TWO:

nottingham year two online practical / clinic 24 25 26 27 28 29 30	17	18	19	20	21	22	23
24 25 26 27 28 29 30	nottin	gham yea	r two onli	ne practi	ical / clini	С	
	24	25	26	27	28	29	30
March 2025			20	27	20	29	3

And:

IL INO-FENTILOTAL		LILADA				
16	17	18	19	20	21	22
JUNE 2025	notting	ham online	year 2 inte	rnals block		



FACE TO FACE BLOCK TIMETABLES – VISCERAL, WOMENS HEALTH, PAEDS:

BLOCK ONE:

					OCTOBER 2024	visceral clinic 1
14	15	16	17	18	19	20
visceral BLOCK ONE	visceral BLOCK ONE	visceral BLOCK ONE	F2F womens health block one A	F2F womens health block one A	F2F womens health block one A	womens health clinic
REFLXES, FLUID CHANNELS, POSTURE AS PHYSIOLOGY	STRUCTURES AND THE HYDROSKELETON,	intervention / treatment options / evidence	principles and case analysis	global cavities and physiology	general visceral palpation	
21	22	23	24	25	26	27
paeds block one A - no initial clinic	paeds block one A	paeds block one A	F2F year two / block two - A	F2F year two / block two - A	F2F year two / block two - A	yr 2 clinic 1
paeds case analysis, osteopathic principles	intrauterine, transition, emerging physiology	behavioural states, intiial screening and evulation	pain, body image, social engagement, focusing, trauma	heart and lungs, facial / tmj - social imporinting, arousal, trauma	neuroendocrine immune	
28	29	30	31	01	02	03

BLOCK TWO:

30	31	01	02	03	04	05
new year break		new year				
06	07	08	09	10	11	12
	JANUARY	paeds block one b	paeds block one b	paeds block one b		
	2025					
			movement, plagio,	infant feeding,		
		birth, molding,	reflexes, intial	suck and latch,		
		trauma, fluids	development	reflxu and colic	paeds clinic 1	visceral clinic 2
13	14	15	16	17	18	19
visceral BLOCK	visceral BLOCK	visceral BLOCK				
TWO	TWO	TWO	F2F womens health	F2F womens health	F2F womens health	womens health
			block one b	block one b	block one b	clinic 2
	more on cavity	ımmunology, endocrine				
visceral changes	pressures, fluid flow,		pain, inflamation,	breath, pain,	further visceral	
over time, development of	transmural	dynamics and mechanical	basic intervisceral	endocrine immune		
ans	pressures, global		dynamics	endoci ine inimune	patpation	
	reflexes	signalling /				
20	21	22	23	24	25	26
	nottingham v	ear one onli	ne practical	/ clinic		
	notenignam)	July Olic Olici	practicat	Calling		



BLOCK THREE

17	18	19	20	21	22	23
						visceral clinic 3
24	25	26	27	28	01	02
03	04	Notes:				
2025	marc	:n				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24	25	26	27	28	01	02
				FEBRUARY	MARCH	MARCH
VISCERAL BLOCK	VISCERAL	VISCERAL	F2F womens health	F2F womens health	F2F womens health	
THREE	BLOCK THREE	BLOCK THREE	block one c	block one c	block one c	
case analysis in an	BIOLOGICAL					
osteopathic paradigm -	OSCILLATION,	BREATHING AND CVS	obstetrics	obstetrics	labour and delivery	
integrating the systems and looking at	ENDOCRINE	MECHANICS				paeds clinic 2
03	04	05	06	07	08	09
paeds block one c	paeds block one c	paeds block one c	F2F year two /	F2F year two /	F2F year two /	y2 clinic 2
			block two - B	block two - B	block two - B	yz cunc z
movement	further reflexes, balance, postural development	breathing, ears, eyes, balance, visceral	complex obs	complex post	scars and prolapse	
assessment						

BLOCK FOUR

2	26	27	28	29	30	31	01
3	bank holiday weekend					END MAY	y2 clinic 3 / JUNE
4	02	03	04	05	06	07	08
5	F2F year two / block two - c	F2F year two / block two - c	F2F year two / block two - c	paeds block one d	paeds block one d	paeds block one d	paeds clinic 3
6	complex other urogenital	complex pelvis, pelvic floor and internals	complex pelvis, pelvic floor and internals	the older child neurotypical, neurodiverse intro	body image, emotions, emododid	global care, interoception, puberty, sports in children, migraines,	
7	09	10	11	12	13	14	15
8	VISCERAL BLOCK FOUR	VISCERAL BLOCK FOUR	VISCERAL BLOCK FOUR	F2F womens health block one d	F2F womens health block one d	F2F womens health block one d	womens health clinic 3
	MORE COELAIC REGION / SUB- DIAPHRAGMATIC / RETRO-PERITEONAL	UROGENITAL AND PELVIC FLOOR	STOMAOGNATHIC, FACE, BREATHING, HEADS	post partum and breastfeeding, cavity / pelvic floor care	complex pelvic pain, organ support and complex function	older age, menopause, breast surgery, third age	
0	16	17	18	19	20	21	22
1		nottinghan	n online yea	ar 2 interna	ls block		
	77	24	25	26	27	ንዪ	29



PAEDIATRICS FACE TO FACE YEAR TWO

BLOCK ONE:

2025	April		-	-		-
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
bristol year two paeds (baby and young children block)						
ALL LECTURES CRITICALLY APPRAISE EVIDENCE FROM A				advanced concepts for infant feeding,		
WIDE VARIETY OF SOURCES. Emergent sense of			hydraulic and hydrostatic implications for	tongue tie dynamics, oral motor-sensory		
self, and implications for preinatal infant		neural injury, brain perfusion, motor	infant and young child development,	function, sesnory		
health, neuro- endocrine immune	infant fluid dynamics - venous, fluidic, csf	tone and implications for	in depth analysis of the development of	considerations, development of the	CLINICAL DAY: assessment,	CLINICAL DAY: assessment,
dynamics, longer term implications of early life stress,	(head and spine), cvs-respiratory dynamics and	development, complex infant and child trauma,	posture and structure, plagiocephaly,	brain beyond the brains stem and midbrain - immune	evaluation, outcome measures, case analysis tutorials,	measures, case analysis tutorials,
maternal and infant bonding	auotnomic innervation / HRV	disease in early childhood	moulding and reflexes	considerations in development.	clinical observation / participation	clinical observation
07	00	00	10	11	12	12

BLOCK TWO:

4	Α	В	С	D	E	F	G
3						JULY	2025
4	14	15	16	17	18	19	20
5	14 to 20 july Barnstaple/ bristol (TBC)- paeds year two block 2 - the older child and adolescent	14 to 20 july Barnstaple/ bristol (TBC)- paeds year two block 2 - the older child and adolescent	14 to 20 july Barnstaple/ bristol (TBC)- paeds year two block 2 - the older child and adolescent	14 to 20 july Barnstaple/ bristol (TBC)- paeds year two block 2 - the older child and adolescent	14 to 20 july Barnstaple/ bristol (TBC)- paeds year two block 2 - the older child and adolescent	14 to 20 july Barnstaple/ bristol (TBC)- paeds year two block 2 - the older child and adolescent	14 to 20 july Barnstaple/ bristol (TBC)- paeds year two block 2 - the older child and adolescent
				structural and	changing posture and mechanics over time, iplications for		
C	NGOING NEURAL		puberty and	visceral / fluidic	orthopaedic and		
N	IETWORK	sensory processing,	immunity,	integration,	sports injuries,		
D	EVELOPMENT,	interpretation,	autoimmune and	implcations for the	scoliosis and other		
Н	IEMISPHERIC	coding, immunity,	other dsieases for	p;oyvagal / social	movement		
Α	SSYMETRY, further	interoception, body	the older child and	engagement system	complexities.		
b	rain growth,	image, movement	adolescent, changing	conversation,	Osseous and		
n	netabilism and	and emotion,	body schema, and	neurophysiology	myofascial	CLINICAL DAY:	CLINICAL DAY:
	mmunity over time,	developing a sense	implications for	relevant to	dynamics,	assessment,	assessment,
	earning delay,	of self, using	movement, agency,	behavioural state	circulatory issues,	evaluation, outcome	•
	eurodiverty,	drawings and	vollition and	regulation in young	and integrated	measures, case	measures, case
	pectrum dynamics -	language as part of	motivation, ongoing		function, gender	analysis tutorials,	analysis tutorials,
	isorder or disability,		emotional and social		differences between	clinical observation /	clinical observation /
6 n	nanage or improve?	interpretation	deveopment	competence.	boys / girls.	participation	participation