

College of
Non Musculoskeletal
Osteopathy

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:

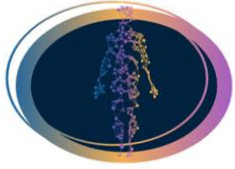
- 1) Women's health (this is year one of the diploma)
- 2) Visceral and Systemic (this is year one of the diploma)
- 3) Paediatrics (this is year one of the diploma)

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)



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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 paed's 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.

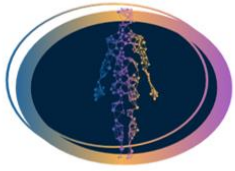
Venue for the online hybrid version

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.



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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.

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:

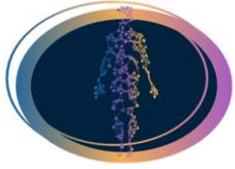
SUNDAY 23 FEBRUARY, CLINICAL DAY

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



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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 STUDENTS 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:

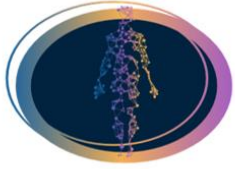
SUN 1 MARCH, CLINICAL DAY

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



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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)

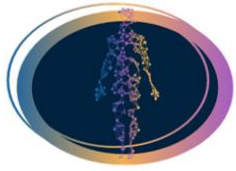
COMPLETE 2 OF THE YEAR TWO WOMEN'S HEALTH BLOCKS – THE OBSTETRICS BLOCKS AND THE POST PARTUM BLOCKS

COMPLETE THE BRISTOL YEAR TWO PAEDS BLOCK FOR YOUNGER CHILDREN AND BABIES - IN APRIL.

ONLINE PROGRAMMES – WOMEN'S HEALTH ONLY:

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

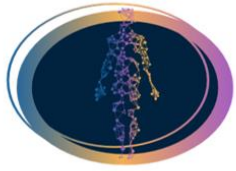


BLOCK ONE:

						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 1	
REFLEXES, 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, initial screening and evaluation	pain, body image, social engagement, focusing, trauma	heart and lungs, facial / tmj - social imprinting, 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 2025	paeds block one b	paeds block one b	paeds block one b			
		birth, molding, trauma, fluids	movement, plagio, reflexes, initial development	infant feeding, suck and latch, reflux and colic	paeds clinic 1	visceral clinic 2	
13	14	15	16	17	18	19	
visceral BLOCK TWO	visceral BLOCK TWO	visceral BLOCK TWO	F2F womens health block one b	F2F womens health block one b	F2F womens health block one b	womens health clinic 2	
visceral changes over time, development of ans	more on cavity pressures, fluid flow, transmural pressures, global reflexes	immunology, endocrine dynamics and mechanical signalling / balance	pain, inflammation, basic intervisceral dynamics	breath, pain, endocrine immune	further visceral palpation		
20	21	22	23	24	25	26	
	nottingham year one online practical / clinic						

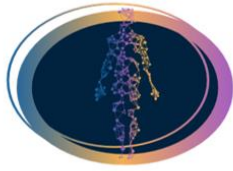


BLOCK THREE

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

BLOCK FOUR

2	26	27	28	29	30	31	01
	bank holiday weekend					END MAY	y2 clinic 3 / JUNE
3							
4	02	03	04	05	06	07	08
	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
5	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 dynamics	global care, interoception, puberty, sports in children, migraines,	
6							
7	09	10	11	12	13	14	15
	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
8	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	
9							
0	16	17	18	19	20	21	22
1		nottingham online year 2 internals block					
	23	24	25	26	27	28	29



PAEDIATRICS YEAR TWO

BLOCK ONE:

2025		April				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
bristol year two paed (baby and young children block)	bristol year two paed (baby and young children block)	bristol year two paed (baby and young children block)	bristol year two paed (baby and young children block)	bristol year two paed (baby and young children block)	bristol year two paed (baby and young children block)	bristol year two paed (baby and young children block)
<p>ALL LECTURES CRITICALLY APPRAISE EVIDENCE FROM A WIDE VARIETY OF SOURCES. Emergent sense of self, and implications for preinatal infant health, neuro-endocrine immune dynamics, longer term implications of early life stress, maternal and infant bonding</p>				<p>advanced concepts for infant feeding, tongue tie dynamics, oral motor-sensory function, sensory and metabolic considerations, development of the brain beyond the brain stem and midbrain - immune considerations in development.</p>		<p>CLINICAL DAY: assessment, evaluation, outcome measures, case analysis tutorials, clinical observation / participation</p>
07	08	09	10	11	12	13

BLOCK TWO:

A	B	C	D	E	F	G	H
					JULY		2025
14	15	16	17	18	19	20	
14 to 20 July Barnstaple/ bristol (TBC)- paed year two block 2 - the older child and adolescent	14 to 20 July Barnstaple/ bristol (TBC)- paed year two block 2 - the older child and adolescent	14 to 20 July Barnstaple/ bristol (TBC)- paed year two block 2 - the older child and adolescent	14 to 20 July Barnstaple/ bristol (TBC)- paed year two block 2 - the older child and adolescent	14 to 20 July Barnstaple/ bristol (TBC)- paed year two block 2 - the older child and adolescent	14 to 20 July Barnstaple/ bristol (TBC)- paed year two block 2 - the older child and adolescent	14 to 20 July Barnstaple/ bristol (TBC)- paed year two block 2 - the older child and adolescent	
<p>ONGOING NEURAL NETWORK DEVELOPMENT, HEMISPHERIC ASSYMETRY, further brain growth, metabolism and immunity over time, learning delay, neurodiverity, spectrum dynamics - disorder or disability, manage or improve?</p>				<p>changing posture and mechanics over time, implications for orthopaedic and sports injuries, scoliosis and other movement complexities. Osseous and myofascial dynamics, circulatory issues, and integrated function, gender differences between boys / girls.</p>		<p>CLINICAL DAY: assessment, evaluation, outcome measures, case analysis tutorials, clinical observation / participation</p>	<p>CLINICAL DAY: assessment, evaluation, outcome measures, case analysis tutorials, clinical observation / participation</p>
21	22	23	24	25	26	27	