

TRAINING ORGANIZATION
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Osteopathy and Fertility

Prerequisites

- To participate in this training, one must be an osteopath (D.O.) officially registered with the relevant regulatory authorities.
- The training is also open to non-French osteopaths who hold a D.O. degree from an educational institution with a curriculum comparable to French standards.
- The training is also open to final-year osteopathy students enrolled in a French institution accredited by the Ministry of Health.
- Holders of a *Diplôme Universitaire* (D.U.) in osteopathy are not eligible for this training.

Training Objectives

This training aims to introduce and teach qualified osteopaths:

- A comprehensive, holistic approach specifically tailored to female fertility issues.
- A holistic clinical protocol designed to help understand and treat these patients as effectively as possible.
- Specific osteopathic tests, protocols, and techniques aimed at enhancing patient fertility, in compliance with current regulations governing the teaching of osteopathic medicine.

Teaching Methodology

- Theoretical presentations using projected visual aids (e.g., PowerPoint).
- Provision of digital or printed course materials (a handout of approximately 150 pages).
- Extensive practical sessions involving reciprocal, hands-on work on osteopathic treatment tables, organized in pairs under the supervision of the instructor.

Assessment of Learning and Training Outcomes

Although all participants share a similar foundational educational background, an assessment is conducted at the time of registration via a questionnaire designed to evaluate existing knowledge. Each trainee is required to complete this questionnaire in order to participate in the training.

The results of this assessment of acquired knowledge are scored out of 20 points, which will count toward the final grade for the completion of the training.

At the end of the training program, a multiple-choice questionnaire (MCQ) is administered during the final half-day to assess the knowledge acquired throughout the course.

Completion of this assessment is a regulatory requirement; it is mandatory in order to receive a training certificate (in compliance with official regulations and FIF PL requirements), which serves as formal pedagogical validation of the training.

The MCQ is graded out of 60 points.

An additional 20 points are awarded based on practical performance.

The practical grade is assessed during the hands-on training sessions.

Each participant is evaluated on how diligently they apply the techniques or protocols taught.

Out of a total of 100 possible points across all assessments (20 + 60 + 20), a minimum score of 50/100 is required to successfully complete the training.

Upon successful completion, a training certificate is issued to the participant. A distinction is awarded based on the final score achieved:

- "Good" (Bien) for a score between 50 and 59
- "Very Good" (Très bien) for a score between 60 and 79

- "Excellent" for a score between 80 and 100.

Trainees who receive a final score of less than 50 will be issued a certificate of attendance for the training.

Osteopaths (D.O.) who successfully complete the training with a score between 50 and 100 may—by fully completing the appropriate form—have their professional contact details listed on the website "www.osteopathie-bf.com" under the "Find an Osteopath" section, identifying them as osteopaths who have successfully completed the training.

Any registered osteopath may modify or remove their professional contact details from the website by simply submitting a request to the site administrator.

Training Program *

(23 hours of training)

Day 1

- 8:30 AM – 9:00 AM
 - Welcome
 - Tailoring the program based on needs assessment questionnaires
 - Review of the prior knowledge assessment
- 9:00 AM – 10:30 AM
 - Introduction
 - General physiological review
 - The Journey of Fertilization (Film)
 - Female Fertility
 - Male Fertility
- Break
- 11:00 AM – 12:30 PM
 - Osteopathic exclusion criteria (contraindications/red flags)
 - Endometriosis
 - Uterine malformations
 - Causes of infertility treatable via osteopathy
 - Fertility medicine
- Lunch break
- 2:00 PM – 4:00 PM
 - The consultation
 - Patient history taking (anamnesis)
 - Clinical examination
 - Establishing a treatment protocol
 - Psychological aspects
- Break
- 4:30 PM – 6:30 PM
 - Essential tests
 - Practical application of essential tests
 - Thoracic tests
 - Practical application of thoracic tests – Abdominal tests
 - Practical application of abdominal tests – Pelvic tests
 - Practical application of pelvic tests

- Lower limb tests

- Practice of lower limb tests
- Cranial tests
- Practice of cranial tests

- Day 2

- 8:30 AM – 10:30 AM
- Osteopathic treatment protocol
- Principles of tissue-based techniques
- Tissue awareness
- Practice of tissue-based work

- Break

- 11:00 AM – 12:30 PM
- The thoraco-abdominal cavity
- Anatomical and physiological review
 - Specific thoracic techniques
 - Practice of thoracic techniques
 - Specific abdominal techniques
 - Practice of abdominal techniques

- Lunch

- 1:30 PM – 3:30 PM
- The pelvic region
- Anatomical and physiological review
 - Specific pelvic techniques
 - Practice of pelvic techniques
 - External uterine techniques
 - Practice of external uterine techniques

- Break

- 4:00 PM – 6:30 PM
- The cranial region
- Anatomical and physiological review
 - Specific cranial techniques
 - Practice of specific cranial techniques – Reharmonization techniques
- Practice of reharmonization techniques
- Re-energizing techniques
- Practice of re-energizing techniques

Day 3

- 8:30 AM – 10:00 AM
- Falciform ligament technique
- Practice of the falciform ligament technique; unconscious tissue impactions
 - Tests
 - Perceptions
 - Selecting the approach

- Implementation
- Practice: Unconscious tissue impactions
- Break
- 10:30 AM – 12:30 PM
- The "Impactive" approach
- Essential tests
- The "Pantograph" test
- Practice: Essential tests and the "Pantograph"
- Somato-vertebral projections
- Somato-organic projections
- Lunch
- 1:30 PM – 3:30 PM
- The "Impactive" approach
- Techniques of the "Impactive" approach
- The "Swiss Army Knife" technique
- Practice: The "Swiss Army Knife" technique
- The "Jenn Mo" technique
- Practice: The "Jenn Mo" technique
- Break
- 3:30 PM – 4:30 PM
- Multiple-choice questionnaire (MCQ)
- Review of the MCQ
- 4:00 PM – 5:30 PM
- Synthesis of the "fertility consultation"
- Q&A
- Conclusion