

GUIDE ON HOW TO CHOOSE YOUR OSTEOPATHIC SCHOOL

OSTEOPATHYMB
Your health in hand



Manitoba Association of
Osteopathic Manual Therapists

Choosing a school is a very important step towards you being an Osteopathic Manual Therapist. The biggest thing to realize is that not all schools are equal.

The Manitoba Association of Osteopathic Manual Therapists (MAOMT) is a member association of the Canadian Federation of Osteopaths (CFO). The CFO, MAOMT and all member associations of the CFO require osteopathic education and training to meet the requirements prescribed by the World Health Organization, including:

- Full time program: a minimum of 4,200 hours of classroom education (a minimum of four years), or
- Part time program: prior healthcare training/title in **addition** to a minimum of 4 years of osteopathic education at a recognized school, and
- Mandatory in-class training, supervised clinical hours (hands-on training in palpation from a skilled, professional osteopathic manual practitioner) and competency evaluations.

Note: Online and/or distance education are not acceptable forms of training for membership with the MAOMT

Foreign Applicants

If you are from a country that has regulation for Osteopathy we will require that you are or were registered with your regulatory body, as we will be verifying your education through this body. If you are trained in a country without regulation in Europe, we will consult the European Federation and Forum of Osteopathy (EFFO) to verify your education.

We are not in a position to evaluate every school, nor do we accredit schools. Schools not recognized by regulatory bodies or the EFFO will not be accepted.

Already recognized schools are located here at
<https://osteopathyontario.org/site/join/becomeamember-apply>

MAOMT Approved Canadian Schools

Canadian College of Osteopathy (CCO)
Canadian Academy of Osteopathy (CAO)
Canadian School of Osteopathy (CSO)
College d'Etudes Osteopathiques (CEO)
Centre Osteopathique du Quebec (COQ)

World Health Organization Benchmarks for Training in Osteopathy

In 2010 the WHO published Benchmarks for training in Osteopathy, setting out the minimum requirements for training. Schools can offer Type I or Type II training.

Type I and Type II Training

Type I training programs are aimed at those with little or no prior health-care training, but who have completed high school education or equivalent. These programs typically are four-year, full-time programs. Supervised clinical training at an appropriate osteopathic clinical facility is an essential component, and students may be required to complete a thesis or project.

Type II training programs are aimed at those with prior training as healthcare professionals. Type II programs have the same aims and content as the Type I programs, but the course content and length may be modified depending on the prior experience and training of individual applicants. The competencies required of graduates of either program are the same, and can be found in the WHO Benchmarks.

Osteopathy is a healthcare profession which is distinct from other manual therapies. It is much more than just a few techniques that can be learned quickly. If you are going to invest your time, money and energy in this very rewarding profession, be sure to choose your school carefully.

Your choice of school is very important to have the ability to be able to accept all insurance companies for extended health benefits, as some schools don't qualify with certain insurance companies.

Most schools will say that they meet the WHO Benchmarks, but on detailed examination might be found to be lacking in some of the components. Proper benchmarks of training is to have your osteopathy training in addition to your prior training, not included as hours with your prior training.

Checklist for ensuring that a school meets the WHO Benchmark

Does the school offer Type 1 or Type 2 training?

If it is Type 2, applicants **must** already be recognized healthcare practitioners to be admitted, preferably, but not always, with a university degree. Type 1 must include all the relevant health sciences, common to all healthcare professions.

Does the school have adequate hours of instruction to meet the Benchmarks?

The WHO Benchmarks specify that all physical examination training and osteopathic skills must be taught by direct contact, not online or from a book.

This means, in most cases, approximately 1000 hrs of direct contact education for a Type 2 school and 4200 hrs for Type 1. Homework, unless it is a structured online class or webinar, is not considered part of the necessary hours and is in addition to them.

Does the school have a clinic?

WHO Benchmarks specify that **supervised** clinical training is an essential component of all osteopathic education and that it must be done in an osteopathic facility with high quality supervision. (Supervised clinical training is to be done in person with direct contact)

Does the curriculum cover all the necessary osteopathic core competency components?

These can be found in section 2. of the WHO Benchmarks and are necessary for Type 1 or 2 graduates to acquire. They should be included in the curriculum of any school chosen.