



# How to explain & teach the osteopathic principle of the inner physician from a medical accessible point of view

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HANDS*with*HEART



OSTEOPATHIC MEDICINE FICO-MUM



# Welcome



# Overview

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Introduction

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The inner physician

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The parasympathetic framework

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The therapist & inner physician

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The ghostbuster

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Roles of the Therapist through the ages

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Epilogue: Face yourself





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Each patient carries his own doctor inside him. They come to us now knowing this truth.

We are at our best when they give the doctor who resides within each patient a chance to go to work.



# The inner physician

The doctor's round has become square... (Raymond Perrin)

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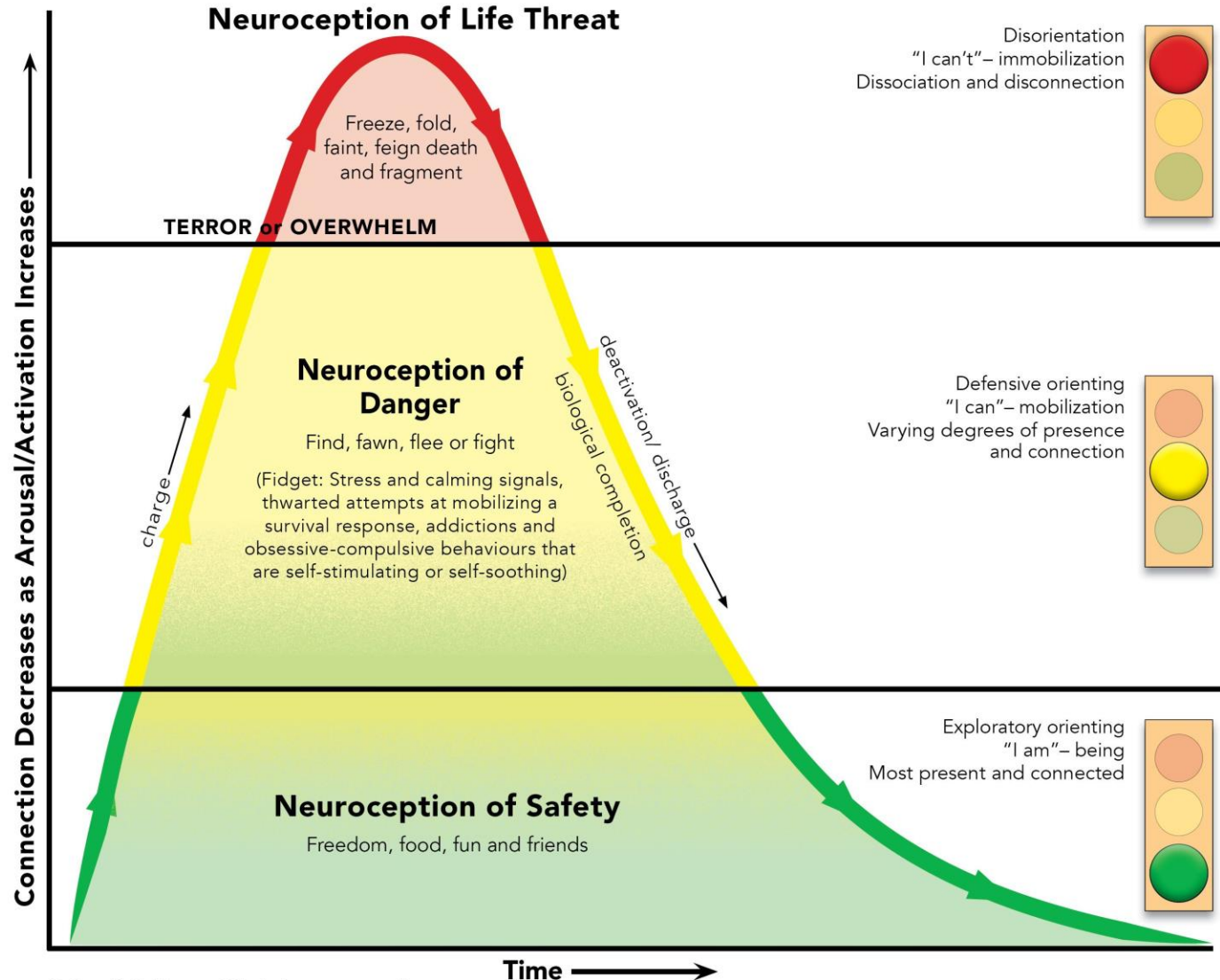
Roles of the Therapist through the ages

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# PS framework



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Adapted from Porges (2011, 2017), Levine (1997, 2010), Walker (2013), Hoskinson Consulting (n.d.), Draaisma (2018), Rees (2018), Schauer & Elbert (2010), Koslowska et al. (2015), and Payne & Crane-Godreau (2015).

STIMULUS  
SPACE  
RESPONSE



OSeAN Open Forum 2021  
jory.pauwels@osteopathy.academy



## Principles Crosstalk Brain & body

(Hellhammer DH, Hellhammer J (eds): Stress. The Brain-Body Connection. Key Issues in Mental Health. Basel, Karger, 2008, vol 174, pp 21–38)

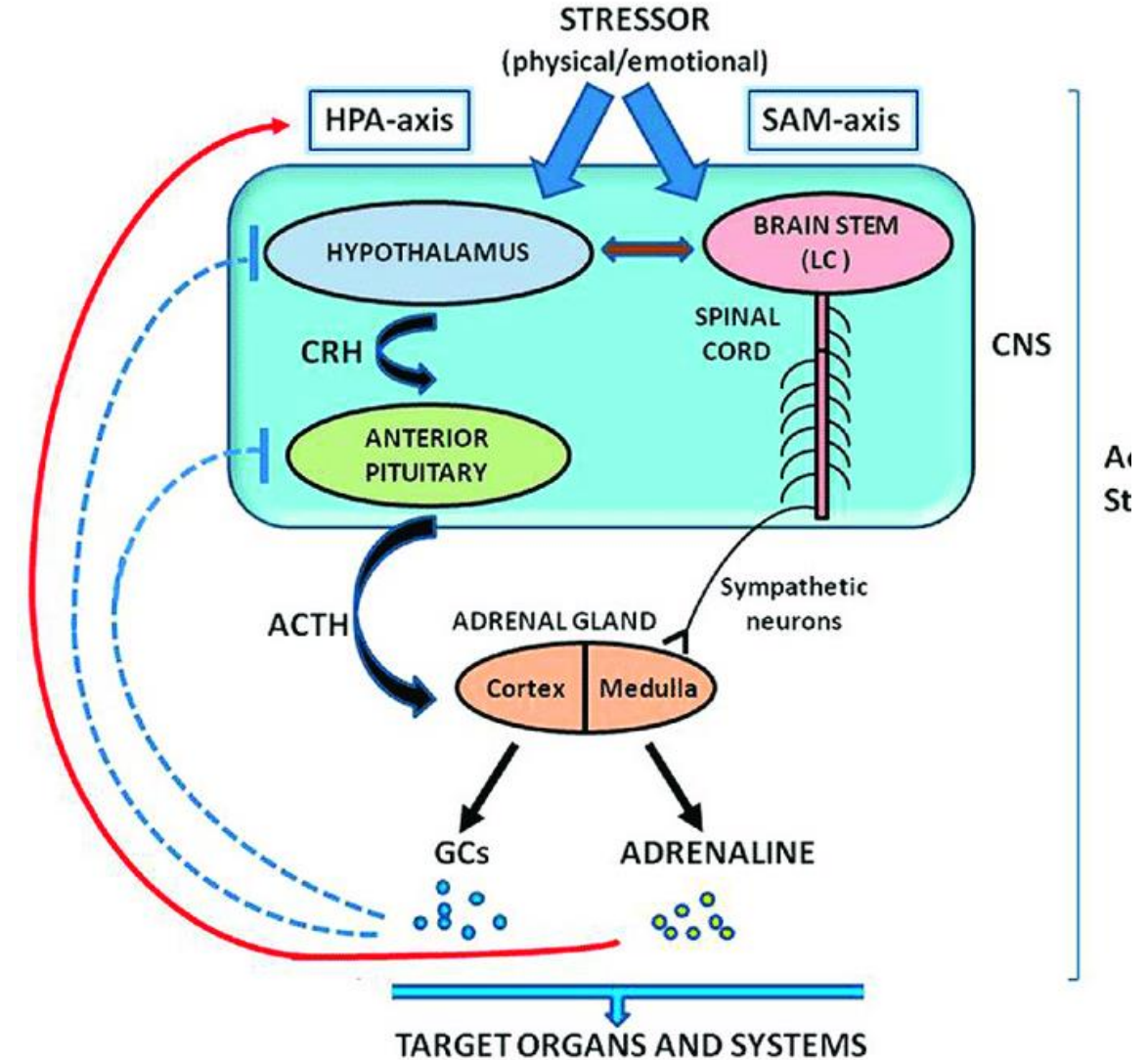
- Swiss physiologist and Nobel laureate W.R. Hess: 'ergotropic' and 'trophotropic'
- Hypothalamic-Pituitary-Adrenal Axis (HPAA) as a third (endocrine) system: 'glandotropic system' (adrenocorticotrophic hormone (ACTH)) (cortisol inhibit the release of pro-inflammatory cytokines)
- HPA, HPC, HPThy & SAM



# HPA & SAM

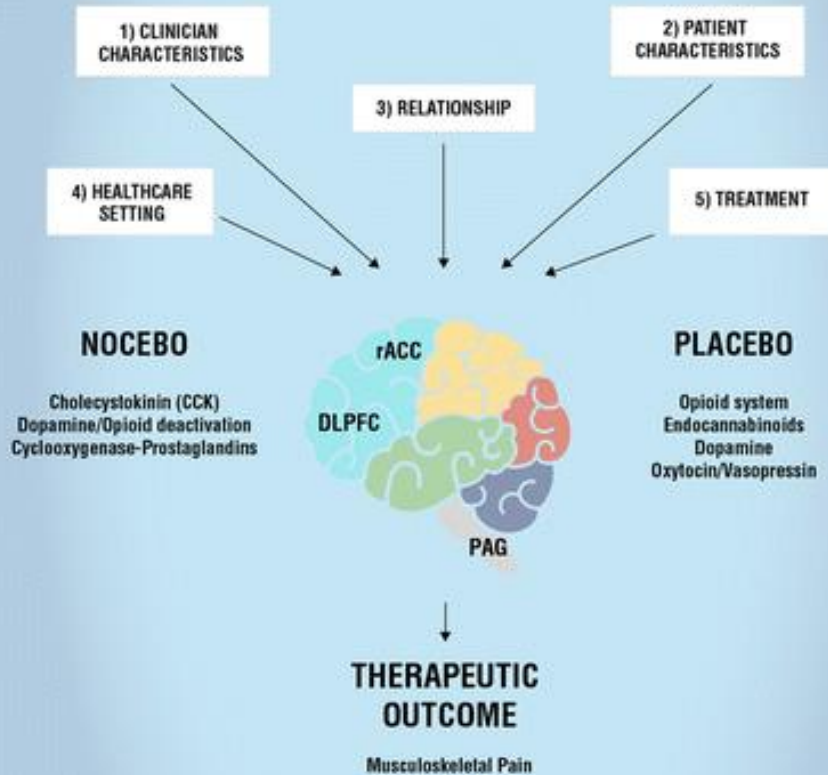
(Sympathomedullary Pathway)

- Locus Coeruleus: (or caeruleus or ceruleus), dark blue (CV4) is a nucleus in the pons of the brainstem involved with **physiological responses to stress and panic**. The locus coeruleus is the principal site for brain synthesis of norepinephrine (**noradrenaline**). The locus coeruleus and the areas of the body affected by the norepinephrine it produces are described collectively as the locus coeruleus-noradrenergic system or **LC-NA** system. Norepinephrine may also be released directly into the blood from the adrenal medulla. (Mehler, Mark F.; Dominick P. Purpura, 2009)





## CONTEXTUAL FACTORS (CFs)



Rossettini et al. 2018



# From Nocebo to Placebo effect





WE CANNOT SOLVE OUR PROBLEMS  
WITH THE SAME THINKING  
WE USED WHEN WE  
CREATED THEM

- Albert Einstein

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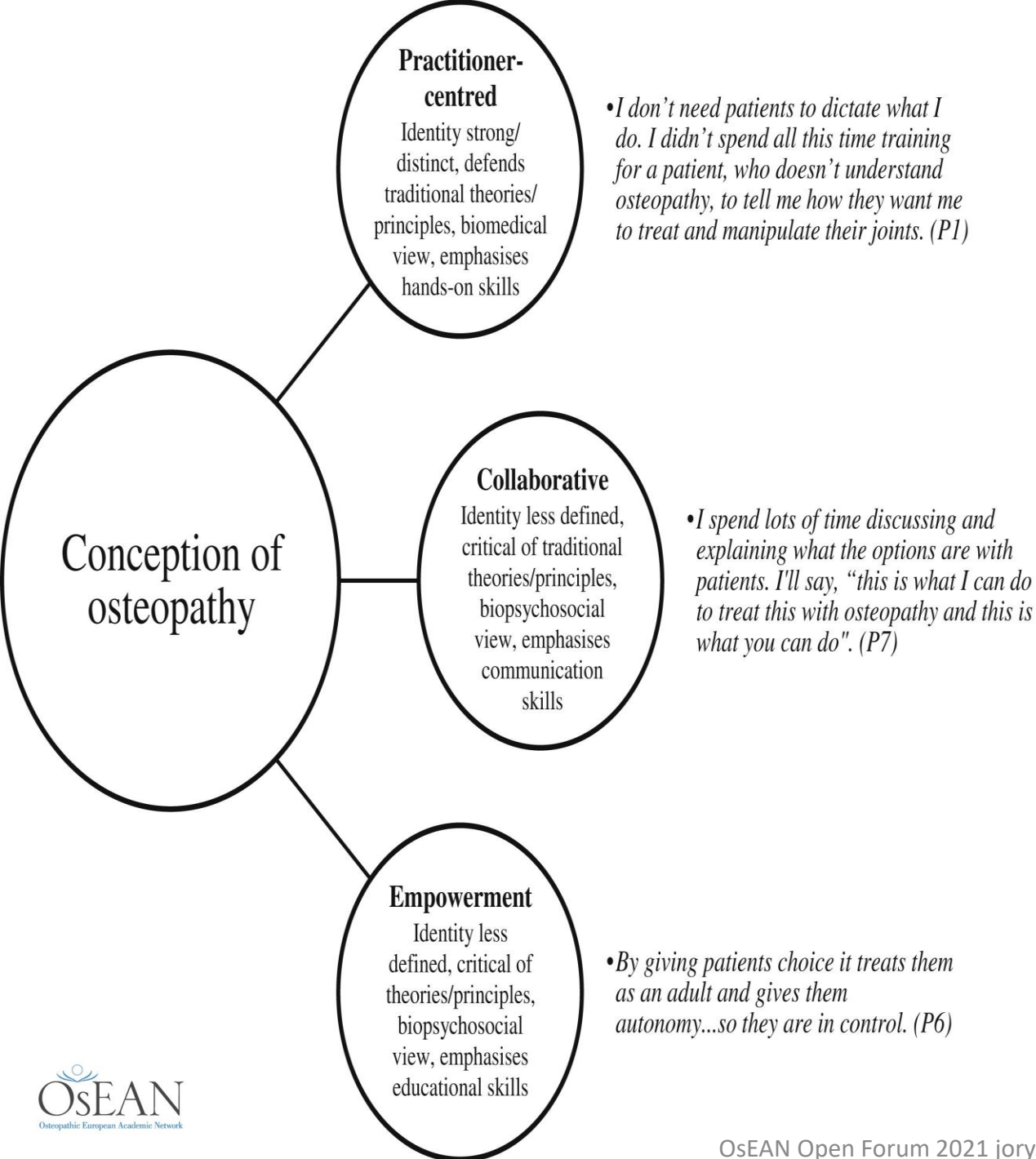
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# Uniqueness...

International Journal of Osteopathic Medicine (2014) 17, 146–159



**International  
Journal of  
Osteopathic  
Medicine**

[www.elsevier.com/ijos](http://www.elsevier.com/ijos)

## RESEARCH REPORT

### Osteopaths' professional views, identities and conceptions – A qualitative grounded theory study



Oliver P. Thomson <sup>a,b,c,\*</sup>, Nicola J. Petty <sup>b</sup>, Ann P. Moore <sup>b</sup>



# ...conception of practice



Original article

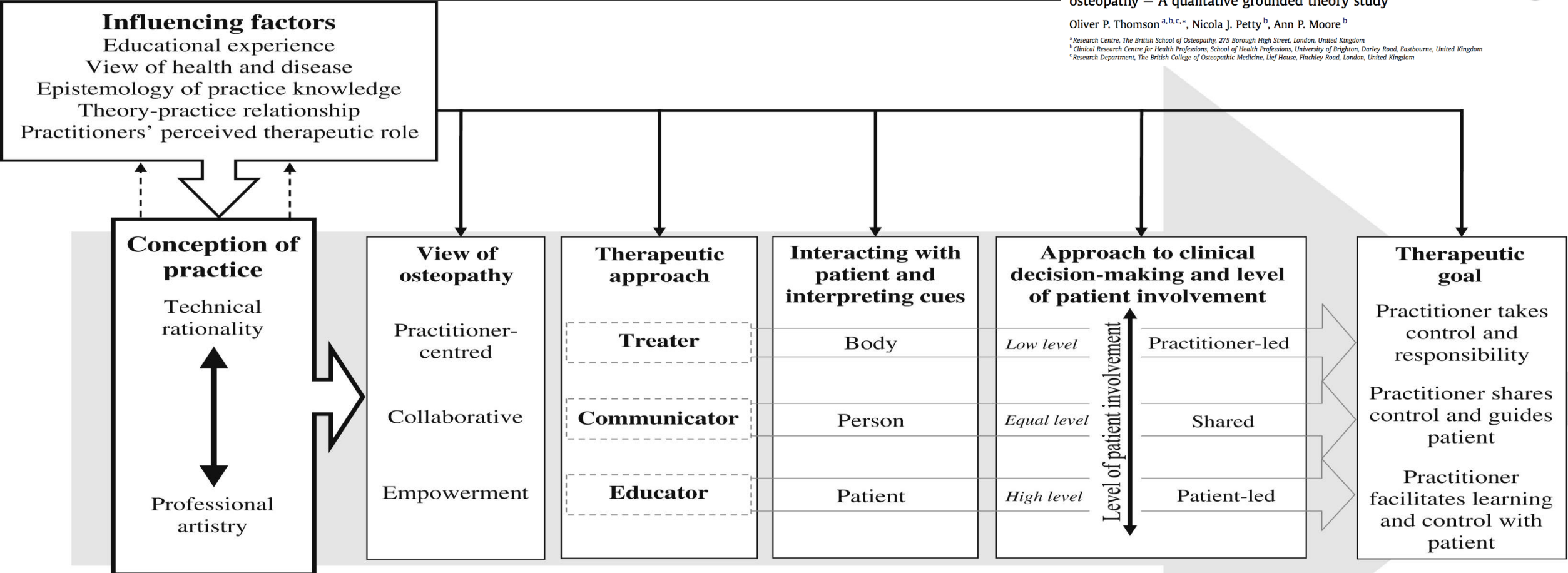
Clinical decision-making and therapeutic approaches in osteopathy – A qualitative grounded theory study

Oliver P. Thomson<sup>a,b,c,\*</sup>, Nicola J. Petty<sup>b</sup>, Ann P. Moore<sup>b</sup>

<sup>a</sup> Research Centre, The British School of Osteopathy, 275 Borough High Street, London, United Kingdom

<sup>b</sup> Clinical Research Centre for Health Professions, School of Health Professions, University of Brighton, Darley Road, Eastbourne, United Kingdom

<sup>c</sup> Research Department, The British College of Osteopathic Medicine, Lief House, Finchley Road, London, United Kingdom



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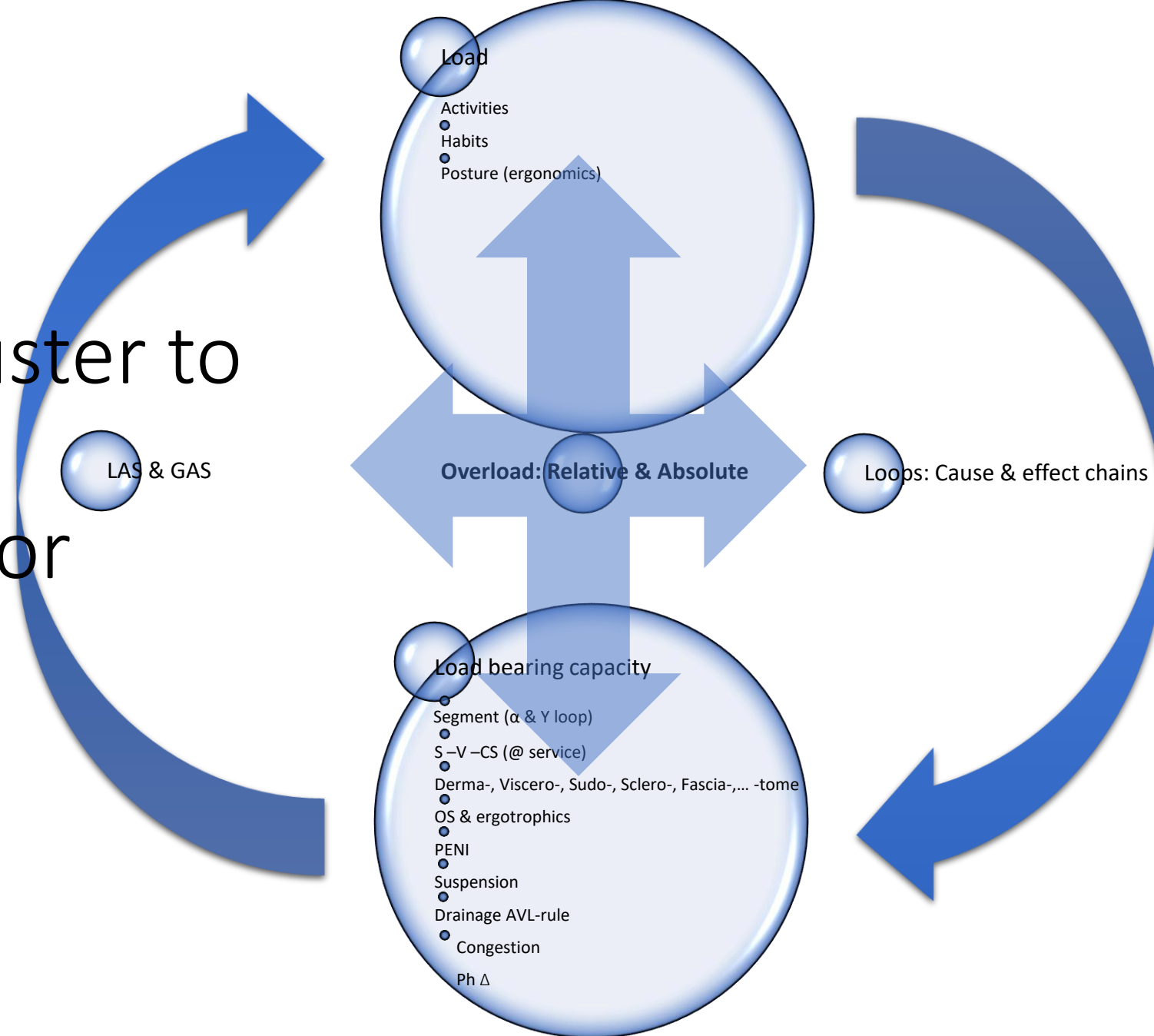
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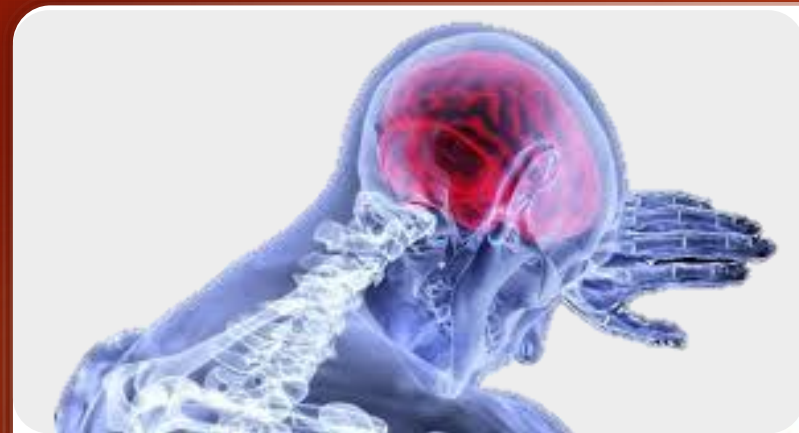
# From Ghostbuster to Loop-eliminator



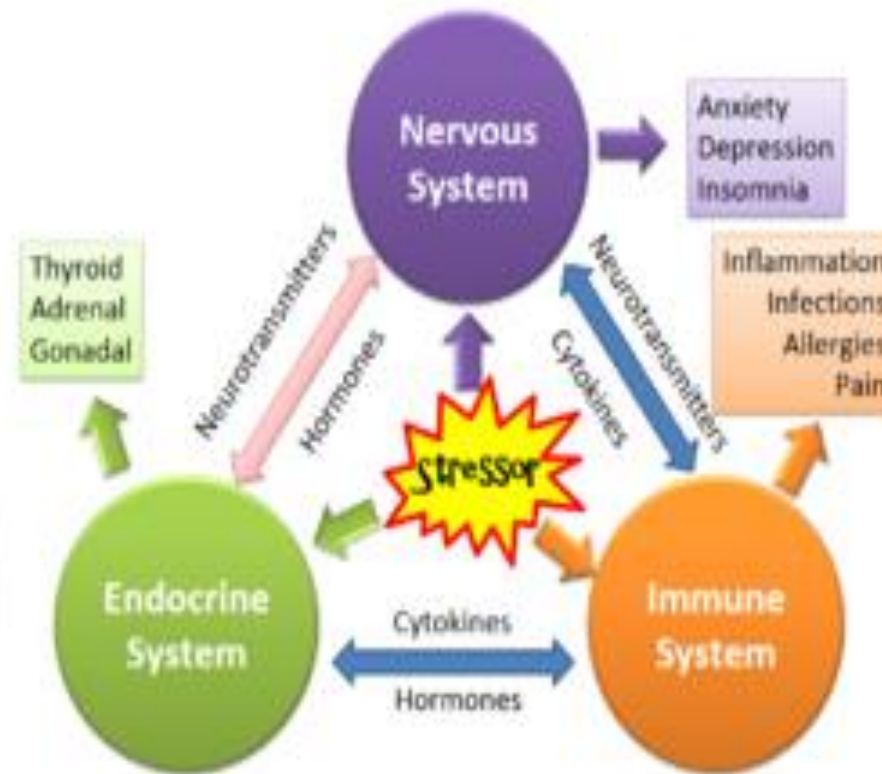


# From blockage to Somatic dysfunction & PENI

(França K, Lotti TM Psycho-Neuro-Endocrine-Immunology: A Psychobiological Concept, Adv Exp Med Biol. 2017;996:123-134. doi: 10.1007/978-3-319-56017-5\_11.)



A Framework for Understanding the Pieces of Your Puzzle



► What is a somatic dysfunction?

► Use of PENI?  
(Holzer, Reichmann et Farzi, 2012) (Borre, Moloney, Clarke, Dinan et Cryan, 2014) (Luna et Foster, 2014)

Ader R.  
Psychosomatic  
Medicine 1975;37:4

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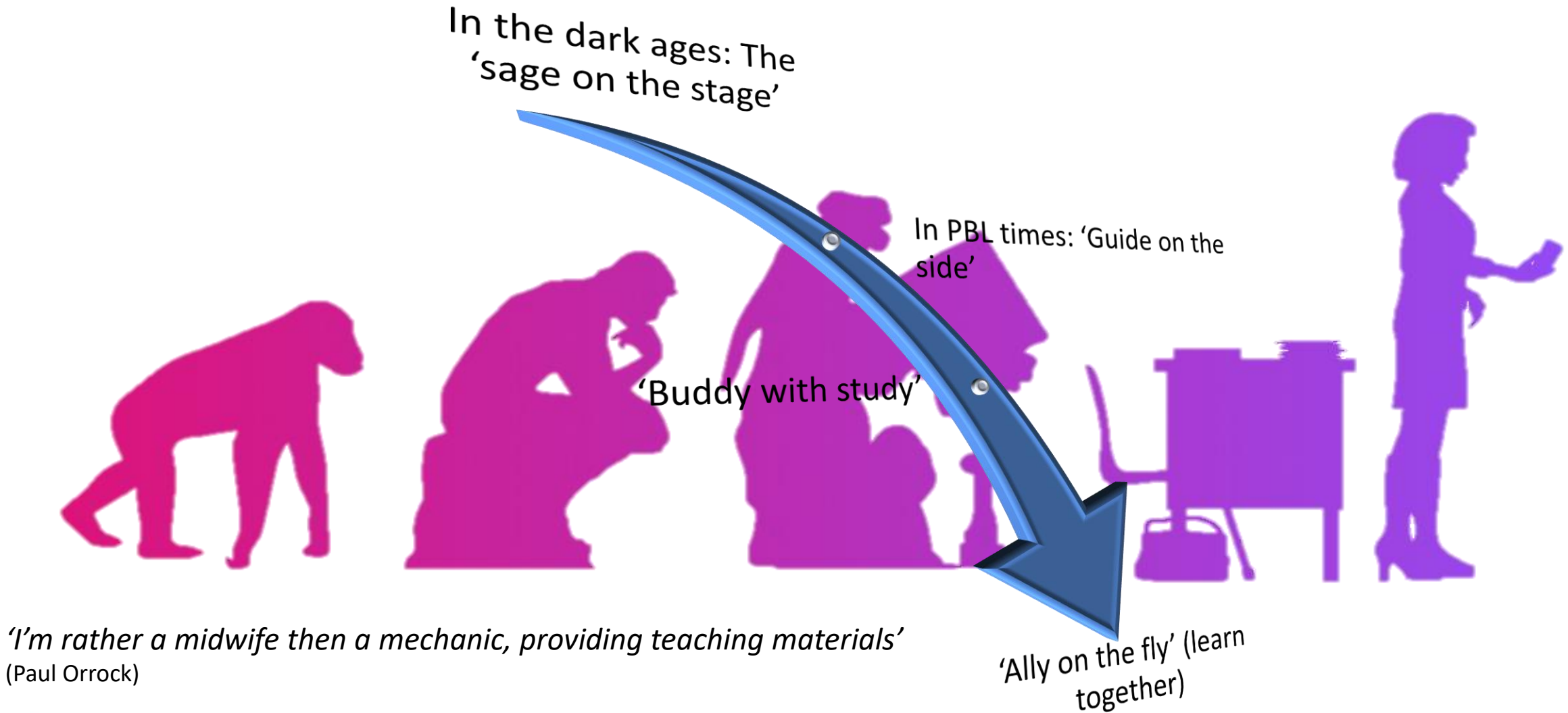
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Roles of the Therapist through the ages

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# Roles of the teacher / teacher through the ages





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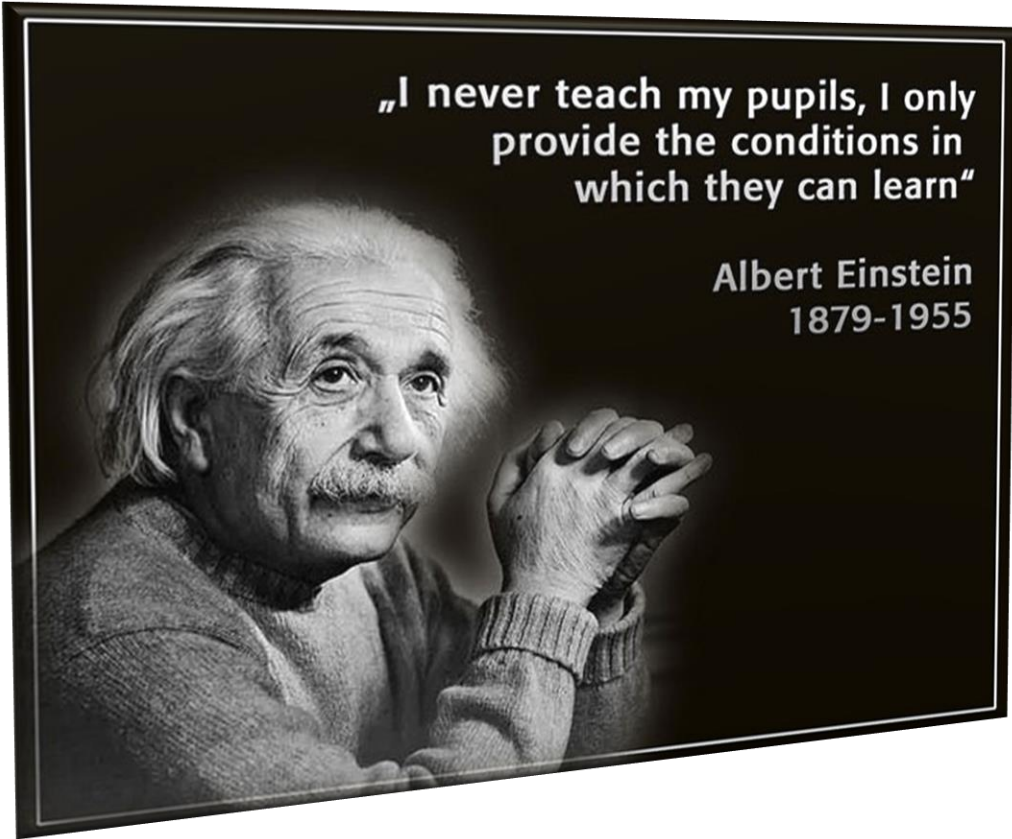
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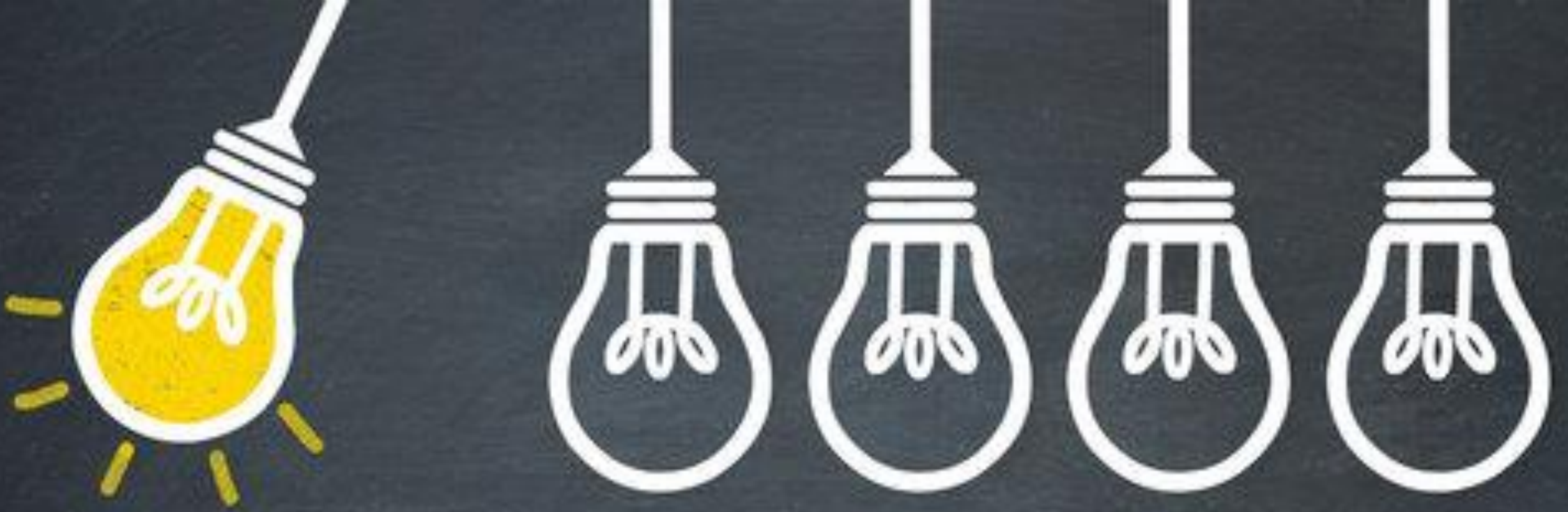
## Therapist - Teacher



Facilitator or fighter  
of Inner Physician?

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# ANY QUESTIONS?