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Volunteering work during Osteopathic Training

Making future Osteopaths better people

Volunteering is a great way to learn new skills while making a positive contribution to the community by offering your time to help others. Volunteering can be a key element and supports students learning and well-being.

Volunteering can provide the student with a way to:

- Putting into practice skills
- Develop social skills
- Explore possible career options within the profession
- Find their purpose and help others and different ways
- Connect with people from different backgrounds
- Increase their confidence, independence and selfunderstanding

It is also a great opportunity to interact with other students from different years, Schools, and postgraduates.

The Osteopathic Training that we offer now days is lacking is the reinforcement of human skills which could be found while helping others in a philanthropic way. It can be incorporated into classroom activity as Intracurricular or Extracurricular learning experience. As part of formal learning, incorporating volunteering into classroom activity

From an academic point of view, the volunteering work can provide the School with a setting to further develop the following among their studets:

1. Empathy
2. Collaboration
3. Leadership
4. Critical and creative thinking
5. Ethical reflection
6. Respectfull communication

The other thing to reinforce is the opportunity to working together senior Osteopaths with students. It provides a dynamic Learning platform where students can benefit from the experience of senior Osteopaths while senior Osteopaths can refresh themselves in a dynamic way being exposed to the latest approaches, assessments, and treatment modalities that the students are receiving from their Schools.

Being exposed to vulnerable and severe affected population is a great way to deal with the ego that the every day clinic can lead to, since this population has less possibilities to benefit from an Osteopathic approach due to their profound condition.