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

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The inner physician

The parasympathetic framework

The therapist & inner physician

The ghostbuster

Roles of the Therapist through the ages

Epilogue: Face yourself
Who heals the patient?
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The doctor’s round has become square... (Raymond Perrin)
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PS framework

Neuroception of Life Threat
- Freeze, fold, faint, feign death and fragment
- Disorientation
  - "I can't" - immobilization
  - Dissociation and disconnection

Neuroception of Danger
- Find, fawn, flee or fight
- Defensive orienting
  - "I can" - mobilization
  - Varying degrees of presence and connection

Neuroception of Safety
- Freedom, food, fun and friends
- Exploratory orienting
  - "I am" - being
  - Most present and connected

Connection Decreases as Arousal/Activation Increases

Time

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Adapted from Forgus (2011, 2017); Levine (1997, 2018); Walker (2013); Dickenson Consulting (n.d.); Draisma (2018); Rees (2018); Schauer & Elbert (2019); Kodinowska et al. (2015); and Payne & Crane-Godreau (2013).
Principles Crosstalk Brain & body

- Swiss physiologist and Nobel laureate W.R. Hess: ‘ergotropic’ and ‘trophotropic’

- Hypothalamic-Pituitary-Adrenal Axis (HPAA) as a third (endocrine) system: ‘glandotropic system’ (adrenocorticotropic 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)
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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Uniqueness...

Conception of osteopathy

- I don’t need patients to dictate what I do. I didn’t spend all this time training for a patient, who doesn’t understand osteopathy, to tell me how they want me to treat and manipulate their joints. (P1)

Collaborative

- I spend lots of time discussing and explaining what the options are with patients. I’ll say, “this is what I can do to treat this with osteopathy and this is what you can do”. (P7)

Empowerment

- By giving patients choice it treats them as an adult and gives them autonomy...so they are in control. (P6)

RESEARCH REPORT

Osteopaths’ professional views, identities and conceptions — A qualitative grounded theory study

Oliver P. Thomson a,b,c,d, Nicola J. Petty b, Ann P. Moore b
...conception of practice

Influencing factors
- Educational experience
- View of health and disease
- Epistemology of practice knowledge
- Theory-practice relationship
- Practitioners’ perceived therapeutic role

Conception of practice
- Technical rationality
- Professional artistry

View of osteopathy
- Practitioner-centred
- Collaborative
- Empowerment

Therapeutic approach
- Treater
- Communicator
- Educator

Interacting with patient and interpreting cues
- Body
- Person
- Patient

Approach to clinical decision-making and level of patient involvement
- Low level: Practitioner-led
- Equal level: Shared
- High level: Patient-led

Therapeutic goal
- Practitioner takes control and responsibility
- Practitioner shares control and guides patient
- Practitioner facilitates learning and control with patient
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From Ghostbuster to Loop-eliminator

▶ 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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Roles of the teacher / teacher through the ages

In the dark ages: The ‘sage on the stage’

In PBL times: ‘Guide on the side’

‘Buddy with study’

‘Ally on the fly’ (learn together)

‘I’m rather a midwife then a mechanic, providing teaching materials’
(Paul Orrock)
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Therapist - Teacher
Facilitator or fighter
of Inner Physician?

"I never teach my pupils, I only provide the conditions in which they can learn"

Albert Einstein
1879-1955
ANY QUESTIONS?