

## **Dr Patricia Saintey MB BS MRCGP LFHom DFSRH DipSIM**

Dr Patricia Saintey is a practising General Practitioner who is passionate about prevention and also works in the field of Contraception and Sexual Health. Dr Saintey also works privately in a Health Retreat called Amchara where she is currently trying to establish Heart Rate Variability screening with the clients who stay there. Ultimately her aim is for NHS patients to develop the skills to take more responsibility for their own health and well being and use behavioural changes with the assistance of HRV rather than using medication, where appropriate.

## **Caroline Stone – Osteopath**

Caroline has been an osteopath for 30 years working in private practice and in osteopathic education in several countries. Her particular interest is how osteopathic practice can benefit a wide range of health problems, such as in people who have concerns with a variety of non-musculo-skeletal system complaints. She focuses on the traditional osteopathic practice aimed at combating ill health, aiding management of chronic medical conditions, supporting recovery from infection, illness and surgery, helping to manage issues relating to pregnancy and birth, women's and mens health in general, as well as quality of life issues on many functional problems outside the realms of 'low back pain' and 'sports injuries'.

She has lectured at many osteopathic education institutions and has held positions of responsibility including Principal, Vice Principal and Head of Clinic. She lectures nationally and internationally at post graduate level, contributes to continuing professional development, has published books and articles. She is a founding member of the Visceral and Obstetric Association, which is a clinical special interest group for osteopaths.

She has a particular interest in visceral osteopathy and how the body and its structure can interact with the body's physiology. How working manually on the body framework can aid physiological and homeostatic self regulation – ie helping the body to help itself, promoting better health and function.

## **Danny Orchard - Lecturer at the BSO since 2010.**

Danny completed an MSc in Pain Science from Kings College London and since he has taught the Pain Science module of the current syllabus at the BSO.

Danny also works at a BUPA medical centre and uses his specialist skill set to help integrate the biopsychosocial model with the acute tissue injury model to prevent pain chronification.