

Western Counties Society of Osteopaths
Spring Conference
Saturday 11th March 2017
The Bampfylde Hall, Hestercombe House, Taunton TA2 8LQ

Programme

- 09.00-09.30 **Registration and tea/coffee**
- 09.30-10.45 **Hilary Abbey-** Head of research at BSO. Project leader for OsteoMAP, (osteopathy, mindfulness and acceptance-based programme, for patients with persistent pain). Final year Doctorate research study exploring integration of Acceptance and Commitment Therapy and mindfulness-based interventions with routine manual therapy practices.
- 10.45-11.00 **Tea/Coffee**
- 11.00-12.15 **Hilary Abbey- Continued**
- 12.15-13.30 **Buffet lunch**
- 13.30-14.45 **Dr Alyson Norman-** Lecturer in Psychology at Plymouth University, teaches CBT, clinical psychology, appearance psychology. Research in psychology of appearance especially in people with visible differences
- 14.45-15.00 **Tea/coffee**
- 15.00- 16.30 **Jo Moretta WCSO Secretary-**Jo is going to give a talk about the current changes to our CPD
- 16.30 **Convention End**