

Key Concepts in the Power of Presence

Course Director: Rachel Brooks, MD



Faculty

Rachel Brooks, MD, FCA

Agenda On-Demand Series:

1. Presence & Perception
2. Entering a Balanced Relationship: Patient & Practitioner
3. Understanding & Using Stillness

Instructional Format

Internet (on-demand) event with slides and audio.

CME: Osteopathy's Promise to Children (OPC) designates this activity for a **maximum of 4.5 AOA Category 1-A credits** & will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Cost: \$30.00 per lecture, register [here](#)

CME Sponsor

Osteopathy's Promise to Children

Activity Website

<https://promise.ce21.com/>

Statement of Need

Presence and Perception: This course addresses a lack of knowledge of the skills needed to improve one's effective presence and to improve one's perceptual skills in patient interactions and OMT.

Entering a Balanced Relationship: Patient and Practitioner: This course addresses a lack of understanding of the nature of and value to the patient and practitioner of entering a balanced relationship in OMT, and a lack of knowledge about how to achieve this.

Understanding and Using Stillness: This course addresses a lack of understanding of "stillness" and its therapeutic value in OMT, and a lack of knowledge about how to use Stillness in treatment.

Lecture Series Description

The three presentations in this series are taken from my courses entitled "The Power of Presence" which were designed to share the knowledge and skills that I have found to be crucial and highly effective in my osteopathic practice. The seeds of this knowledge came from my early contact with Rollin Becker, DO and have grown over time from the experiences and understanding that have come in my 37 years of practice. These teachings can be integrated with your current approach to treatment - no matter what treatment techniques or approaches you use day-to-day. This series is appropriate for all levels of practitioners - from those who are beginners to the very experienced.

There is one important trait all the great osteopaths that I have known have in common, and that is a strong and clear presence. Along with that presence they also have a clear intention and connection with the patient. All of these practitioners naturally model this presence and connection while they are treating, and many of them articulate the importance of this to their students. However, not many of them specifically teach how to understand and achieve this, and students often yearn for more direct guidance.

Key Concepts in the Power of Presence approaches it differently. In the first two lectures, we focus on the understandings and practical approaches that offer a path toward greater presence, perception, and connection. In the third lecture, we explore the nature of Stillness and how to move toward experiencing and using the state of Stillness.

Educational Learning Objectives

Upon completion of this course, the participant will be able to:

Presence and Perception:

- Identify the components that contribute to achieving presence and understand their own strengths and challenges in developing this skill.
- Understand the role presence plays in optimizing their own mental and physical health and in increasing the efficacy of their patient interactions and outcomes.
- Improve their palpatory and perceptual skills that can be used in any osteopathic manipulative treatment.
- Core Competencies: Osteopathic Principles and Practice, Osteopathic Patient Care, Interpersonal and Communication Skills in Osteopathic Medical Practice, Professionalism in Osteopathic Medical Practice

Entering a Balanced Relationship - Patient and Practitioner

- Develop an understanding of how to enter into a relationship with patients in a way that includes empathy, boundaries, and promotes open communication.
- Apply this feature of a balanced relationship to each of their osteopathic manipulative treatments for better patient outcomes.
- Assess for themselves when they are residing in that balanced relationship.

- Core Competencies: Osteopathic Principles and Practice, Osteopathic Patient Care, Interpersonal and Communication Skills in Osteopathic Medical Practice

Understanding and Using Stillness

- Describe Stillness as a state.
- Understand how Stillness exists and manifests in the body.
- Incorporate the use of Stillness into their osteopathic manipulative treatments.
- Core Competencies: Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice

Evidence-based Resources

1. Szuster RR, Onoye JM, Eckert MD, et al. Presence, resilience, and compassion training in clinical education (PRACTICE): Evaluation of mindfulness-based intervention for residents. *Int J Psychiatry*. 2020;55(22):131-141.
2. Simkin, D. R., & Black, N. B. (2014). Meditation and mindfulness in clinical practice. *Child and Adolescent Psychiatric Clinics of North America*. 2014;23(3):487-534.
3. Poli A, Gemignani A, Miccoli M. A systematic review of a polyvagal perspective on embodied contemplative practices as promoters of cardiorespiratory coupling and traumatic stress recovery for PTSD and OCD methodologies and state of art. *Int J Environ Res Public Health*. 2021;18(22):11778. doi 10.3390/ijerph 1882211778
4. Parrish CW, Guffey SK, Williams DS, et al. Fostering cognitive presence, social presence and teaching presence with integrated online-team-based learning. *Techtrends*. 2021;65(4):473-484.
5. The Realization Process: A step-by-step guide to embodied spiritual awakening, Judith Blackstone, PhD, 2011 Sounds True, Boulder CO, www.soundstrue.com

Additional Resources

1. The Realization Process: A step-by-step guide to embodied spiritual awakening, Judith Blackstone, PhD, 2011 Sounds True, Boulder CO, www.soundstrue.com
2. The Stillness of Life, Rollin Becker, DO, Chapter 2, p. 66

Target Audience

This activity is open for all osteopathic and medical physicians (DO/MD), Medical Student (DO/MD), and International Osteopaths.

Prerequisite

There are no prerequisites for the target audience.

Instructional Method of Participation

To participate in the activity, physicians will be required to take the following steps:

1. Read the brochure with Statement of Need, Educational Learning Objectives, Faculty Disclosures and Agenda.
2. Complete Pre-Activity Test. (Via your account online.)
3. Participate in the activity.
4. Attest to the satisfactory participation in the activity. OPC verifies attestation against the live sign-in sheets and your CME attestation via your account.
5. Complete Post-Activity Test via your account. (A grade of 75% or above is required to pass the quiz. Attempts allowed are 3. And the grading method is the highest grade achieved.)
6. Complete the Post-Activity Speaker and Course Evaluation and the Outcome Survey.
7. You will receive CME credit upon successfully passing the Post-Activity Test and completing all Post-Activity Evaluations and Surveys..
8. Your Certificate of Completion (or Certificate of Attendance) can be accessed in your account via the orange Certificate button after ALL these steps are complete.

Accreditation Statement/Credit Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA). This education program is designed to provide CME for osteopathic physicians and other health care professionals who practice OMM/OMT.

[Osteopathy's Promise to Children \(OPC\) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.](#)

Osteopathy's Promise to Children (OPC) designates this activity for a maximum of 4.25 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

OPC Faculty Disclosure Declaration

Osteopathy's Promise to Children has implemented a policy to comply with the AOA and ACCME standards for Commercial Support requiring resolution of all conflicts of interest. Faculty declaring a relevant commercial interest must be identified in the activity syllabus and/or program. In accordance with disclosure policies of AOA and the ACCME, every effort has been made to ensure all CME activities are balanced, independent, objective, and scientifically rigorous. These policies include complying with ACCME's Standards for Commercial Support and resolving all possible conflicts of interest for the Planning committees, Authors, Faculty and staff.

The following faculty, presenters and planning committee members have indicated that they have no relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
Rachel Brooks, MD, FCA	Course Director, Content Developer & Lecturer	No relevant financial relationships to disclose
Beth Levendoski	Planning Committee & Program Design	Ms. Levendoski is a consultant to OPC.

The following faculty member has indicated that they have a relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
There are no recorded conflicts of interest		

Course Director



Rachel Brooks, MD

Rachel Brooks, MD, FCA, will speak on “Key Concepts in the Power of Presence: Presence and Perception, Entering a Balanced Relationship - Patient and Practitioner, and Understanding and Using Stillness”.

Dr. Brooks is a graduate of the University of Michigan Medical School and completed her post-graduate work there in Physical Medicine and Rehabilitation. She holds certifications as Diplomate - American Board of Physical Medicine and Rehabilitation and Diplomate - National Board of Medical Examiners. She currently practices physical medicine and rehabilitation at her private practice in Portland, OR, specializing in osteopathic manipulative medicine. She is a Fellow of the Osteopathic Cranial Academy, and a member of the American Academy of Osteopathy and the Osteopathic Cranial Academy.

Dr. Brooks has been involved in teaching cranial osteopathy since 1986. Her osteopathic journey began when she met Dr. Rollin E. Becker in 1975, just before she entered the University of Michigan Medical School. That first meeting with Dr. Becker inspired her to pursue the study and practice of osteopathy. After completing a residency in physical medicine and rehabilitation in 1982, She began her private practice in osteopathy the following year. At that time, she had the opportunity to study for many years with Anne Wales, DO.

In addition to her teaching, she has undertaken several publication projects. She assisted Anne Wales, DO in the editing of *Teachings in the Science of Osteopathy* by William G. Sutherland, DO, and she helped edit the second edition of Sutherland's *Contributions of Thought*. Dr. Brooks is the editor of the Stillness Press books on the teachings of Rollin Becker: *Life in Motion* and *The Stillness of Life*.

Dr. Brooks was a member of the board of trustees of the Sutherland Cranial Teaching Foundation, serving from 1988 through 2004. She continues to

be sought worldwide for her personal and historical insights regarding the practice and foundations of Osteopathic practice.

Commercial Support Statement

The AOA requirements for category 1-A CME require notice of commercial support. If monetary or in-kind contributions are given to a CME sponsor that are used to pay for all or part of the costs of a CME activity, it must be reported that the program event was commercially supported. No commercial support was received for this program.

Course Cancellation & Refund Policy

By submitting an application for this course, the applicant (the “Applicant”) agrees that fifteen percent (15%) of the total registration fee is a non-refundable administrative charge. If after submitting a course application the Applicant desires to cancel his or her registration, the Applicant must notify Osteopathy's Promise to Children (“OPC”) in writing no less than fourteen (14) calendar days prior to the initial start date for the course. If Applicant timely and properly notifies OPC of its cancellation, OPC will issue a refund to Applicant in the amount of eighty-five percent (85%) of his or her total registration fee. If OPC receives a notice of cancellation less than fourteen (14) days prior to the initial start date for the course, OPC will not issue a refund. Unless Applicant timely and properly notices OPC pursuant to this policy, OPC will not issue a refund for an applicant's failure to attend the course.

Disclaimer

The information in this educational activity is for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/ faculty. They do not represent an endorsement by OPC. In no event will OPC be liable for any decision made or action

taken in reliance upon the information provided through this CME activity.

Liability Release

This program may involve physical activity, including contact by and with faculty and other course participants. This physical activity, including but not limited to physical diagnostics and manual therapeutics, could possibly entail risk for course participants of new injury or aggravation of pre-existing conditions. All course participants acknowledge and agree to assume all responsibility and risk for all losses and damages, including but not limited to any bodily injury, death, and property damage, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using equipment or facilities during the course, and (iv) using or misusing any knowledge or information obtained or derived from the course. All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participant of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all

participants to use the information provided within the scope of their professional license or practice.

Statement of Professional Ethics & Standards

Osteopathy's Promise to Children CME courses will foster an educational atmosphere of tolerance and mutual respect concerning gender, race, developmental challenges, sexual orientation, and professional background. Furthermore, these courses will adhere to the highest standards of osteopathic medicine's professional ethics especially in regard to patient, student, and physician faculty communication and interactions. This includes clear informed consent when participating in educational exercises, and only utilizing osteopathic techniques and practices designed to educate practitioners and/or compassionately and appropriately address patient suffering through osteopathic diagnosis, and treatment. Any deviation of these professional standards by physician faculty, staff, or student during a given course will not be tolerated.

Contacts

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For questions regarding CME's, please contact: CME Administrator at cme@the-promise.org.



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