



## THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego  
3706 Ruffin Road, San Diego CA 92123

# Exploring the Tide An Intermediate Course

### Course Director:

**R. Paul Lee, DO, FAAO, FCA**



### Core Faculty (in chronological order)

R. Paul Lee, DO, FAAO, FCA

### Table Trainers

Alistair C. Moresi, BSc. (Osteo)

Joshua Alexander, DO, MPH

Elliott S. Blackman, DO, FCA

### Instructional Format

Live, in-person training with lecture and lab format.

**Date:** June 14-16, 2024

**Time:** 8:00 AM to 5:30 PM PST

8:00 AM to 5:30 PM PST

8:00 AM to 12:00 PM PST

**Cost:** \$1,200, register [here](#)

**Location:** [Osteopathic Center San Diego \(OCSD\)](#)

**CME:** Maximum of 20 of AOA Category 1-A CME credits anticipated, provided by Osteopathy's Promise to Children. Our courses allow the participant to ask questions of the presenter in either real-time or the presenter will respond to submitted questions within (48) hours of the presentation. Submit your questions to [cme@the-promise.org](mailto:cme@the-promise.org).

### Lodging:

[Hilton Garden Inn Mission Valley/Stadium](#)

3805 Murphy Canyon Rd, San Diego, CA 92123

Hotel booking link (tba)

**CME Sponsor:** Osteopathy's Promise to Children (OPC)

### Joint Sponsorship

This event is jointly sponsored with the Postgraduate Institute for Osteopathy (PGIO).

**Activity Website:** <https://promise.ce21.com/>

### Course Description

This intermediate course in osteopathic diagnosis and treatment presents information and palpatory experience that heretofore has not been available through colleges of osteopathic medicine or other teaching venues. It is the product of the clinical experience of R. Paul Lee, DO, FAAO, FCA, DABMA. We will explore how the whole of the body expresses interrelationships through the fascia and how treating one part of the body influences

and is influenced by other parts. Those who have taken a percussion hammer course will recognize the relationships we teach in this course, but without the vibrator.

One full day will be spent on a subject that revolutionized and drove Dr. Lee's clinical and personal life – querying the tide for its ultimate intelligence. It informs the physician on what anatomic part am I palpating, what do I do next in this case, or what's good for me to eat?

Then, we will learn how to treat inflammation in the body by downregulating the seven neurological centers of the Central Autonomic Network in the brain, a most useful technique. We will learn how the brain is a dynamo and how this informs our understanding of a CV4. Finally, we will learn how to work on the traumatized brain.

This course takes the student from familiar territory and structural clues to less familiar ground in treating energetic influences and the nervous system directly. This progression allows one who is not experienced in treating the brain to become capable. But from the beginning, new approaches to old problems are presented.

### Professional Practice Gap

Osteopathic colleges do not teach how to treat long fascial relationships. Osteopathic treatment relieves suffering using this approach whereas more common methods may not. Treatment of shock is not taught by osteopathic colleges or postgraduate courses. Unless shock is released it blocks healing by other methods of OMT. Querying the body is not a subject of any osteopathic curriculum. This method is transformative in clinical practice providing a source of diagnostic information that no other modality can. Managing imbalances of function of prevertebral ganglia and sympathetic

chain ganglia is not a subject in colleges of osteopathic medicine or postgraduate courses. This approach yields great health benefits to the patient and provides immediate information to the physician about specific physiology in the patient. Manual Treatment of the Brain is not taught in colleges of osteopathic medicine and this treatment can be essential for the recovery of patients from head trauma, including CTE. This type of treatment is not taught in any colleges of osteopathic medicine nor in postgraduate courses. It is essential for the recovery or stabilization of many inflammatory illnesses and trauma. Although the CV4 is commonly taught in postgraduate courses and occasionally in colleges of osteopathic medicine, the important role of the cerebellum is generally poorly understood.

\* This is OMM/OMT/OPP activity and as such is part of the profession and exempt from the AOA practice gap analysis requirement.

### **Evidence-based Resources**

Magoun, HI, *Osteopathy in the Cranial Field*, Sutherland Cranial Teaching Foundation, second printing, 1997.

Sutherland, AS and Wales, AL, Ed., *Contributions of Thought, The Collected Writings of William Garner Sutherland, DO*, Rudra Press, second edition, 1998.

Wales, AL, Ed., *Teachings in the Science of Osteopathy*, Rudra Press, 1990.

Lee, RP, *Interface: Mechanisms of Spirit in Osteopathy*, Stillness Press, 2005.

### **Educational Learning Objectives**

Upon completion, the learner will be able to:

1) Describe and define the term *Tide* as utilized in this course and its importance to the practice of Osteopathy (Osteopathic Principles and Practice,

Medical Knowledge and Its Application into Osteopathic Medical Practice)

2) Describe and demonstrate treating systemic inflammation utilizing the brain's central autonomic network (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

3) Demonstrate treating the cerebellum while gaining a deeper appreciation of the Compression of the 4<sup>th</sup> Ventricle (CV4) technique (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

4) Demonstrate treating patients who present with various levels of traumatic shock (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care, Interpersonal and Communication Skills in Osteopathic Medical Practice)

### **Recommended Reading, Additional Resources and Related Products**

Lee, RP, *Interface: Mechanisms of Spirit in Osteopathy*, Stillness Press, 2005.

### **Target Audience**

This activity is open for all Osteopathic and Medical Physicians (DO/MD) and International Osteopaths from qualified international osteopathic training programs.

### **Prerequisites**

The target audience must show proof of both an Introductory and an Intermediate Cranial Course approved by SCTF, OCA, OPC (or their equivalent), and 5-years of clinical experience with primary respiration. Email proof to [cme@the-promise.org](mailto:cme@the-promise.org).

### **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 20 AOA Category 1-A CME credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

### **Instructional Method of Participation**

To participate in the activity, physicians will be required to complete all of the following steps:

1. Read the brochure with the Practice Gap, Educational Learning Objectives, Faculty Disclosures and Agenda.
2. Complete the Pre-Activity Quiz via your account online.
3. Participate in the activity.
4. Attest to the satisfactory participation in the activity. OPC verifies your CME attestation via your account. OPC verifies attestation against the live sign-in sheets and your CME attestation via your account.
5. Complete the Post-Activity Quiz. A grade of 80% or above is required to pass the Test. Attempts allowed: 3. Grading method: highest grade. If you do not pass three Post-Activity Quiz attempts, the office will be notified and will make arrangements to address the issue. The course director or a content expert will contact you within one week to review any questions on course content. Once you

successfully obtain a passing score, you can move onto the next step towards your certificate.

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 Quiz 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.

### 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.

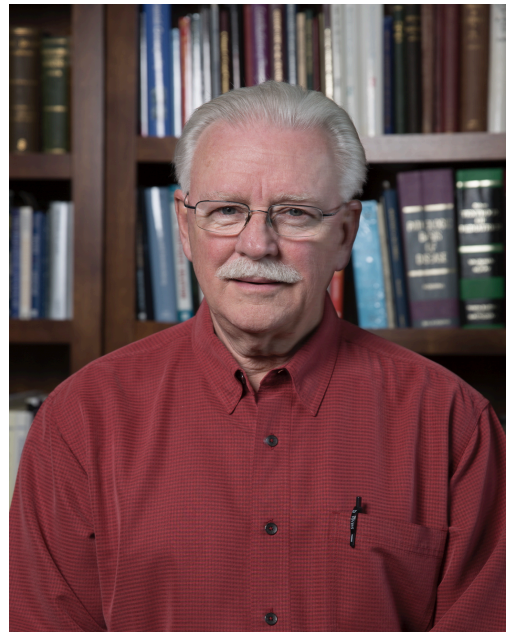
Any relevant financial relationship which occurred in the twelve-month period before the time an individual was asked to assume a role controlling content in this CME activity, and which relates to the content of the educational activity, causing a conflict of interest must be disclosed here. The following faculty, presenters and planning committee members have indicated that they have no relationships with ineligible companies that could be perceived as a potential conflict of interest.

Name of Faculty/ Presenter/ Planner	Role(s)	Reported Financial Relationship
Robert Paul Lee, D.O., FAAO, FCA	Course Director/ Speaker	None

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



R. Paul Lee, DO

Dr. R. Paul Lee is a graduate of Kansas City University of Medicine and Biosciences. He is Board certified in Osteopathic Manipulative Medicine and Medical Acupuncture. Dr. Lee completed a residency in OMM at the AT Still University College of Osteopathic Medicine, Kirksville, Missouri. He served on the Board of Directors of The Cranial Academy and Board of Governors of the American Academy of Osteopathy. He was awarded the Fellow of the American Academy of Osteopathy, FAAO and Fellow of the Cranial Academy, FCA. He was awarded the Sutherland Memorial Lecture and Honorary Life Membership in AAO. He is retired from his OMM private general practice in Durango, CO. His memberships include: AOA, AAO, and OCA.

Dr. Lee authored *Interface: Mechanisms of Spirit in Osteopathy*, 2005, Stillness Press, several articles, including *Living Matrix*, *Explore*, November/December, 2008 and many more in the *AAOJ* and *Cranial Letter*, available online at [www.cranialosteopathy.com](http://www.cranialosteopathy.com). Dr. Lee has taught in Australia, Japan, and multiple European venues.

### CME Policy Statements

Osteopathy's Promise to Children (OPC) offers both live events and on-demand sessions using the same caliber of speakers who would present at in-person events. OPC offers online opportunities for Continuing Medical Education (CME) credits. Each course or online event offers AOA Category 1-A CME credits. CME sessions are delivered on the CE21 Learning Management System. Once you have used the Learning Center, you will have a profile established that will allow you to access all available sessions, view speaker profiles, track CME credits gained through the system, and generate CME certificates based on the sessions.



completed. All OPC CME activities have a content expert available for any questions on content from CME participants during the life plus one week of the activity. The content expert will answer participant questions within one week of an inquiry. Contact us at [cme@the-promise.org](mailto:cme@the-promise.org) with any questions or comments.

### **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.

### **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.

### **Evidence-Based Content**

It is the policy of the OPC to ensure that the content contained in this CME activity is valid, fair, balanced, scientifically rigorous, and free of commercial bias. Evidence-based medicine – first “coined” in 1991 (JAMA). “Conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients.” And, “Good doctors use both individual clinical expertise and the best available external evidence, and neither alone is enough.” BMJ 1996).

### **Disclosure Policy**

It is the policy of the OPC Continuing Education Committee to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All persons in a position to control the content of an educational activity (i.e., activity planners, presenters, faculty, authors) participating in an educational activity provided by the OPC are required to disclose to the provider any relevant financial relationships with any commercial interest. OPC must determine if the individual's relationships may influence the educational content and resolve any conflicts of interest prior to the commencement of the educational activity. The intent of this disclosure is not to prevent individuals with relevant financial relationships from participating, but rather to provide learners information with which they can make their own judgments. Faculty disclosures will be made in the syllabus and/or during faculty introductions. The audience is advised that one or more presentations in this continuing education activity may contain references of unlabeled or unapproved uses of drugs or devices.

### **Resolution/Mechanism of Identified Conflict of Interest**

Independent sources of review include the

following: All disclosures will be reviewed by the activity Course Director, Physician Leadership Team, and Executive Director for identification of conflicts of interest. Reviewers, working with the activity directors, will document the mechanism(s) for management and resolution of the conflict of interest, and final approval of the activity will be documented prior to implementation.

Any of the mechanisms below can/will be used to resolve conflict of interest:

- Peer review for valid, evidence-based content of all materials associated with an educational activity by the activity director
- Limit content to evidence with no recommendations
- Introduction of a debate format with an unbiased moderator (point-counterpoint)
- Inclusion of moderated panel discussion
- Publication of a parallel or rebuttal article for an article that is felt to be biased
- Limit equipment representatives to providing logistics and operation support only in procedural demonstrations
- Divestiture of the relationship by faculty: The reviewer should be a physician or other scientist with knowledge of the specialty area being reviewed and oftentimes the Executive Director will perform this first review and can then appoint a physician as an independent reviewer. The independent reviewer is not involved in the planning of this CME Activity and cannot have a relationship with any corporate entity supporting the CME activity. The reviewer should have a copy of this policy and a copy of the Standards for Commercial Support to fully grasp their responsibilities as the reviewer

### **Off-Label or Unapproved Use of Drugs or Devices**

It is the policy of the OPC to require the disclosure of all references to off-label or unapproved uses of drugs or devices prior to the presentation of educational content. The audience is advised that this continuing medical education activity may contain reference(s) to off-label or unapproved uses of drugs or devices. Please consult the prescribing information for full disclosure of approved uses.

### **Cancellation and Refund Policy**

OPC reserves the right to change the delivery format, delay, or cancel a CME event due to any unforeseen circumstances. If an event is canceled, OPC will refund your registration fee in full. OPC will not be held responsible for the registrant's travel, hotel or other costs incurred resulting from the cancellation. Substitutions of other CME events may be made at any time without an additional charge; email [cme@the-promise.org](mailto:cme@the-promise.org) with your request. Refunds will be issued for all cancellations received two weeks prior to the start of the event. However, an administrative fee of \$100.00 will be charged for all refunds. "No shows" are subject to the full CME event fee. Cancellations/substitutions must be made in writing by email to [cme@the-promise.org](mailto:cme@the-promise.org). No refunds or credits will be issued once the CME event has started.

### **Grievance Policy**

All grievances should be initially directed in writing to the OPC Executive Director by email to [director@the-promise.org](mailto:director@the-promise.org) who will share them with the OPC CME Program Committee. Grievances will receive a response within 30 days of receipt. If you do not receive a satisfactory response, you may notify the Council on Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

### **Zoom Privacy Notice**

When you join meetings and webinars hosted by OPC on Zoom, your profile information, including your name and profile picture, may be visible to other participants. Your name and email address will also be visible to the account owner, Osteopathy's Promise to Children, and hosts when you join meetings or webinars on their account while you're signed in. The account owner and others in the meeting can share this information with apps and others.

### **CE21 Online Platform Privacy Statement**

In accordance with the Accreditation Council for Continuing Medical Education (ACCME), accredited AOA providers that participate in CME activities on the Internet shall have a separate privacy policy for CME activities. The CME programs offered by the Osteopathy's Promise to Children (OPC) respect and value your privacy and the confidentiality of the information you choose to share with us. We are committed to the protection of this information and will ensure your privacy when participating in CME activities on our website. You may visit OPC's website without identifying yourself or revealing any personal information. If you choose to provide personally identifiable information (any information by which you can be identified), it will only be used to support your relationship with the Learning Center programs. Read more about OPC CE21 Online Education Privacy Statement [here](#).

### **Special Assistance**

OPC complies with the Americans with Disabilities Act §12112(a). If any participant is in need of special assistance or has any dietary restrictions, please email us at [cme@the-promise.org](mailto:cme@the-promise.org) or call 619-548-8815 for assistance.

**Your registration and enrollment in the Program constitutes your release, waiver and consent to the following policies:**

### **Liability Release and Waiver**

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.

### **Indemnity**

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 participants 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.

### **Consent For Use of Photographic Images**

Registration and attendance at or participation in OPC meetings and other activities constitutes an agreement by the registrant to OPC's use and distribution (both now and in the future) of the registrant or attendee's image or voice in photographs, videotapes, electronic reproductions, and audiotapes of such events and activities. To opt out of the agreement to consent to use of photographic images you must notify OPC in writing stating your desire to opt out by emailing OPC at [cme@the-promise.org](mailto:cme@the-promise.org) prior to the start of the event.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER, THE INDEMNITY PROVISIONS AND THE CONSENT TO USE MY IMAGE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY ENROLLING IN THE PROGRAM AND DO SO VOLUNTARILY.

### **Policy Consent Notice**

**NOTE:** Prior to purchasing or registration for this program we ask that you review the Policies as stated above. These policies are in every Course Brochure and on the CE21 (registration) platform when you purchase or register for any product. Your enrollment in the Program constitutes your release, waiver and consent to the stated policies.

### **Contacts**

Osteopathy's Promise to Children  
3706 Ruffin Road, San Diego, CA 92123  
[cme@the-promise.org](mailto:cme@the-promise.org)  
619-548-8815

For questions regarding the course content of this program, contact: Beth Levendoski, Executive Director at [director@the-promise.org](mailto:director@the-promise.org).

For questions regarding CME's, please contact: CME Administrator at [cme@the-promise.org](mailto:cme@the-promise.org).



**THE PROMISE**

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# Exploring the Tide

## June 14-16, 2024

### Daily Schedule

Day	Start	Total Mins	Topic	Lecture/ Lab	Speaker
June 14 2024			<b>LONG FASCIAL RELATIONSHIPS</b>		
	8:30-9:00	30	Introduction	Lecture	Lee
	9:00-10:00	60	Hiss Whip Technique, Treat Navicular or Cuboid	Lecture/ Lab	Lee
	10:00-10:15	15	Small Group Discussion	Small Group Discussion	Lee
	10:15-11:00	45	Subtalar joint – articulation/traction	Lecture/ Lab	Lee
	11:00-12:00	60	Treat interosseous membrane – BLT, Fulcrum	Lecture/ Lab	Lee
	12:00-1:00		Lunch		
	1:00-1:30	30	Treat hamstring to pelvis – two hand BLT	Lecture/ Lab	Lee
	1:30-2:00	30	Treat pelvic intraosseous strain and acetabulum/femoral head	Lecture/ Lab	Lee
	2:00-2:30	30	Treat Psoas – position for release	Lecture/ Lab	Lee
	2:30-3:00	30	Treat Arcuate Ligaments and diaphragm – inhibition and BLT	Lecture/ Lab	Lee
	3:00-3:15	15	Small Group Discussion	Small Group Discussion	Lee
	3:15-3:45	30	Treat sternum/Thoracic spine – two hand BLT	Lecture/ Lab	Lee
	3:45-4:15	30	Treat rib dysfunction – traction and BLT	Lecture/ Lab	Lee
	4:15-4:45	30	Treat manubrium and clavicles – two hand BLT	Lecture/ Lab	Lee
	4:45-5:30	45	Treat Sibson's fascia – two hand BLT	Lecture/ Lab	Lee
	5:30-6:00		Q & A	Lab	Lee

Day	Start	Total Mins	Topic	Lecture/ Lab	Speaker
June 15, 2024			<b>QUERYING THE TIDE</b>		
	8:00-8:30	30	Introduction to Querying the Tide – “Switched”	Lecture	Lee
	8:30-9:00	30	Discovering Somatic Dysfunction through the Tide	Lab	Lee
	9:00-10:00	60	Hand Mode One – Structure	Lecture/ Lab	Lee
	10:00-10:15	15	Small Group Discussion	Small Group Discussion	Lee
	10:15-11:15	60	Treating sympathetic chain ganglia	Lecture/ Lab	Lee
	11:15-12:00	45	Treating prevertebral ganglia	Lecture/ Lab	Lee
	12:00-1:00		Lunch		
	1:00-1:30	30	Contact Reflex Analysis	Lecture/ Lab	Lee
	1:30-2:15	45	Hand Mode Two, Three, Four	Lecture/ Lab	Lee
	2:15-2:00	15	Hand Mode Five – Miasm	Lecture/ Lab	Lee
	3:00-3:15	15	Small Group Discussion	Small Group Discussion	Lee
	3:15-4:00	45	Hand Mode Six – Shock in Chakras	Lecture/ Lab	Lee
	4:00-4:30	30	Treating Shock in Energy Field	Lecture/ Lab	Lee
	4:30-5:00	30	Treating Shock in diaphragm – linea alba	Lecture/ Lab	Lee
	5:00-5:30	30	Treating Shock in pelvis – umbilicus to coccyx	Lecture/ Lab	Lee
	5:30-6:00		Q & A, Demonstration	Lab	Lee

Day	Start	Total Mins	Topic	Lecture/ Lab	Speaker
June 16 2024			<b>BRAIN AS DYNAMO</b>		
	8:00-8:30	30	Inion Technique – Sutherland's Fulcrum	Lecture	Lee
	8:30-10:00	90	Inion Technique – Pumping Sella Turcica	Lecture/ Lab	Lee
	10:00-10:15	15	Discussion in Small Groups	Practice Session	Lee
	10:15-11:15	60	Twist of Cerebellum – Motion of the Pump	Lecture	Lee
	11:15-12:15		Brain as Dynamo – New View of CV4		Lee



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