OSTEOPATHIC CENTEREDNESS

J’Aimee Lippert, DO
“...on June 22, 1874, like a burst of sunshine the whole truth dawned on my mind, that I was gradually approaching a science by study, research, and observation that would be a great benefit to the world.”

Andrew Taylor Still

Autobiography of Andrew T. Still
With a History of the Discovery and Development of the Science of Osteopathy
Centeredness: The state of being centered.
Centered: Having a center. Mainly concerned about or involved with something specific. Emotionally stable and secure. Emotionally healthy and calm.
Center (noun): a point that is related to a geometrical figure in such a way that for any point on the figure there is another point on the figure such that a straight line joint the two points is bisected by the original point. A point, area, person, or thing that is most important or pivotal in relation to an indicated activity, interest, or condition. A source from which something originates. A group of neurons having a common function. A region of concentrated population. A player occupying a middle position on a team.
Center (verb): To place or fix at or around a center. To give a central focus or basis. To adjust things so that axes coincide. To pass from either side toward the middle of the playing area. To collect or concentrate at or around one point, group, or person.
SYNONYMS OF CENTER

Axis            Heart
Base            Hub
Capital         Locus
Core            Middle
Eye             Nexus
Focus           Nucleus
OBJECTIVES

Reexamine the centering tenets of Osteopathic medicine, illustrating their practical application in our lives, practices, and communities.

Reflect on Convocation 2020, and the energizing effect that integration and creativity can have in our own wellness as physicians, as well as in the Osteopathic care of patients.

Plan for new expression of our centering tenets, and make plans for expanding our focus and opening awareness of our Osteopathic philosophy in our communities.
OUR
OSTEOPATHIC
TENETS

❖ The human being is a unification of mind, body, and spirit.
❖ The human body is capable of self-regulation, self-healing, and health maintenance.
❖ The structure of the human body and the function of the human body are reciprocally interrelated.
❖ There is a somatic component of health (and disease), and manipulative treatment can restore to body’s function, enhance wellness, and assist in recovery from disease and injury.
❖ Rational treatment of the human being is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of the structure and function of that body.
BODY UNITY

Body

Mind

Spirit
SELF REGULATION

Video of newborn mammal
STRUCTURE AND FUNCTION RELATIONSHIP

https://youtu.be/9z8ujpPgUjl
SOMATIC COMPONENT OF HEALTH

Photos
RATIONAL TREATMENT

Manipulative Rx
HEALTHY PHYSICIANS

Photo montage from Convo 2020
HEALTHY PATIENTS

Patient testimonials TBD
HEALTHY COMMUNITIES

Video and/or photos from Merida
HEALTHY WORLD
CONVOCATION
2020

Integration
❖ Nutrition, Exercise
❖ Movement, Gait, Balance
❖ Integral Nature of Fascia
❖ Injection Techniques

Creativity
❖ Yoga and Ayurveda
❖ Lymphatics and Inflammation
❖ The Energy Body
❖ Influence of Our Mentors and Masters
INTEGRATION

Goals and objectives activity
CREATIVITY

Activity making plans for future creativity
“On June 22, 1874, I flung to the breeze the banner of Osteopathy...Her threads are stronger to-day than when the banner was first woven. Her colors have grown so bright that millions begin to see and admire and seek shelter under her protecting folds...it has taken many years to prepare the ground to receive the seeds of this science as well as any other truth...so be patient, have faith in God as an architect and the final triumph of truth, and all will end well.”

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