

Saturday October 12

- 08.30-09.00 Registration
- 09.15-10.30 **Hazel Mansfield:** Osteopath and lecturer based in Sweden and the UK will lecture on the interoceptive dimension in awareness, pain and beyond giving a review of concepts, applications and roles of interoception and its relevance to osteopathic treatment.
- 10.30- 11.00 Coffee break
- 11.00-12.15 **Robert Shaw:** Osteopath and PhD in psychotherapy working in Sweden with a special interest in the psychological aspects of osteopathic practice. He will lecture on the effects of trauma and stress assessment in the osteopathic clinical setting.
- 12.15-13.30 Lunch
- 13.30-14.15 **Tobias Sundberg:** Researcher from Karolinska Institutet, Sofiahemmet Högskola and University of Technology Sydney as well as physiotherapist and MD, currently conducting a study on evidence based medicine in manual medicine, will report on his findings.
- 14.15-14.45 Coffee Break
- 14.45-16.00 **Tom Eirik Bjørkli:** Osteopath active in Kristiansand, Norway with a special interest in the psychological aspects of pain management and Acceptance Commitment Theory (ACT).

Sunday October 13

- 09-10.30 **Gabriela Jones:** Registered psychologist and lecturer at Göteborgs Universitet. She is a specialist within Work and Organizational Psychology and will hold a workshop in Compassioned Focus Therapy for clinicians.
- 10.30-11.00 Coffee Break
- 11.00-12.00 **Helena Backlund Wasling:** Neuroscientist from Göteborgs Universitet and Sahlgrenska Akademien and lecturer with a specialized focus on the human brain, the neural and psychological mechanisms for touch and social interactions. In her presentation she will explain why interpersonal touch is so important to us. What happens in the brain and the nervous system when we experience touch? The presentation will shed light on how much touch matters in the treatment of patients.
- 12.00-13.00 Lunch

13.00-14.30

Hanna Tomasdottir: Osteopath with a Master in Positive Psychology active in Copenhagen, Denmark will lecture on positive communication and its importance to clinical practice.

14.30-15.00

Coffee Break

15.00-16.00

Presentations from the Nordic Associations