

# DUNSBOROUGH OSTEOPATHY

Thank you for having taking the time to read the home page of the Dunsborough Osteopathy website [www.dunsosteo.com.au](http://www.dunsosteo.com.au), answering these short (tick the box) questions and reading the following pre-treatment information.

**Name :** \_\_\_\_\_

**Occupation** (if retired then previous occupation): \_\_\_\_\_

**Location** (town): \_\_\_\_\_

**Sporting group** (if relevant): \_\_\_\_\_

**Male/Female:** \_\_\_\_\_

**Age:** \_\_\_\_\_

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<b>Please mark the most relevant box.</b>					
Your philosophy and approach to treatment appeals to me.					
I'm not familiar with this subject or your approach to treatment.					
My physical body has a role to play in my ongoing health.					
Emotions have a role to play in my ongoing health.					
A Higher Power (of my own understanding) has a role to play in my ongoing health.					
When appropriate, I prefer a treatment that is upbeat and entertaining.					
When appropriate, I prefer a treatment that is quiet and deeply meditative.					
I prefer my practitioner to use a gentle touch in my treatment.					
I prefer my practitioner to use some physical force in my treatment.					

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People influenced by Western Culture can often perceive themselves as being unique individuals – different (and separate) from others, Nature and God. In Western Medicine therefore, it is generally accepted that a practitioner (a person in a position of authority and trust) does something to/for you the patient: and that Nature (or God) have little direct involvement in the healing process.

Indigenous cultures have first-hand knowledge of the interconnectedness of life – of all things (body, Nature and God) functioning as a seamless and integrated whole (Albert Einstein revered this intelligence within nature). In Indigenous culture, illness is seen as a result of a person being “out of step” with life - symptoms are the final effect of a corresponding physiological resistance (or headwind): of no longer being in “the flow” and being disconnected from one’s great self-healing resource.

Whilst Osteopathy has Western anatomical science as a foundation, the profession’s clinical effectiveness is actually derived from a primary interest in looking upon patients as an integrated whole, and activating the body’s own self-healing and self-regulating mechanism. This is strongly aligned with an indigenous view of health.

It is important to understand that Osteopathic treatment can be greatly influenced by a patient’s own thinking. If one tends towards a Western view (as described above), then chances are that Western type therapies will be best suited to you. If one looks upon health in a broader context, then one may derive greater benefit from methods that assist you as a whole.

When expecting any type of outcome from treatment (pain relief for example): such a weight of expectation may focus you towards a Western symptomatic approach to treatment: and the limitations that may follow on from this. If you are able (just for the period of a treatment) to let go of such expectations, and instead place your attention upon trusting the wisdom of your own body (and it’s interconnection with the intelligence of Nature), and remember the joy, mystery and wonder within the natural world: a vastly different world of self-healing potential may awaken within you.

This process described above is the science of the “Placebo Effect”, something that can (through co-operation from a patient) be directed to the greatest possible therapeutic advantage.

If after reading this [www.dunsosteo.com.au](http://www.dunsosteo.com.au) home page and completing this questionnaire, you are still not completely sure that Dunsborough Osteopathy’s approach to treatment is the right one for you, we will gladly discuss your concerns and offer any advice, direction or alternate suggestions. Our greatest priority is that you receive the best possible care and the most appropriate type of treatment.

Thank you,

David Bennett

BEcons, BAppSc (ClinSc), BOstSc (Registered Osteopath)