



## **THE DIG ON SERIES –**

### **Exploring Consciousness Through Osteopathy**

*The purpose of this series of osteopathic courses is to help integrate the **Loving Heart, Innovative Mind, and Stillness of Spirit** into osteopathy.*

*Our mission is to help bring the digger and dreamer together so they are One. As osteopathic physicians, we have the honor of working with all human beings in a way that empowers them to express their own **Inner Light of Health**.*

*We choose to start from the Stillness,  
the **Infinite Potential** of pure **Loving Awareness**.  
In being Still, we get to know ourselves better and  
**allow ourselves TO BE the Truth of who we are**  
– loving conscious beings, all precious emanations of the **Oneness**.  
And through this series, we step into the ease of Osteopathy  
such that “suns appear (where you never even saw a star.)”*

*We look forward to connecting and sharing with you  
in this “sacred science of Osteopathy.”*

*🌟 And now, presenting an expanded version of our **FOUNDATIONAL** course...*

***Sensing & Releasing Emotional Shock - Part 1+***  
***(see description below)***

# **Sensing and Releasing Emotional Shock - Part 1+**

## **COURSE INSTRUCTORS and CO-DIRECTORS:**

Arlene Dijamco, MD and James Gaydos, DO

## **SPONSORSHIP:**

Sponsored by the Northern California Academy of Osteopathy (NCAO)

Co-sponsored by the American Academy of Osteopathy (AAO)

## **COURSE DESCRIPTION:**

Join us for a refreshing take on osteopathy. You've learned how to sense bone, fluid, and membrane. Let's expand on those skills to tend to yet another vital dimension of health: the emotional body.

Both conscious and subconscious patterns of emotional trauma can be felt in the body's tissues as structural associations. Stuck or unprocessed emotional and thought patterns contribute to both acute and chronic somatic and visceral dysfunctions.

Classically, osteopaths are taught to perceive the various strain patterns in bone, fluid, and membrane. This course will help you sense the emotional dimensions safely and integrate them into the osteopathic treatment.

When appropriate, the "stuck" emotional and thought patterns can also be brought to the surface with "patient collaboration," providing a fulcrum of sorts to aid in the release of the somatic, visceral, emotional, and thought disturbances.

By addressing these additional dimensions in our work, we can help patients access a greater depth of healing and speed up the treatment process as well.

## **PREREQUISITES:**

Osteopaths and osteopathic practitioners with training and experience in cranial osteopathy and/ or biodynamics.

# COURSE SCHEDULE

Tentative Outline: L = lecture, E = experiential / lab / practical, S = small group discussion, O = other, Q = question and answers

## Friday, August 23, 2024

DAY 1	LPSOQ	Description	Minutes
12:30 pm	O	Registration	30 min
1:00 pm	E	Opening Lab: The Living Stillness	30 min
1:30 pm	L	Physiologic Responses to Stress and Trauma: A Foundation	30 min
2:00 pm	E	Creating a Nest for Healing	15 min
2:15 pm	L&E	Coaching the Patient: Ways to Approach	30 min
2:45 pm	L	Embryo Part I - Nervous System	30 min
3:15 pm	E	Lab: Flow of the Neural Tube	30 min
3:45 pm	S	Discussion in Small Groups	15 min
4:00 pm	L	Lab: Embryo Part II - Limb Buds	30 min
4:30 pm	E	Lab: Grounding with the Metabolic Field	30 min
5:00 pm	Q	Head check and Discussion	90 min

**Saturday, August 24, 2024**

<b>DAY 2</b>	<b>LPSOQ</b>	<b>Description</b>	<b>Minutes</b>
8:00 am	Q	Q&A	30 min
8:30 am	L	Day 2 - Opening Lab and Review	30 min
9:00 am	L	Embryo Part III - Lungs	15 min
9:15 am	E	Lab: Lung Buds	45 min
10:00 am	S	Discussion in Small Groups	15 min
10:15 am	L	Lecture: Embryo Part IV - Heart	30 min
10:45 am	E	Heart-Centering Meditation	15 min
11:00 am	E	Lab: Uncurling the Heart	60 min
12:00 pm	E	Lab: The Heart Field	30 min
12:30 pm	S	Lunch	75 min
1:45 pm	E	Lab: Guided Lab: Reading the Heart Layers on Yourself	30 min
2:15 pm	E	Lab: Reading the Heart Layers on a Patient	45 min
3:00 pm	S	Discussion in Small Groups	15 min
3:15 pm	E	Lab: Guided Lab: Sensing Emotion Anywhere in Your Body	45 min
4:00 pm	E	Lab: Sensing Emotion Anywhere in a Patient's Body	60 min
5:00 pm	S	Head Check and Discussion	90 min

**Sunday, August 25, 2024**

<b>DAY 3</b>	<b>L/P/S/O</b>	<b>Description</b>	<b>Minutes</b>
8:00 am	Q	Q & A	30 min
8:30 am	E	Lab: Grounding & Centering Revisited	15 min
8:45 am	L&E	Lecture & Lab: Expanding Your Perception with Topical Remedies	45 min
9:30 am	L&E	Lecture & Lab: Using Bach Flower Essences to Enhance the Osteopathic Treatment	60 min
10:30 am	S	Discussion in Small Groups	15 min
10:45 am	L&E	Lecture & Lab: The Diaphragm	30 min
11:15 am	L&E	Lecture & Lab: Integrating Mental Thought Loops and Emotional Short Circuits	60 min
12:15 pm	L&E	Closing Lab: Putting It All Together, Stillness Revisited	15 min
12:30 pm	S	Head Check & Discussion	60 min

**Total possible CME Day 1 = 5.5 hours**

**Total possible CME Day 2 = 8.75 hours**

**Total possible CME Day 3 = 5.5 hours**

**Total possible CME Days 1 and 2 and 3 = 19.75 hours**

## \*Optional Add-On for Sunday Afternoon:

### Lunch + 2 hour Workshop

Often, Sunday rolls around quickly, and many people are eager to continue our exploration together. In case you would like to stay longer, we invite you to join us for an afternoon gathering for lunch and a two-hour workshop. We've created this afternoon session as an Add-On experience to give you the option that suits you best.

**See the draft schedule below, which can be adapted based on the interests of the participants.** In order to maintain the integrity of this additional workshop, only participants that have attended the full course may attend this Add-On course.

The cost of this Add-On session is \$195 USD which includes lunch.

#### **Add-On Workshop for Sunday, August 25, 2024**

<b>ADD-ON</b>	<b>L/P/S/O</b>	<b>Description</b>	<b>Minutes</b>
1:30 pm (or sooner)	O	LUNCH	60 min
2:30 pm	E	Expanding on what we've learned: Additional perspectives to enhance the perceptual experience	45 min
3:15 pm	E	Biofield exploration, including addressing Static in the Biofield	45 min
4:00 pm	E	Spheres and the Biofield	30 min

## Bio for Arlene Dijamco, MD



Dr. Arlene Dijamco is a passionate physician with a mission to help bring the mental, emotional, and spiritual aspects of health back to medicine in practical and tangible ways.

A graduate of Harvard College and Emory University School of Medicine, she completed her pediatric residency at Albert Einstein. After finishing her residency, she began a two-year integrative medicine fellowship through Dr. Andrew Weil's program at the University of Arizona. Here, she explored a vast array of powerful modalities beyond conventional Western medicine; the one that moved and impacted her future most was cranial osteopathy.

She is the Chair of Membership for The Osteopathic Cranial Academy (OCA) and a regular faculty member for the OCA's introductory course in cranial osteopathy. Together with Dr. James Gaydos, she co-founded "The Dig On Series" of osteopathic courses to help integrate the Loving Heart, Innovative Mind, and Stillness of Spirit into osteopathy. She also collaborates with Edgar Cayce's Association for Research and Enlightenment (A.R.E.) as a co-host of the parenting podcast Edgar Cayce's Creating Calm: Parenting with Mind, Body, and Spirit with Corinne Cayce. In addition, Dr. Dijamco has a weekly YouTube livestream called The MultiDimensional MD. One of her greatest interests is addressing emotional trauma release. In that vein, she teaches Trauma Release Exercises (TRE) both in-person and online.

Dr. Dijamco founded the All Worlds Health family, which includes her practice in Roswell, GA, nonprofit, and online school. You can learn more about Dr. Dijamco's practice, background, and philosophy at [www.allworldshealth.com](http://www.allworldshealth.com).

## Bio for James Gaydos, DO



Dr. James Gaydos is a 1985 graduate of the University of New England COM and is board-certified in Family Medicine and Neuromusculoskeletal Medicine/ Osteopathic Manipulative Medicine NMM/OMM.

He mentored extensively with Dr. James Jealous, later joining his practice for five years, where he under-studied from the seed-development to the full-flowered Biodynamic concepts of practice. Dr. Gaydos also studied with Anne L Wales, DO in the Balanced Tension Model and Cranial Concept developed by William Garner Sutherland, DO. He is a current member of the A-Still Sutherland Study Group (ASSSG) that

originally formed around Dr Wales. Another inspiration in osteopathy was Dr. Louis Hasbrouck whom Dr. Gaydos met with regularly for several years.

Dr. Gaydos has also developed special interests in the following areas: Deciphering challenges to chronic somatic dysfunction through stance and gait; rebalancing dental bite imbalances and appliance failure mechanisms; evaluating vision lenses in a wide dynamic range of patient-use, management of metabolic-nutritional strain as inspired by the writings of Janet Travel MD; and management of EMF-emitting or contaminated devices that appear to interfere with Central Nervous System motion.

Dr. Gaydos served as Course Director of an annual four-day Course in Nagoya, Japan, for four years. This course was based upon the life-works of Dr. Jealous and Dr. Sutherland, as supported by Embryologic work of Erich Blechschmidt, MD, and further developed by Brian Freeman, PhD. Dr Gaydos currently serves as Adjunct Faculty at Touro University California, and current sponsor of the Students American Academy of Osteopathy at Vallejo. In addition, he is a regular faculty member of The Osteopathic Cranial Academy's Introductory Course. Together with Arlene Dijamco, MD, Dr. Gaydos has co-founded the "The Dig-On Series" of osteopathic courses to bring integration of the Loving Heart, Innovative Mind and Stillness of Spirit into osteopathy.

He is in private practice in Walnut Creek, CA. You can learn more about him at [www.cranialosteopathic.com](http://www.cranialosteopathic.com).



## Reviews from Prior Participants (more reviews [online](#))

“It was a pleasure to take part 1 of the newly established classes by Dr. Arlene Dijamco and Dr. Jim Gaydos, the “Dig On Series”, which is an evolving work in progress. They cover a lot of territory that took me personally years to understand and understand my experience. The work is important for its content, showing an expansive view of the potential of osteopathy, and gives an integrative overview often hard to discover. As we move forward in our work and the changing of the guard to the next generation of teachers and students, I believe these courses will matter to a lot of osteopathic practitioners young and old...”

— Mel Friedman, DO, Burlingame, CA

“Arlene and Jim are extraordinary in this field and present content with great clarity.

—Tonya Cremin, DO, Monroe, CT

“I wanted to send you a quick note with capital-G-Gratitude for your work on the course! The concepts you presented mixed with your guidance throughout were otherworldly... Amazing manual, I took great notes. Honestly, Dr. Dijamco’s monologues were FIRE, meaning, so good. And importantly, the humility in this course, this work... is refreshing... got so much out of this that I’ll take for myself, my family, and my patients. Wow.”

— Carter Biskup, DO

“Usually embryology is dry, boring and hard to follow, at this course Dr. Gaydos made it easy to follow and understand by telling the story of the embryo with interest and clinical relevance to the labs.”

— Lilia Gorodinsky, DO, New York

“Thank you for your wonderful course! A little rocky start back at work but so amazing to see what is there to be seen and watch the beautiful effortless shifts. I’m in awe of the real healing taking place. I’m so very grateful for you and Jim sharing your love and knowledge to help us and all who we will be able to touch. My heart is free and overflowing with love! What a gift from the time you gave us all. 💕”

— Sasha Rupert, DO, Alexandria, VA

“Presenters are both excellent in clearly conveying useful knowledge and insight.”

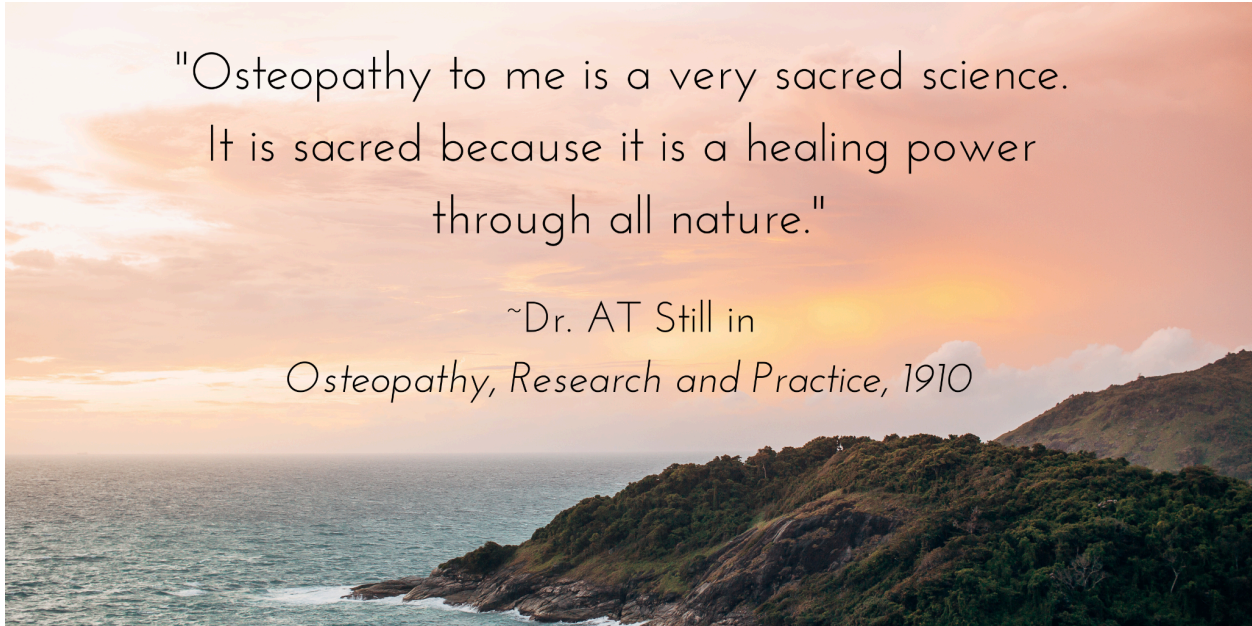
— Richard Armond, DO, Suwanee, GA

## **A patient's story (after using the emotional release concepts you will learn in this course)**

As a Health Educator and Chronic Disease Prevention Expert, I have been to many healers in my day, but Dr. Arlene Dijamco stands out from the rest.

In about 10 minutes, a 40-year block was cleared. I felt it in my body and was no longer triggered. Dr. Dijamco is a truly gifted healer that intuitively knows how to help her patients work through negative thinking patterns that no longer serve them. I can't thank her enough. If you're ready and motivated for change, Dr. Dijamco can be the remedy to help you achieve a sense of intuitive healing that is enduring.

-Mai T. Trinh, Founder of Mai Health Now & Health Educator



"Osteopathy to me is a very sacred science.  
It is sacred because it is a healing power  
through all nature."

~Dr. AT Still in  
*Osteopathy, Research and Practice, 1910*

## THE DETAILS

### DATES:

Fri., Aug. 23rd, registration @ 12:00 pm PT through Sun., Aug. 25th, 2024, 2:00 pm PT

### LOCATION:

**Core Potentials**, which is a farm-retreat style integrative wellness and learning facility in Richmond, BC, just 15 minutes from Vancouver International Airport (YVR).

6251 no 7 Road, Richmond BC, V6W1E8 | 604-329-8312

More info at [www.corepotentials.ca/about](http://www.corepotentials.ca/about).

### HOTELS & ACCOMMODATIONS:

There are many options for hotels, depending on where you would like to stay. Here are a couple that are near the airport as well as the course facility. There are also many hotels all over Vancouver. We are working with Core Potentials to possibly offer a shuttle from the SkyTrain, if needed. We will update this information soon.

[The Stone Hedge](#) - a boutique bed and breakfast, 17 min away from the course.

[Radisson Hotel Vancouver Airport](#) - 4 star hotel, 15 min away from the course.

### PREREQUISITES:

This is an intermediate level course. Prerequisites are familiarity and prior osteopathic training in cranial osteopathy and/or biodynamics. We have applied for 19.75 hours of CME and an additional 2 hours of CME for the Add-On Sunday workshop.

### CANCELLATION:

All cancellations must be received in writing and are subject to an administrative fee of 15% of the total registration fee if received on or before July 25th, 2024. Refunds will not be made for cancellations received after July 25th, 2024, or for failure to attend.

No personal recording is permitted.

### MEALS

Tea, coffee, and snacks will be available during the morning and afternoon breaks. **A healthy lunch will be provided on Saturday by the nutritionist at Core Potentials.**

# REGISTRATION FORM - GO TO [thedigonseries.com](http://thedigonseries.com) for [online registration](#)

**CLICK HERE TO REGISTER AND PAY ONLINE, OR** print and email this form to [thedigonseries@gmail.com](mailto:thedigonseries@gmail.com), and send in payment (see below). We look forward to seeing you in November!

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

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Credentials & Background in Cranial Osteopathy and/or Biodynamics:

\_\_\_\_\_

AOA # (if any): \_\_\_\_\_

Dietary Preferences: \_\_\_\_\_

Coffee?  Yes  No

## Rates:

**Early-bird pricing through July 12, 2024 is \$1195 USD.**

From July 13, 2024 onward, the rate is \$1295 USD.

Would you like to Add-On the Optional Sunday Workshop and Lunch?

- Yes! I would like to join the Sunday afternoon lunch and workshop. Add \$195 USD.
- No, I will attend the main course only.
- Check: Make check out to All Worlds Health and mail to

Dr. Arlene Dijamco  
800 Old Roswell Lakes Pkwy, Suite 300  
Roswell, GA 30076

- Credit Card (Circle): MasterCard / Visa / American Express

Credit Card #: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Billing Address with Zip Code: \_\_\_\_\_

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Expiration: \_\_\_\_\_ CVV: \_\_\_\_\_

If you prefer to call in your credit card information, email us at [thedigonseries@gmail.com](mailto:thedigonseries@gmail.com) or call 678-629-3988.