

OST 595: Modern Applications of Osteopathic Science

Fall 2025, (9/11/25-11/20/25)

Updated last: 9/8/25 BR

Table of Contents

[Faculty & Staff Information](#)

[Course Director Biosketch\(es\)](#)

[Contributing Faculty](#)

[Course Coordinator \(CC\)](#)

[Who to Contact with Questions](#)

[Course Information](#)

[Course Description & Overview](#)

[Course Objectives](#)

[Textbooks and Resources](#)

[Grading Schema](#)

[Grading Requirements](#)

[Policies & Resources](#)

[Academic Support Resources at MSUCOM](#)

[College or University Policies with Which Enrolled Students Must Be Familiar](#)


[Student Feedback](#)

[Course Schedule and Changes to Schedule or Requirements](#)

[Addendum: Course Schedule](#)

Faculty & Staff Information

Course Director Biosketch

Contact Information	Biosketch
 <p>Chris Pohlod, D.O. Pohlodch@msu.edu 517-353-9110 Primary Site: EL Office Hours: Friday Afternoon & is available by email request.</p>	<p>Dr. Pohlod is a Board-Certified Pediatrician who left general practice around 2013 to pursue a special interest in <u>Pediatric Osteopathic Manipulative Medicine</u> and <u>Integrative Medicine</u>. Out of his interest in supporting families pre-, during, and post- divorce, he also has a special interest in trauma and resilience. He founded a small faith-based non-profit centered around bringing the disciplines of modern biblical scholarship and wellness science together to maximize healing for children and families. He is a TBRI Practitioner and enjoys teaching students critical thinking. Osteopathic Science and Philosophy is a passion of his. He has been married for 26 years and has two daughters.</p>

Contributing Faculty

Name	Email	Phone	Location
Mari Douma, D.O.	douma@msu.edu	517-355-1855	EL
Matt Zatkin, DO, M.S.	zatkinma@msu.edu	517-353-9110	EL
Raquel Richie, PhD*	rritch@msu.edu	586-263-6296	MUC
Carolina Restini, PharmD, PhD*	restinic@msu.edu	517-353-7145	DMC & MUC & EL
Terri Hammer, DO * Site Course Coordinator	hammert@msu.edu	313-505-5909	MUC
Travis Gordon	Gordon7@msu.edu	NA	Merida Mexico

Course Coordinator (CC)

Name	Email	Phone	Location
Elizabeth (Betsy) Raleigh	raleig10@msu.edu	517-432-7295	EL

Who to Contact with Questions

Question, Need, or Topic	Contact Person
Course - Logistics & Details	Contact CCs for rooms, groups, materials, links, schedule, etc.
Course - Overall	Dr Pohlod
Course - Specific Content	Dr. Pohlod
Absences	Dr. Pohlod
Behavior	Submit exemplary or concerning behavior to the CGPI .
Enrollment	Inquire with MSUCOM Registrar .
Personal/Wellness Needs	Inquire with Wellness & Counseling .
Report kudos or suggestions related to inclusion in the curriculum	Submit a DO Better form. https://tinyurl.com/DO-Better-Form
Study Skills or Progression	Inquire with Academic & Career Advising .
Technical Support	Inquire with MSU IT Service Desk . Indicate COM affiliation.

Course Information

Course Description & Overview

OST 595 is an elective course in the D.O. program. It is a 1.0-credit hour course that provides students with an opportunity to consider aspects of Osteopathic care that are separate from Osteopathic Manipulation. The Fall 2025 offering is specifically focused on Trust-Based Relational Intervention (TBRI). It is a branded system created by Texas Christian University using interpersonal neurobiology principles to bring about healing and improve behavioral outcomes in a variety of settings. Students will become TBRI Caregivers at the end of the course. This will help Osteopathic medical students form a category for their distinctive place in healthcare. Osteopathic Science is the body of clinical research that supports the tenets of Osteopathy. The class focuses specifically on mechanisms of self-healing in the physical, emotional, mental, and spiritual realms of health.

Course Objectives

1. Course participant will define the discipline of Osteopathic Science.
 - a. Course participant will know the Tenets of Osteopathy and how they relate to forming a scientific discipline and critical thinking.

2. Course participant will review examples of science-based healing interventions that do not include drugs or surgery and heal with the Tenets of Osteopathy.

These examples include:

- a. Course intro & TBRI Overview and Nurture Group Introduction
- b. 5 Relationship Skills (Beginning with the End in Mind)
- c. Attachment and Relational Trauma (5-B's)
- d. 3 Pillars of Traumawise Care
- e. Empowering Principles
- f. Connecting Principles
- g. Correcting Principles Part 1 (Willful vs Survival)
- h. Correcting Principles Part 2 IDEAL Response
- i. Applications to Organizational Improvement (Structure and Nurture)

The American Osteopathic Association has identified core competencies essential for future practice as an osteopathic physician. These are embedded throughout our programmatic and course objectives. By the end of this course, learners should be able to:

Competency	Related Course Objective(s)
Interpersonal & Communication Skills	1. Will have higher ability to understand adversity, impacts and good communication styles.
Medical Knowledge	2. Interpersonal Neurobiology
Osteopathic Principles, Practice, & OMM	3. Healing Through Relationship and Understanding Trauma/Adversity Impacts
Patient Care & Procedural Skills	4. Running a Nurture Group and IDEAL Response
Professionalism & Leadership	5. Leadership is improved with trauma principles
Scientific Method & Literacy	6. Understanding the scientific foundation of TBRI
Societal & Cultural Awareness & Advocacy	7. 3 Pillars of Traumawise Care
Systems-Based Practice	8. Will understand multiple applications of Traumawise Care in the Medical System.

Textbooks and Resources

Most MSUCOM courses make use of [D2L](#) as a course website to share materials, [Google Calendar](#) to share course schedules, [Zoom](#) to host online meetings, and [iClicker](#) to facilitate audience polling. Visit <https://bit.ly/msucomtech> for reminders on how to access and use these resources. Other course-specific resources include:

Status	Resource
Required	A TBRI Glossary: (PDF Provided for the Course)

Grading Schema

Course scores will be determined using the following formula:

$$\begin{aligned}
 &(\text{Participation in All Sessions (20) + TBRI Role Play of IDEAL Approach – All Sessions (10) +} \\
 &\quad \text{Course Feedback (5)}) / (35) \times 100\% \\
 &= \text{Final Percent Score}
 \end{aligned}$$

Course grades will then be assigned based on those course scores as follows:

- **P or Pass** - Satisfactory performance has been achieved and credit will be granted if a student's final percent score is 100%.
- **N or No Grade** - Satisfactory performance has not been achieved and credit will not be granted if a student's final percent score is below 100%. This is a pass/fail elective

Remediation is not offered for this course. -

Grading Requirements

The MSUCOM D.O. degree program incorporates both horizontal and vertical curriculum integration, meaning course activities and assessments require ongoing development and integration of knowledge and skills acquired in previous courses. Required components include:

Required Component	Projected Points	Material to be Covered
Participation in All Sessions	20	See Syllabus Schedule Addendum
TBRI Role Play IDEAL Response	10	In All Sessions
Course Feedback and Future Topics Survey	5	N/A

Required Component	Projected Points	Material to be Covered
Total Points Possible	35	

Policies & Resources

Academic Support Resources at MSUCOM

Students are encouraged to connect with [Academic and Career Advising](#) (ACA) to access academic, board, and career advising across the 4-year D.O. curriculum. As a way to acclimate to the MSUCOM curriculum, you may access ACA's [On Target](#) website for semester roadmaps, tools needed to be successful in the curriculum, and targeted resources for different learning situations. Each semester's roadmap contains course expectations, tips, potential challenges, notes on longitudinal content and skills integration, and study guides.

College or University Policies with Which Enrolled Students Must Be Familiar

Policy	Location
Common Ground Professionalism Initiative	MSUCOM CGPI Site
Computer-Based Testing	Student Handbook - CBT Policy
Disability & Reasonable Accommodation	Student Handbook - Diversity and Inclusion
iClicker	Student Handbook - Information Technology Resources
Medical Students Rights and Responsibilities	Office of Spartan Experiences Site
MSUCOM Academic Code of Professional Ethics	Student Handbook - Academic Code of Professional Ethics
Osteopathic Clinical Training & Student Safety	Student Handbook - Osteopathic Clinical Training & Student Safety
Preclerkship Attendance & Absences	Student Handbook - Attendance & Absences
Pregnancy and Pregnancy-Related Conditions	Pregnancy and Parenting Information Office for Civil Rights and Title IX
Relationship Violence & Sexual Misconduct & Title IX	Office for Civil Rights & Title IX Education & Compliance Site
Religious Observance Policy	Office of the Registrar Site
Remediation	Student Handbook - Remediation

Policy	Location
Student Handbook	Student Handbook

Student Feedback

MSUCOM values student feedback, using this to model practice-based learning and improvement and to promote continuous quality improvement of learning experiences.

Route	Description
Informal	We invite you to respectfully provide constructive suggestions to Course Directors, Contributing Faculty, or Curriculum Assistants at any time.
Formal	MSU sends an optional Student Perceptions of Learning Survey (SPLS) to enrolled students at the conclusion of each course to gain feedback on the course and Course Directors.

Course Schedule and Changes to Schedule or Requirements

Due to external circumstances (e.g., weather/maintenance closures, clinical obligations, student cohort needs, etc.), course requirements published in the course syllabus and/or course schedule may be subject to change. Timely communication regarding changes will be provided to enrolled students via the course [D2L](#) site, [Google Calendar](#), and/or [MSU email](#). Contact course coordinator with questions. Any changes made will be considerate of the [MSU Code of Teaching Responsibility](#) and the [Medical Students Rights and Responsibilities](#).

Special Note on Trauma Healing

The course will invite thought and discussion on healing from adverse childhood events (ACE's) trauma may touch on spirituality. This course intends to invite thought and even reflection on attachment and how it relates to restoring the body, heart, and mind's homeostasis (integration). All world views are welcome in discussion. These discussions can be triggering, and each individual participant is reminded of the myriad resources MSU and MSUCOM makes available to them should they be required.

Addendum: Course Schedule

Updated 06.11.25

Date	Time	Topic/Title	Theme	Faculty	Event Type	Venue (Origin*)	Notes
9/11/25	5:00 PM - 6:30 PM	Osteopathic Science Introduction and TBRI Overview	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
9/18/25	5:00 PM - 6:30 PM	Five Relationship Skills (Beginning with the End in Mind)	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
9/25/25	5:00 PM - 6:30 PM	Attachment and Relational Trauma (5-B's)	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
10/2/25	5:00 PM - 6:30 PM	Three Pillars of "Traumawise" Care	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
10/16/25	5:00 PM - 6:30 PM	Empowering Principles	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
10/30/25	5:00 PM - 6:30 PM	Connecting Principles	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
11/6/25	5:00 PM - 6:30 PM	Correcting Principles Part 1 (Willful Choice vs Survival)	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
11/13/25	5:00 PM - 6:30 PM	Correcting Principles Part 2 IDEAL Response	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory
11/20/25	5:00 PM - 6:30 PM	Applications to Organizational Improvement (Structure and Nurture/8 Habits)	Other-Interpersonal Neurobiology	Pohlod	Flexible Live	D9 Fee and Zoom: https://msu.zoom.us/j/92137222896?pwd=Ss65z3vvUUcVayYhk9LYrHm069JQNa.1	Mandatory