

Introduction to Osteopathy in the Cranial Field

Hybrid 40-Hr Course | Sept 5-Nov 15, 2026



Dear Course Participants,

Welcome to the Osteopathic Cranial Academy's Introduction to Osteopathy in the Cranial Field. We are glad you are joining us for the Fall 2026 hybrid course.

My name is Elena M. Timoshkin, DO, and I am honored to serve as your Course Director. I am joined by Associate Director Matt Gilmartin, MD; Assistant Director Lawrence Barnard, DO; and several other experienced OCA faculty members. Together, we are committed to creating a supportive learning environment in which you can develop both conceptual understanding and palpatory skills.

We look forward to meeting you online and supporting you throughout this important first step in the study of osteopathy in the cranial field.

Warmly,

Elena M. Timoshkin, DO; Course Director
On behalf of the Course Leadership and OCA Faculty

Course Website: Bookmark This Link!

What You Need to Know Now

EMAIL COMMUNICATION

Course updates will be sent by Osteopathic Cranial Academy from info@members.cranialacademy.org. Please check your spam folder and add this address to your safe-sender list. If messages are still blocked, send an alternate email address to ed@cranialacademy.org.

COURSE WEBSITE

Be sure to bookmark the [Fall 2026 course website](#) for schedules, materials, and updates. All details for the course will be posted here!

DISCUSSION GROUPS

[Sign up for your Discussion Group times](#). Each time is limited to 10 participants and is filled on a first-come, first-served basis.

These one-hour discussions give you an opportunity to clarify concepts, integrate the lecture material, and prepare for hands-on application. Cameras must remain on throughout each session. Participation is mandatory to be able to move on to the next module. You can view the schedule either on the [sign up form](#) or the [course website](#).

TEACHABLE

Beginning September 5, you will complete four self-paced online lecture modules. Each module includes approximately 3-4 hours of instruction. These modules will be completed on our learning platform, Teachable.

You will receive access to the learning platform by September 2. Watch for that email from Teachable, and test it to make sure you can access the platform. The content will go live September 5.

How each lecture module works:

1. View each lecture in full; do not skip ahead.
2. Use the open-video quiz to reinforce key points. Up to five attempts are allowed.
3. Answer all questions correctly to unlock and proceed to the next lecture.
4. Complete all lectures and quizzes by midnight Pacific Time the Friday prior to the Saturday Discussion Groups.

Course Website

What You'll Need to Know Later

WEEKLY MODULES

The "Lectures" tab of the [Course Website](#) will give you more details on what to expect, how the quizzes work, the number of lectures each week, etc. (Note that the first "week" actually lasts two weeks as we won't hold discussion groups the weekend of Rosh Hashanah.)

ONLINE ASSESSMENT

The Week 4 Discussion Group includes an Online Assessment of the foundational material covered in the lectures. Your camera must remain on during both the discussion and assessment. A topic list will be provided at the beginning of Week 4. You must pass the Online Assessment to advance to the in-person laboratory. If remediation is needed, you will be notified and offered one opportunity to remediate.

More information about the complete criteria for passing the course can be found on the "Policies & Expectations" tab of the [Course Website](#).

TRAVEL

Travel information and schedules for the in-person labs can be found on the "Lab Info" tab of the [Course Website](#).

CONTACTS

- For scheduling, technical, Zoom, or Teachable questions: ed@cranialacademy.org
- For course material questions: Coursedirectors@cranialacademy.org

If you no longer wish to receive these emails you can [unsubscribe](#) at any time. This is not advised as it will prevent you from receiving course information.