

Bowenwork for Persistent Pain

A Continuing Education Class

Instructor: Sandra Gustafson

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Presentation Hours/CE Credits: 4

Presentation type: Teleseminar class

Cost: \$115 if paid 22 days before class, or \$130 thereafter

Pre-requisites: Module 4

I. Rationale:

Due to a growing awareness of Bowenwork, practitioners are increasingly attracting clients seeking persistent pain relief. Peer-review literature and multiple case-reports attest that Bowenwork can attain positive pain-relief outcomes, without pharmaceutical or medical interventions. Bowenwork practitioners with an understanding of the neuroscience of pain can be key in supporting clients find successful ways to manage, and even recover, from longstanding pain conditions.

II. Presentation Aims and Outcomes:

The aim of this 4-hour credit class is to provide Bowenwork practitioners with:

- A greater understanding of clients with persistent pain conditions
- Increased confidence in using Bowenwork on clients with difficult and chronic pain issues
- Practical education on applying principles of pain management, based on a neuroscience perspective
- Resources for supporting clients in developing self-efficacy skills for better pain management

Specific Learning Outcomes:

Upon completion, the learner will be able to:

- Articulate an overview of the prevalence of persistent pain in the general population
- Locate resources on recent neuroscience of persistent pain pathology
- Compare and contrast acute pain and control vs. persistent pain control
- Identify contributing factors to persistent pain conditions
- Articulate a biopsychosocial perspective for clients with persistent pain
- Discuss how Bowenwork moves directly and indirectly affect the nervous system, neuroception and interoception, via the fascial nervous network
- Name appropriate Bowenwork procedures that may reduce pain sensitivity and increase resiliency
- Describe self-efficacy skills for clients to promote positive pain management behaviour

III. Presentation Requirements:

Participants will need an electronic device capable of viewing the PowerPoint presentation and be able to participate in the discussions.

Instructor will provide a PowerPoint presentation with the pertinent information on the subject, and students will receive a downloadable handout of the presentation, which will serve as a class manual.

IV. Additional Resource Readings – Reference links are provided in the presentation material.

V. Time Allocation: This class qualifies for 6 CE hours for American Bowen Academy.

| Time | Hours | Content | Teaching/Learning Methods |
|-----------------|--------------|---|----------------------------------|
| 9:00 -10:30am | 1.5 | Introduction to persistent pain, definition, pathology and current neuroscience theories | Lecture/discussion |
| 10:30 – 10:45am | 0.25 | Break | |
| 10:45 – 11:30am | 0.75 | Understanding persistent pain as a biopsychosocial experience | Lecture/discussion |
| 11:30 – 12:15pm | 0.75 | Assessing a client with persistent pain; identifying Bowenwork procedures to support clients and how to modify them if necessary | Lecture/discussion |
| 12:15 – 12:30pm | 0.25 | Break | |
| 12:30 – 1:15pm | 0.75 | Developing a caring, coaching relationship with a Bowenwork client to promote self-efficacy skills & positive pain management behaviors | Lecture/discussion |
| 1:15 – 1:30pm | 0.25 | Review and wrap up | |
| Total: | 4.0 | | |