

Independent Home Study and Teleseminar for Bowenwork Instructor Training

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Class Format: Home-study/Teleseminar

Hours/CE Credit: ABA CE hours – 24; NCBTMB hours 8 for home study, 16 for the teleseminar.

Cost: \$1000 as a down payment toward the total cost of the Instructor Training Bootcamp

Prerequisites: Independent Study Teleseminar for Bowenwork Instructor Training is taken in conjunction with Independent Home Study for Bowenwork Instructor Training, the home study portion of Independent Study. Module 11 and the Associate Instructor training are the prerequisites for taking this class.

I. Rationale:

Both portions of Independent Study, taken together, deepen the practitioner's understanding of Bowenwork through guided independent research on each of the procedures, followed by discussion in multiple conference calls

II. Presentation Aims and Outcomes:

Aims:

Practitioners will:

1. List the Bowenwork procedures that have contraindications.
2. Explain the rationale for the contraindications in each of those procedures.
3. List the prerequisites moves or procedures for each of the Bowenwork procedures.
4. Explain the rationale for the prerequisites.
5. List the procedures that can stand alone without prerequisites.
6. Identify the simple or superficial, anatomical structures involved in each of the Bowenwork procedures' moves.
7. Identify the deeper (profound) anatomical structures involved in each of the Bowenwork procedures' moves and postulate how those structures might broaden the indications for use.
8. Identify the fascial line(s) according to Myers that is/are affected by each Bowenwork procedure.
9. Identify the procedures that have the most significant effect on lymph nodes.
10. Explain why Bowenwork moves, in general, have a beneficial effect on the lymphatic system.
11. List all major systems of the body affected by the Respiratory Procedure.
12. Describe the pathway of the sciatic nerve and its branches.
13. Enumerate all procedures that can affect the sciatic nerve.
14. Enumerate the procedures that can affect the symptoms of sciatica, not necessarily involving work directly at the nerve.
15. List the indications for use for each of the Bowenwork procedures.
16. List the protocols that involve the Coccyx Procedure.
17. Describe the protocol for clients presenting with scoliosis.
18. Describe Bowenwork in a few sentences (elevator speech)

19. Describe each of the simple movements we can suggest to clients to support our work on the shoulder.
20. Name our three basic relaxation moves.
21. Describe the protocol for clients who present with buttock pain, non-radiating.
22. Describe the move done for clients who may cramp on the table.
23. List the breathing emergency move taught to clients for self-help.
24. List all the Acupuncture channels that go through the TMJ.

Specific Learning Outcomes:

Practitioners will:

1. Articulate the rationale for each of our moves/procedures
2. Place our moves in an anatomical context for greater understanding when choosing procedures to use in a session
3. Articulate an understanding of the application of procedures and further indications for use,
4. Articulate the present relevance of the history of Tom Bowen and Ossie's interpretation of his work.

III. Presentation Requirements:

For each module, the instructor sends the students questions that require her/him to do anatomy research and to reflect more deeply about what might be behind what we do. There are no set texts from which research must be based. The Bowenwork manuals may supply some but not most of the answers.

There will be conference calls, facilitated by the instructors, with all participants discussing the answers to the questions, module by module. Years of experience doing Bowenwork shared by everyone on the call lead to exciting and rich discussions. Past groups have enjoyed a diverse population of participants with varying degrees of Western and Eastern, energy and structural, native viewpoints and biases.

IV. Resource Readings:

The following are some texts that might be found helpful:

Myers, Thomas: Anatomy Trains, Churchill Livingstone. - None are required or needed to complete either segment of this course.

Netter, Frank, MD: Atlas of Human Anatomy, Saunders.

Netter, Frank, MD: The CIBA Collection of Medical Illustrations, Vol. 1.

Travell, Janet, MD, et al.: Myofascial Pain and Dysfunction: The Lower Extremities, Lippincott.

Travell, Janet, MD, et. al.: Myofascial Pain and Dysfunction: The Upper Extremities, Lippincott.

The above is by no means an exhaustive list, just a good starting point. You may have other texts equally good in your library. Books on Acupuncture channels, fascia, and classical osteopathy, for example, contain general principles that you can overlay onto your Bowenwork explorations.

V. Time Allocation:

Answers based on research and reflection need to be sent to Nancy and Karin at least one week before the scheduled conference call. The instructors will schedule eight 2-hour conference calls approximately monthly.

Each participant must attend each of the calls to be granted CE hours.

Submission of materials and completion of tests on each module are required for CE credits.