



Phase 2: Independent Study

This home-study program of discussion and research focuses on the anatomy and physiology relevant to the Bowenwork procedures taught in Modules 1–6 (leading to Professional Bowenwork Practitioner Level-I certification). Most students complete Phase 2 in three to nine months. American Bowen Academy, NCBTMB, and California Board of Registered Nursing all award 24 hours of continuing education credit for completing Phase 2.

In two conference calls each month with the instructors, trainees discuss topics pertaining to anatomy of the moves that would be used with a beginning student; anatomical connections that could be employed when talking with someone more conversant in anatomy; comparing/contrasting Bowenwork with various other modalities that students may know; working with adult learners; and a brief introduction into different learning styles. Trainees also complete one independent research project on a topic of their choosing.

The prerequisites for acceptance into Phase 2: Independent Study are detailed [here](#), along with the prerequisites for the other three phases of Instructor Training.

Please note that a different home-study continuing education class has a similar title — Independent Study for Students/Practitioners — which is recognized by American Bowen Academy and AOTA for 24 hours of CE credit. Associate Instructors who have already completed that independent study class will be assigned additional topics and tasks in order to earn the remaining eight hours required for completion of Phase 2.

After completing Phase 2, Associate Instructors who have demonstrated that they possess the requisite understanding of the anatomy and physiology that underpin the Bowenwork procedures taught in Modules 1–6, and have completed Module 12, may apply to American Bowen Academy for review and acceptance into Phase 3: Instructor Training Bootcamp.