

American Bowen Academy

Bowenwork for the Professional Practitioners

Instructor: Abby LaRock, OTR RBI, rock.ot@comcast.net, 603-315-3438
CE Credits: 8 hours
Cost: \$220.00

This course is geared to licensed OT's, COTA's, OT's, PTA's, SLP's, and ATC's. Nurses, medical and sports professionals and manual therapists who are interested in learning or expanding skills in manual techniques.

I. Rationale:

This course serves as an introduction to learning the Bowenwork manual therapy technique. This course teaches learners how to provide manual releases to the axial skeleton and address common musculoskeletal and postural disorders.

II. Course Aims and Outcomes:

Aims

Learners will understand how to apply Bowenwork manual therapy technique and understand how to integrate this work into existing practices fulfilling documentation and coding.

Specific Learning Outcomes:

By the end of this course, students will:

1. Understand the philosophy and principle concepts of the work. Bowenwork addresses musculoskeletal issues, internal organ and nervous system conditions.
2. Understand the Physiology of Bowenwork Moves: proprioceptive pathways within connective tissue. Central, Peripheral and Autonomic Nervous systems.
3. Describe and demonstrate specialized Bowenwork moves on musculo-tendinous structures on the body.
4. The Bowen "move" itself will be learned and tissue tension sensitivity and pressure sense develop in addition to location and sequence of moves.
5. The student will identify the appropriate anatomical landmarks for placement of the Bowen moves.
6. The student will learn indications for selecting and using appropriate procedures.
7. The student will learn how to evaluate and manage the client's response to Bowenwork.
8. The student will learn to instruct the client in self –management and exercise following Bowenwork.

III. Course Requirements: Prior knowledge in the application of Bowenwork or other manual techniques is helpful but not required.

IV. Additional Resource Readings – Learning materials are provided for this course.