

American Bowen Academy

Independent Study for Students & Practitioners

Thank you for the thought-provoking and skill-refining questions in the Independent Study. Examining each of the procedures in such a low-key way as a group was fun! It has added a new layer of understanding, and I feel such a big improvement in my abilities as a practitioner.

Always more to learn! :)

Ainslee Farrington

I wanted to let you know how much I enjoyed the Independent Study.

You both made it fun, educational, and exciting.

Cindy Litch

Instructors: Nancy Pierson, coolbeannp@earthlink.net, 512-750-4012
Karin Twohig, TwohigK@aol.com, 831-238-2228

CE Credits: 24 (credit hours are given only to practitioners already accredited or who become accredited within the time span of this class)

Cost: \$600

Prerequisite: Module 6

What is Independent Study for Students & Practitioners?

- This course is adapted from the popular Independent Study used in the Instructor Training Program.
- Independent Study deepens the practitioner's understanding of Bowenwork through guided independent research on each of the procedures, followed by discussion in multiple conference calls.

Course Functioning, Aims, and Outcomes

- For each module you will be sent questions that will require you to do anatomy research and to reflect more deeply about what might be behind what we do. There are no set texts from which you must base your research.

- There will be conference calls, facilitated by Nancy and Karin, with all participants discussing the answers to the questions, module by module. Years of experience doing Bowenwork shared by everyone on the call leads to interesting 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.
- This course broadens the practitioner's understanding of the application of procedures and further indications for use, as well as brings into present relevance the history of Tom Bowen and Ossie's interpretation of his work.
- Participants feel that they gain a context for why we do what we do.
- Each participant thus far feels that the Independent Study has made them each a better practitioner.

Course Requirements

- Answers based on research and reflection need to be sent to Nancy and Karin at least one week prior to the scheduled conference call. Conference calls will be scheduled approximately monthly. Historically, modules 1&2 have taken two calls each; the remaining modules have taken one call for each.
- Calls will be recorded. You can miss two calls but will be required to listen to the recording and send a brief synopsis of what you have learned.
- Submission of materials, attendance at all but two conference calls, and completion of tests on each module are required for CE credits.

Additional Resource Readings

The following are some texts that you might find helpful:

- Myers, Thomas: Anatomy Trains, Churchill Livingstone.
- 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 own library. Books on meridians, fascia, and classical osteopathy, for example, contain general principles that you can overlay onto your Bowenwork explorations.