

Bowenwork® For People Living With Cancer



A Continuing Education Workshop

Instructor: Sandra Gustafson, bnwkw4lf@sonic.net, 707-548-3988

Cost: \$215 (manual provided)

CE Credit: 8 hours hands-on class

Rationale:

This class focuses on supporting people living with cancer (PLWC), who are actively undergoing cancer treatment, in remission, or in palliative care. Learn how **Bowenwork** may act as a supportive modality to optimize quality of life and wellbeing throughout the various stages of cancer, for all clients, their families and care-givers.

The class incorporates a paradigm shift from disease management to facilitating health, wellness and 'wholeness'. By becoming more aware of issues and vulnerabilities that PLWC face in treatment and recovery, Bowenwork practitioners can become more confident in recommending Bowenwork as a safe, gentle, relaxing adjunct to conventional approaches and support clients, their families and care-givers in finding ways to cope as they navigate the cancer-management milieu.

Bowenwork is safe for people of all ages, acute and chronic illnesses, palliative care and hospice settings. Participants learn how Bowenwork affects the entire mind-body, no matter what state of health a person is in. Conditions that practitioners can be challenged with, respond well to this gentle therapy known for its "less is best" approach.

Why you should attend this course:

- Earn 8 hours of continuing education credits to support your current Professional Bowenwork Practitioner registration.
- Learn about using Bowenwork procedures to address common symptoms that PLWC experience from their diagnosis, treatment and side-effects, and resources that you can direct your clients towards, to empower them in improving their health, wellbeing and recovery from cancer.
- Experience creating Bowenwork session plans for fellow class participants and receiving the work.
- The manual provided, contains extensive references that can be shown to clients and healthcare practitioners about the benefits Bowenwork has to offer PLWC.

Learning Objectives:

- Develop a greater awareness of health conditions PLWC may face, relative to various stages and treatment they are undergoing, and how Bowenwork may benefit them.
- Create a greater awareness of vulnerabilities that PLWC may have and how Bowenwork practitioners may need to adapt techniques and procedures to accommodate them.
- Develop confidence as a Bowenwork practitioner in choosing appropriate procedures and session plans for PLWC and recommending Bowenwork as a complementary modality.
- Encourage Bowenwork practitioners to become more aware of their own healthcare needs and incorporate wellness practices into their own lifestyles to maintain wellness, so that they can continue to be of service to their clients.

Prerequisites

Bowenwork practitioners and students, who have completed Module 1 or beyond, may apply.

Register online: www.AmericanBowenAcademy.com OR contact Sandra Gustafson: bwnwk4lf@sonic.net

Continuing Education Credit

This class qualifies for 8 CE hours for national organizations such as: National Certification Board for Therapeutic Massage & Bodywork, State of California Board of Registered Nursing, Oregon Board of Naturopathic Medicine.

About your instructor:

Sandra Gustafson MHS, BSN, RN - Registered Nurse, Holistic Health Consultant, Bowenwork practitioner and Instructor. Sandra has worked in complementary and integrative medical practice for over 25 years. She has been a Bowenwork practitioner since 1991 and instructor since 1994. She was trained as a Naturopathic Practitioner in Australia, and has taught Bowenwork classes in Australia, Europe and the USA, including Bastyr University, and for OT and PT staff at Swedish Medical Center's Outpatient and Rehabilitation Department, in Seattle. Sandra holds a Bachelor of Science degree in Nursing, certificate in Women's Health and Master of Health Science degree in Complementary and Integrative Medicine. More information is available on her website: <http://www.bowenworkforlife.com>