
American Bowen Academy

Continuing Education Class Outline

Bowenwork and the Vagus Nerve System

Instructor: Sandra Gustafson

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Presentation Hours/CE Credits: 4

Hands-on training class

Cost: \$115

Pre-requisites: Module 6

I. Rationale:

The vagus nerve system is an intriguing area of research to bodywork practitioners, psychologists, medical and biological scientists. In recent years, new theories have emerged on the structure and function of the nerve system that essentially controls much of the parasympathetic activities in the body, and people's behaviour. Since the nerve can be stimulated by certain types of touch, this class explores how Bowenwork may beneficially influence the function of the vagus nerve.

II. Presentation Aims and Outcomes:

The purpose of this 4-hour credit class is to provide Bowenwork practitioners with a greater understanding of how Bowenwork, directed at supporting beneficial vagus nerve responses can promote:

- Increased stress resilience and recovery
- Inflammation and immune control
- Pain regulation
- Positive mood support
- Healing and wellbeing

Specific Learning Outcomes:

Upon completion, the learner will be able to implement appropriate Bowenwork procedures based on knowledge of:

- A brief review of the vagus nerve anatomy and physiology
- How Bowenwork moves directly and indirectly affect the vagus nerve, via the fascial nervous network
- Research on vagal nerve stimulation for therapeutic applications
- The Polyvagal Theory and behavioral influences of the vagus nerve
- Bowenwork procedures that may increase vagal nerve responses in the body
- Observance of the therapeutic pause in enhancing the interoceptive experience of Bowenwork on the body
- Exploring reduced sensory input, and safe, benevolent touch in a Bowenwork environment

III. Presentation Requirements:

Instructor will provide a PowerPoint presentation with the pertinent information on the subject, and students will be given a printed handout of the presentation, which will serve as a class manual. Students will practice Bowenwork moves related to influencing the vagus nerve on each other.

IV. Additional Resource Readings – Links are provided in the manual’s text and references section.

V. Time Allocation: 4 classroom hours.

Time	Hours	Content	Teaching/Learning Methods
8:45am – 10:00am	1.25	Introduction to and review of the vagus nerve system	Lecture/ PowerPoint presentation
10:00am – 11:00am	1.0	Demonstration of Bowenwork procedures related to the vagus nerve	Demonstration/practice
11:00am – 11:15am	0.25	Break	
11:15am – 12:00noon	0.75	Review of polyvagal theory within a Bowenwork setting	Lecture/PowerPoint presentation
12:00noon- 1:00pm	1:00	Demonstration of, Bowenwork procedures to promote beneficial vagus nerve responses, and role playing with clients and	Demonstration/practice
Total:	4.0		