

Bowenwork and the Vagus Nerve System

A Continuing Education Class

Instructor: Sandra Gustafson

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Presentation Hours/CE Credits: 4

Presentation type: Teleseminar class

Cost: \$115 if paid 22 days before class, or \$130 thereafter

Pre-requisites: Module 4

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:

- Articulate an overview of the vagus nerve anatomy and physiology
- Describe how Bowenwork moves directly and indirectly affect the vagus nerve system, via the fascial nervous network
- Name various types of vagal nerve stimulation for therapeutic applications
- Compare and contrast how Bowenwork procedures affect the vagal inflammatory reflex
- Describe an overview of the Polyvagal Theory and behavioral influences of the vagus nerve
- Identify Bowenwork procedures that may increase vagal nerve responses in the body
- Describe the effects of the therapeutic pause in enhancing the interoceptive experience of Bowenwork on the body
- Identify ways to reduce sensory input, and create a safe, benevolent touch in a Bowenwork environment

III. Presentation Requirements:

Participants will need an electronic device capable of viewing the PowerPoint presentation and be able to participate in the discussions.

Instructor will provide a PowerPoint presentation with the pertinent information on the subject, and students will receive a downloadable handout of the presentation, which will serve as a class manual.

IV. Additional Resource Readings – Reference links are provided in the presentation material.

V. Time Allocation: This class qualifies for 6 CE hours for American Bowen Academy.

Time	Hours	Content	Teaching/Learning Methods
9:00 – 10:30am	1.5	Introduction to and review of the vagus nerve system and inflammatory reflex	Lecture/discussion
10:30 – 10:45am	0.25	Break	
10:45 - 11:30am	0.75	Discussion on Bowenwork procedures related to the vagus nerve	Lecture/discussion
11:30 – 12:15am	0.75	Presentation on Polyvagal Theory, Interoception and Exteroception body self-awareness	Lecture/discussion
12:15 – 12:30pm	0.25	Break	
12:30 – 1:15pm	0.75	Review of Polyvagal Theory within a Bowenwork setting to promote beneficial vagus nerve responses	Lecture/discussion
1:15 - 1:30pm	0.25	Review and wrap up	Demonstration/practice
Total:	4.0		