

## **Bowenwork for People Living with Cancer**

A Continuing Education Class

**Instructor:** Sandra Gustafson MHS, BSN, RN

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**Presentation type:** Teleseminar class

**Hours/CE Credit:** 6 CE hours

**Cost:** \$175 if paid 22 days before class, or \$190 thereafter

**Pre-requisites:** Module 4

### **I. Rationale:**

This class focuses on applying Bowenwork to support people living with cancer (PLWC), who are actively undergoing cancer treatment, in remission, or in palliative care. Bowenwork is a safe, effective modality for all clients, their families and caregivers that can optimize quality of life and wellbeing throughout the various stages of cancer.

### **II. Presentation Aims and Outcomes:**

#### ***Aims:***

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 caregivers 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, a gentle therapy known for its “less is best” approach, optimizes clients’ biopsychological wellness, no matter what state of health a person is in, and can reduce unpleasant side-effects of cancer treatment.

#### ***Specific Learning Outcomes:***

- Identify specific health challenges PLWC may face, relative to various stages and treatment they are undergoing, and how Bowenwork may benefit them.
- Identify vulnerabilities that PLWC may have and how Bowenwork practitioners may need to adapt techniques and procedures to accommodate them.
- Discuss rationale for choosing appropriate procedures and session plans for PLWC.
- Identify Bowenwork procedures to address common symptoms that PLWC experience from their diagnosis, treatment and side-effects.
- Name resources that practitioners can direct clients towards, to empower them in improving their health, wellbeing and recovery from cancer, or quality end of life support.

### III. Presentation Requirements:

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

### IV. Resource Readings:

A downloadable manual will be provided that contains extensive references, and a pdf copy of the PowerPoint presentation lecture notes will be provided upon registration.

### V. About your instructor:

Sandra Gustafson - Registered Nurse, Holistic Health Consultant, Bowenwork practitioner and Instructor. Sandra has worked in complementary and integrative medical practice for over 30 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 or 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>

### VI. Time Allocation:

This class qualifies for 6 CE hours for American Bowen Academy.

#### Time Allocation:

Time	Hours	Topic – Content Outline	Teaching/Learning Method
9:00 – 11:00 am	2.0	Introduction to topic overview and presentation	Lecture/discussion
11:00 – 11:15am	0.25	Break	
11:15 – 12:00 noon	0.75	Presentation and discussion on Bowenwork precautions for PLWC	Lecture/discussion
12:00 - 12:45pm	0.75	Discussion on modifying Bowenwork procedures for common symptoms and vulnerable clients	Discussion
12:45 – 1:00 pm	0.25	Break	
1:00 – 2:00 pm	1.0	Presentation and discussion on side-effects and long-term effects of cancer treatment and Bowenwork procedures to address those problems	Lecture/discussion

2:00 – 2:30pm	0.5	Presentation and discussion on recent research on fascia and the vagus nerve and cancer	Lecture/discussion
2:30 – 2:45pm	0.25	Break	
2:45 – 3:30pm	0.75	Discussion on Bowenwork for palliative care and PLWC caregivers	Discussion
3:30 – 3:45pm	0.25	Review and class wrap up	