

American Bowen Academy

Continuing Education Class Outline

Bowenwork for Persistent Pain

Instructor: Sandra Gustafson

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Presentation Hours/CE Credits: 4

Hands-on training class

Cost: \$115

Pre-requisites: Module 6

I. Rationale:

Due to a growing awareness of Bowenwork, practitioners are increasingly attracting clients seeking persistent pain relief. Peer-review literature and multiple case-reports attest that Bowenwork can attain positive pain-relief outcomes, without pharmaceutical or medical interventions. Bowenwork practitioners with an understanding of the neuroscience of pain can be key in supporting clients find successful ways to manage, and even recover, from longstanding pain conditions.

II. Presentation Aims and Outcomes:

The purpose of this 4-hour credit class is to provide Bowenwork practitioners with:

- A greater understanding of clients with persistent pain conditions
- Increased confidence in using Bowenwork on clients with difficult and chronic pain issues
- Practical education on applying principles of pain management, based on a neuroscience perspective
- Resources for supporting clients in developing self-efficacy skills for better pain management

Specific Learning Outcomes:

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

- An overview of the prevalence of persistent pain
- An overview of recent neuroscience on persistent pain pathology
- Comparing acute pain and control vs. persistent pain control
- Contributing factors to persistent pain conditions
- A biopsychosocial perspective for clients with persistent pain
- How Bowenwork moves directly and indirectly affect the nervous system, neuroception and interoception, via the fascial nervous network
- Specific Bowenwork procedures that may reduce pain sensitivity and increase resiliency
- Developing self-efficacy skills with clients to promote positive pain management behaviour

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 role-playing of having various pain conditions, 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 persistent pain	Lecture/ PowerPoint presentation
10:00am – 11:00am	1.0	Demonstration of Bowenwork procedures related to clients with persistent pain	Demonstration/practice
11:00am – 11:15am	0.25	Break	
11:15am – 12:00noon	0.75	Developing a caring, coaching relationship with a Bowenwork client	Lecture/PowerPoint presentation
12:00noon- 1:00pm	1:00	Demonstration of role playing with clients Bowenwork procedures to empower clients’ self-efficacy skills & positive pain management behaviors	Demonstration/practice
Total:	4.0		