

# American Bowen Academy

## **Bowenwork for the Childbearing Year, Part 1: Pre-pregnancy and Early Pregnancy**

**Instructor: Anita Tupper**

**Prerequisite: Professional Bowenwork Practitioner certificate**

**CE credits: 24 hours will be applied to the 2-year certification period; 32 hours will be applied to the 500-hour designation; NCBTMB credit pending**

**Tuition: \$400**

The way we birth is a legacy – not only to our families, but to our communities and each life we touch. Nurturing care in pre-pregnancy, pregnancy, birth, and the postpartum period brings strength and assurance to women and their families that transcends the birth experience. This is the opportunity we can embrace as Bowenwork practitioners - the hours of time spent throughout pregnancy, as well as caring encouragement, help to establish a relationship of trust and friendship that will create the best possible birth experience for the mother and those on the journey with her.

### **Your Instructor:**

Anita Tupper is a licensed and certified professional midwife in the State of Colorado, a certified preceptor (supervising instructor) to student midwives, a certified functional medicine practitioner, and a Professional Bowenwork Practitioner.

### **Rationale:**

The purpose of this class is to highlight and discuss the changes a woman will experience throughout the journey of the entire childbearing year, as well as discover how Bowenwork can relieve discomforts, instill confidence, and create a supporting relationship with the birthing mother and baby both before and after birth. You do not have to be a birth worker to positively impact the birthing experience of women in profound ways.

This is the first part in a series of six classes that cover the entire childbearing year.

## **Bowenwork for the Childbearing Year Part 1: Pre-pregnancy and Early Pregnancy**

## LEARNING OBJECTIVES

Lesson	Learning Objective	Hours Required
<b>Lesson 1</b>		
Coccyx Procedure / Fertility	<ol style="list-style-type: none"> <li>1. Demonstrate knowledge of the coccyx procedure and its impact on fertility               <ol style="list-style-type: none"> <li>a. Foundational purpose of the coccyx procedure</li> <li>b. The mechanism by which the coccyx procedure supports fertility</li> <li>c. Location and identification of pelvic bowl musculature, including the levator ani</li> <li>d. Describe recommended coccyx procedure protocol, with timing intervals</li> </ol> </li> <li>2. Specifically describe US fertility rate trends</li> <li>3. Explain possible reasons for current fertility rates (environmental, emotional, dietary, physical)</li> <li>4. Provide specific protocol to implement healthy lifestyle and pelvic support for fertility optimization</li> </ol>	4
Stress	<ol style="list-style-type: none"> <li>1. Provide a specific explanation for how stress can impact conception and early pregnancy</li> <li>2. Explain the impact of Bowenwork on the body's ANS and how it supports the reduction of stress</li> <li>3. Identify and describe lifestyle stressors that cause a negative impact on the body</li> <li>4. Provide supportive explanation behind client handout created by the student and why it is important to include in routine care</li> </ol>	4
<b>Lesson 2</b>		
Dizziness	<ol style="list-style-type: none"> <li>1. Explain common reasons that dizziness is experienced pre-pregnancy and early pregnancy</li> <li>2. Provide detailed suggestions for a client to relieve dizziness that could occur at home</li> <li>3. Discuss lifestyle changes to support the reduction or elimination of routine dizziness</li> <li>4. Explain exactly what measures to take should a client experience dizziness during a session</li> </ol>	4

Lesson	Learning Objective	Hours Required
Headaches	<ol style="list-style-type: none"> <li>1. Describe common causes that headaches may be experienced</li> <li>2. Describe lifestyle changes to incorporate in order to relieve or eliminate routine headaches</li> <li>3. Explain the purpose of a headache journal and what could be included to enhance a client's care</li> <li>4. Discuss how application of heat or ice could help or hinder Bowenwork procedures</li> </ol>	4
<b>Lesson 3</b>		
Emotional Changes / Fear / Worry / Depression	<ol style="list-style-type: none"> <li>1. Explain why a positive mindset and approach to client care is important during pre-pregnancy and early pregnancy</li> <li>2. Discuss specific anatomical and biological reasons for a heightened emotional state in a client</li> <li>3. Describe specific emotional conversation topics to employ with a client that presents for a session</li> <li>4. Provide details of contributing factors that could exacerbate emotional changes</li> </ol>	4
Sinus Issues / Allergies	<ol style="list-style-type: none"> <li>1. Explain how sinus health can impact pregnancy, particularly if a person has issues beforehand</li> <li>2. Provide specific non-pharmaceutical remedies that the client can employ at home to relieve sinus ailments</li> <li>3. Describe particular lifestyle changes that support sinus health</li> <li>4. Provide supportive explanation behind client handout created by the student and why it is important to avoid environmental triggers to sinus issues</li> </ol>	4
<b>Lesson 4</b>		
Digestive Issues	<ol style="list-style-type: none"> <li>1. Describe various gastrointestinal upsets that could be experienced by a pre-pregnant or pregnant client</li> <li>2. Provide specific causation for each digestive upset described</li> <li>3. Describe recommendations to a client that could relieve or eliminate gastrointestinal upsets</li> <li>4. Discuss dietary resources discovered that provide a guide for nutrition and lifestyle</li> </ol>	4

Lesson	Learning Objective	Hours Required
Miscarriage	<ol style="list-style-type: none"> <li>1. Discuss specific gestational loss dating and how is it defined in pregnancy care</li> <li>2. Describe what a miscarriage probability table is and how it can be helpful</li> <li>3. Understand and reiterate miscarriage, stillbirth and recurrent loss rates in the US and what it means</li> <li>4. Explain environmental factors that can impact miscarriage</li> <li>5. Describe in detail when it is important to refer a client for medical treatment and what care is not recommended</li> </ol>	4

**Course requirements and set-up:**

The format of the Bowenwork for the Childbearing Year classes will be reading class material and meeting with your fellow-students and instructor on the interactive online platform Ruzuku. The intention is to participate in thought-provoking discussions on the relevance of the reading material as well as the appropriate and safe application of Bowenwork for the mother and baby.

On Saturday of each week, you will have access on Ruzuku to the discussions covering each section of the class. By the following Saturday night at midnight, you will need to have read the material and participated in the Ruzuku discussions further than your initial response.

The requirements are that you complete each level on time and meaningfully participate in the discussions.

This class will take 4 weeks to complete.