



Keeping in Touch

news & updates November 2025

A Research Capacity
Building Education
Subcommittee
Webinar



An Opportunity for Growing Bowenwork Research

~by Sandra Gustafson, instructor, who practices in Santa Rosa, CA.

A Powerful Initiative for Bowenwork has been launched in Australasia. B-EAGER will help grow Bowenwork research capacity: promoting increased integration in health care settings and systems!

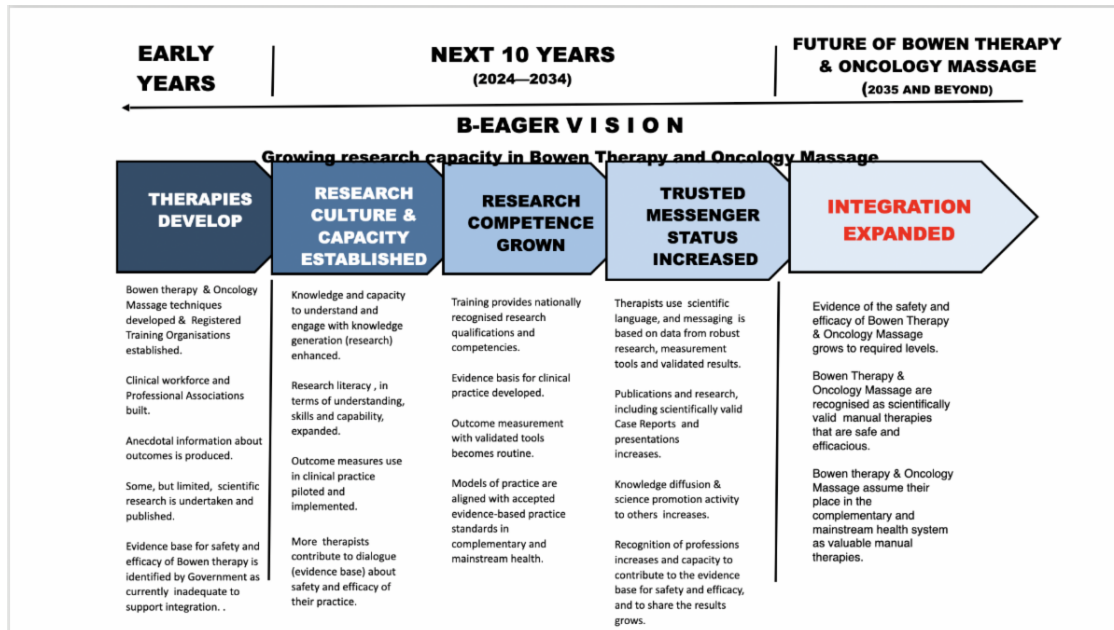
Bowenwork practitioners worldwide face uphill difficulties trying to find ways to tell their stories in credible ways about the benefits of Bowenwork and ultimately integrate more broadly into health care settings and systems. This includes accessing health insurance benefits to help cover clients' costs and develop professional recognition within healthcare systems.

One of the leading challenges facing lack of recognition of Bowenwork as a therapeutic modality in healthcare is the relative shortage of science and clinically based research evidence available for other health professionals to access and consider Bowenwork referrals for their patients.

To address this important need in growing our profession, a collaboration of motivated Bowenwork representatives from Bowen and Oncology Massage Associations and Training organizations in Australia, have launched an Initiative to promote collaboration in producing, and consolidating, evidence-

based information for publication. They have a great name for their group: the B-EAGER Initiative! (Bowen-Education & Advocacy – Generating Evidence & Research) and they are inviting interested Bowenwork practitioners worldwide to become involved.

The B-EAGER Initiative focuses on developing practitioner's skills in using Patient Reported Outcome Measures (PROMs) to collect data about how patients benefit in their health care through Bowenwork treatments. PROMs are a recognized quality improvement tool and are widely accepted around the world—no PhD required! You may not see yourself as a researcher, but every



time that you work with clients you gather important data that could potentially contribute to evidence about the safety and efficacy of your techniques. B-EAGER is developing training, resources and mentorship to build practitioner's research capacity by using selected PROMs tools that will gather data on your Bowenwork. It will also teach practitioners how to create research-standard case studies and reports. Practitioners can do "mini" research projects just by taking histories, asking patients to provide information about their experiences of their treatments, then writing this data up. These "mini" research projects are called case reports.

If you work with clients with any of the following conditions, these are B-EAGER's priority research topics:

- Arthritis management
- Depression from chronic pain
- Lower back pain
- Headaches and migraines, including concussion management
- Mental Health: Wellbeing and Function
- Cancer pain management
- Cancer anxiety and wellbeing management

And, if you have been wondering how to undertake a research project and are curious about how to get started, you can learn more by exploring <https://b-eager.org.au/> or by watching an interesting webinar that launched the Initiative and outlines their vision for the next 10 years:

<https://youtu.be/enDWtLcAd8M>.

Sandra is considering hosting a Zoom meeting soon to share developments in the B-EAGER community and connect B-EAGER Beavers! Interested US practitioners can contact Sandra Gustafson at: (bwnwk4lf@sonic.net).

CE Classes: Online and In-Person

For more information and to register, click on the [blue](#) class titles, or contact via the email provided.

IN-PERSON:

Module 11/12/SP2 Roseville, CA.
January 24-25, 9am-6pm, 16 CE hrs.
bwnwk4lf@sonic.net

ONLINE:

Set-Date Classes:

Bowenwork and the Vagus Nerve System December 6th, 9am-1pm PST, 4 CE hrs.
bwnwk4lf@sonic.net

Bowenwork for Persistent Pain December 13, 9am–pm PST, 4 CE hrs. bwnwk4lf@sonic.net

The Lymphatic System and Bowenwork Jan 10 - Feb 8, 2026
16 CE hrs.

Fascia: What it is and Why it Matters Jan 10 - Mar 15, 2026, 80 CE hrs (16 toward required biannual ABA 32 CE hrs and 80 CE hrs toward 500 CE hrs)

The Core: Diastasis Recti, Hernia, and Prolapse Jan 24 - Mar 8, 24 CE hrs.

NEW ONLINE CLASS!

These online classes can be started anytime:

Anatomy by the Modules

Online. Ongoing 6 CE hrs.

Anatomy and Physiology for Bowenworkers Online. Ongoing, 120 CE hrs. Contact: bowensource@yahoo.com

Business Skills for a Successful Bowenwork Practice

Online, Ongoing. 16 CE hrs. Contact: bwnwk4lf@sonic.net

Deep Anatomy of SP2 Part 1 Iliacus Release, Gluteal Release, Adductor Magnus Release Online. Ongoing, 3 CE hrs.

Distance Bowenwork Online. Ongoing, 8 CE hrs.

Ethics for the Bowenwork Practitioner Online. Ongoing, 8 CE hrs.

Marketing Your Practice: Tips and Strategies to Increase Your Client Base Online, Ongoing. 16 CE hrs.

Workplace Hygiene Health and Safety Online. Ongoing, 6 CE hrs.

FREE QUARTERLY ONLINE PRACTITIONER & INSTRUCTOR DIALOGS

Here's what students are saying:

I just wanted to say thank you. It was so very interesting to be able to

Online Small Animal Bowen
Registraton is now open
12 ABA CE credits



Bowenwork for Small Animals
Introductory class for Bowenworkers

For more information, contact:
Michelle Patterson
Solidago.michelle@gmail.com

Small Animal Bowen Online,
Ongoing, 12 CE hrs. Contact:
Solidago.michelle@gmail.com

A one-of-a-kind distance learning opportunity focused specifically on small animals! For individuals with prior hands-on experience. Content includes video demonstrations, detailed instructions, downloadable images and diagrams.

Link not working?

We ask for patience during our website conversion. If there is no working link to a listed class, please contact the instructor or the administrator at usadmin@americanbowen.academy
Thank you!

participate in the October Q&A session, and I hope that more Bowenwork practitioners will log on for future sessions. It is a valuable opportunity to share information with fellow practitioners and instructors, and to ask questions. Each time I participate in one of the Q&A sessions, and each time I watch the recording if I was unable to join the live session, I learn so much! There is so much helpful information that is shared in each session.

Best wishes, Irmgard

2025

January	February	March	April
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26 27 28 29 30 31		30 31	27 28 29 30
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18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23
25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30
September	October	November	December
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7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
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21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31

MARK YOUR CALENDAR FOR THE NEXT DIALOG:

**Thursday, January 15th, 2026,
7 PM CDT**

All sessions are recorded. Current ABA members who are unable to join and would like to watch past recordings can email Steven:
usbr.bowtech@gmail.com



Ainslee Farrington shuttles students and friends to the island for dinner after a class.

In Memorium: Ainslee Farrington, New Hampshire

Ainslee Farrington returned peacefully to spirit on October 4th, 2025. at her home in Nottingham, New Hampshire, in the company of loved ones. Ainslee is remembered as warm, spirited, and skilled in many trades, including Bowenwork. To read the rest of her obituary please [click here](#). If you would like to contribute toward Ainslee's end of life expenses please contact Nancy Pierson: 512-750-4012.

"Mustn't grumble" said a refrigerator magnet on her island – and that was how Ainslee approached all that life brought to her: She had a full-blown enthusiasm and energy for life.

Her poise, her sense of humor, and her tradition-focused aesthetic drew my attention from the first day I met her as a student at her Module 7. When Karin and I were tasked with developing the current instructor training program, the first person I thought of was Ainslee.

She was a tireless ambassador for Bowenwork, and she will be sorely missed, both personally and professionally.

~Nancy Pierson, practitioner and instructor, Gentry, AR

My heart is full from six years sharing the Bowenwork4Kidz Clinics with Cheryl Brown, Amanda Legsdin, Rachel Willerer, Christina Barrows, and various other Bowenwork students who participated during that time. The community clinics were a labor of love,

expanding the Bowenwork brand for children and parents in our Seacoast communities. With our shared Kennebunk team including Juliet Altham, we helped Ainslee expand Bowenwork from my beginnings as a client in 2010.

My continued teaching of the Intro to Bowenwork class feels like a living tribute and "pay it forward" to the bedrock dedication that Ainslee's work and legacy created. It is vast and beyond words for me, especially in the silence of reverence and sad tears, too layered to fully express.

Having Ainslee as a mentor in those early years of my mid-life career change was a deep blessing.

Through love, community, connection, and collaboration, we rise together in her memory and whole-hearted commitment to service.

~Lisa Toole, practitioner and associate instructor who lives and practices in South Berwick, Maine.

Evidence of Bowenwork Training in Action:



Modules 3 & 4 in Glendale, AZ: Kelsey Baker, instructor-in-training Maggie Ralls, Mary Roth, Valerie Kobbero, and instructor Nancy Pierson clown it up after taping. Photo by Ray Ralls.

CONGRATULATIONS ON YOUR ACHIEVEMENT!

Professional Practitioners

Bethany Howard - Maine
Kyla Schwartz - Hawaii
Jennifer Mitchell - Oregon
Laurel Wendt Rimington - Utah

Advanced Practitioners

Gina Williams - California
Miriam Novak - California.

Master Practitioners

Dana Hardegree - Texas
Elaine Massa - Nevada
Tara Pierce - Utah
Wendy Johnson - Utah



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\$26.00 - \$30.00

CHECK OUT BOWENWEAR!

Cool, thoughtful, promotional gear from Christina Barrows, a Bowenwork practitioner from the New Hampshire seacoast. Also available: hoodies, vests, totes, water bottles and long-sleeved T's.

[Click Here for More Bowenwear!](#)



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