

BOWEN - INSIDE OUT

“Reading and responding to body wisdom”

Instructor: CHRISTOS MILIANKOS

30 Watson Lane, Whitfield VIC 3733 Australia,
+61411037475, christosmili@yahoo.com

Presentation: Live Online Video Conference

CE Credits: 8 continuing education hours

Cost: \$175

Pre-requisites: Module 7

I. Rationale:

This workshop will equip Bowenwork practitioners with a range of additional assessment tools to support them in their practice and knowing when to refer clients to more appropriate healthcare practitioners. *BOWEN - Inside Out* is about learning to read and respond to body wisdom; integrating a broader range of signs, symptoms and indications in determining the appropriate Bowenwork procedures to apply in a session; and recognizing when there is the need for referral.

II. Presentation Aims and Outcomes:

Aims

The aim of this course is to enable practitioners to confidently recognize various signs when assessing a client’s body (such as the eye, the facial structure, nails, and tongue), select Bowenwork protocols and refer clients when necessary.

Specific Learning Outcomes:

By the end of this presentation, participants will have:

1. Conducted simple assessments that reflect the internal health of the client by:
 - Tongue assessment - simple assessment - dry, red, white coating, yellow coating
 - Facial signs
 - Hands and nails
 - Iris pupillary margin assessment and sclera signs
2. Reviewed the anatomy, physiology and common ailments of the GIT, Respiratory, Endocrine and Renal systems.
3. Performed Body Assessments practice in pairs (done through Zoom breakout rooms).

4. Analyzed the information from the assessments and created a Bowenwork session plan.
5. Reviewed Bowenwork procedures such as Respiratory, Kidney, Coccyx, URT/TMJ, among others, as directed by participant questions etc.

III. Presentation Requirements:

Reliable internet and Zoom accessibility

Phone, tablet or camera to take photos of irises, tongues, etc.

IV. Additional Resource Readings:

Pupillary Margin chart / Simple Sclera Markings Chart

Tongue Assessment chart

Pictures of facial signs

Pictures of hand/nail signs

V. Time Allocation:

Time	Hours	Topic – Content Outline	Teaching/Learning Method
8:30-10:30 am	2.0	Introduction to body signs and presentations	Lecture
10:30-11:00 am	0.5	Demonstration of Bowenwork and review of A&P	Demonstration/practice
11:00 -11:15 am		Break	
11:15 – 1:00 pm	1.75	Demonstration of iris and tongue signs	Demonstration/practice
1:00-2:00 pm		Break	
2:00-3:30 pm	1.5	Demonstration of pupil margin	Demonstration/practice
3:30-3:45 pm		Break	
3:45-5:15 pm	1.5	Review of Bowenwork procedures and assessments	Demonstration/practice
5:15-6:00 pm	0.75	Review of procedures and assessments	Demonstration/lecture
Total:	8.0		