

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

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

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**Class Format:** Hands-on, in-person learning

**Hours/CE Credit:** 8 CE hours

**Cost:** \$215

**Pre-requisites:** Module 4 and onwards

### **I. Rationale:**

This class focuses on supporting people living with cancer (PLWC), who are actively undergoing cancer treatment, in remission, or in palliative care. Bowenwork is a supportive modality for all clients, their families and caregivers. to 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 affects the entire mind-body, no matter what state of health a person is in. Conditions that practitioners can be challenged with, respond well to this gentle therapy known for its "less is best" approach.

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

- Develop a greater awareness of health conditions PLWC may face, relative to various stages and treatment they are undergoing, and how Bowenwork may benefit them.
- Develop a greater awareness of vulnerabilities that PLWC may have and how Bowenwork practitioners may need to adapt techniques and procedures to accommodate them.
- Develop confidence as a Bowenwork practitioner in choosing appropriate procedures and session plans for PLWC and recommending Bowenwork as a complementary modality.
- Learn about using Bowenwork procedures to address common symptoms that PLWC experience from their diagnosis, treatment and side-effects, and resources that you can direct your clients towards, to empower them in improving their health, wellbeing and recovery from cancer.
- Become more aware of your own healthcare needs and commit to incorporating wellness practices into your lifestyles to maintain wellness, so that you can continue to be of service to your clients.

### **III. Presentation Requirements:**

The in-person classroom experience includes a PowerPoint presentation, group discussion and hands-on practice of Bowenwork procedures familiar to each participant.

### **IV. Resource Readings:**

The manual provided, contains extensive references that can be shown to clients and healthcare practitioners about the benefits of Bowenwork for PLWC.

**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 8 CE hours for national organizations such as: National Certification Board for Therapeutic Massage & Bodywork, State of California Board of Registered Nursing, Oregon Board of Naturopathic Medicine.

**Time Allocation:**

| <b>Time</b>      | <b>Hours</b> | <b>Topic – Content Outline</b>   | <b>Teaching/Learning Method</b> |
|------------------|--------------|--|---------------------------------|
| 8:30-10:30 am    | 2.0          | Registration, introduction to topic overview and presentation                          | Lecture                         |
| 10:30-11:00 am   | 0.5          | Discussion and demonstration on modifying procedures for PLWC                          | Discussion/demonstration        |
| 11:00 -11:15 am  | .25          | Break  |                                 |
| 11:15 – 12:15 pm | 1.0          | Practice of modified procedures for common symptoms                                    | Demonstration/practice          |
| 12:15 – 1:00 pm  | .75          | Presentation and discussion on precautions for PLWC                                    | Presentation/discussion         |
| 1:00 - 2:00 pm   | 1.0          | Break  |                                 |
| 2:00 – 3:00 pm   | 1.0          | Presentation and discussion on side -effects and long-term effects of cancer treatment | Presentation/discussion         |
| 3:00 – 4:00 pm   | 1.0          | Demonstration and practice of Bowenwork for long-term effects                          | Demonstration/practice          |
| 4:00 – 4:15 pm   | .25          | Break  |                                 |
| 4:15 - 5:15 pm   | 1.0          | Further demonstration and practice of procedures for long-term effects                 | Demonstration/practice          |

|                     |             |  |                              |
|---------------------|-------------|--|------------------------------|
|                     |             |  |                              |
| <b>5:15-6:00 pm</b> | <b>0.75</b> | <b>Review of Bowenwork for palliative care and PLWC caregivers</b> | <b>Demonstration/lecture</b> |
| <b>Total:</b>       | <b>8.0</b>  |  |                              |