

## **Bowenwork for Women's Wellness**

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

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

**Hours/CE Credit:** 16 hours

**Cost:** \$430

**Pre-requisites:** Module 6 and onwards

### **I. Rationale:**

Focusing on female health issues - from conception to end of life – and how Bowenwork® may support and optimize women's wellbeing throughout their lives. It incorporates a paradigm shift from disease management to health and wellness promotion. By being more aware of women's health issues, Bowenwork practitioners can be instrumental in guiding their female clients towards primary health care resources, educate and support them in making informed choices and taking charge of their health. In turn, practitioners learn to take care of their own health and wellbeing.

*Note: Male Bowenwork practitioners are highly encouraged to attend - when we take good care of our womenfolk, we can take better care of our menfolk too!*

### **II. Presentation Aims and Outcomes:**

#### ***Aims:***

Learn about applying Bowenwork procedures to address common female health issues from puberty, pregnancy and childbirth, menopause, middle-age and advanced years.

Become aware of primary health care (PHC) resources that you can direct your clients towards, to empower them in improving their health and wellbeing.

Explore the use of Bowenwork procedures for addressing specific health conditions and practice applying the procedures with your fellow class participants.

Your course manual is an extensive reference to show clients and healthcare practitioners the benefits that Bowenwork has to offer women.

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

- Develop a greater awareness of women's health conditions, relative to the various stages life (Puberty, Childbearing, Menopause and Older Age), and how Bowenwork may be of benefit.
- Create a greater awareness of PHC teaching and resources to support women, and encourage them to become more actively involved in personal healthcare.
- Develop confidence as a Bowenwork practitioner in choosing appropriate procedures and creating session plans to address women's health issues such as musculoskeletal/postural alignment, supporting hormonal balance, optimizing mobility and coping with stress.
- Become more aware of your own health care needs and incorporate PHC practices 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 Women's Wellness.

**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 16 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.

**Day 1**

<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 class subject overview and presentation	Lecture
10:30-11:00 am	0.5	Discussion on modifying procedures for women's health issues	Discussion/demonstration
11:00 -11:15 am	.25	Break	
11:15 – 1:00 pm	1.75	Demonstration and practice of procedures for common symptoms in Teens	Demonstration/practice
1:00 - 2:00 pm	1.0	Break	
2:00 – 3:00 pm	1.0	Presentation and discussion on common health issues in adult women	Presentation/discussion
3:00 – 4:00 pm	1.0	Demonstration and practice of Bowenwork for common health issues in adult women	Demonstration/practice
4:00 – 4:15 pm	.25	Break	
4:15 - 5:15 pm	1.0	Further demonstration and practice of Bowenwork for common health issues in adult women	Demonstration/practice
5:15-6:00 pm	0.75	Review of Bowenwork protocols and procedures for breast health and infertility	Demonstration/practice
<b>Total:</b>	<b>8.0</b>		

**Day 2.**

<b>Time</b>	<b>Hours</b>	<b>Topic – Content Outline</b>	<b>Teaching/Learning Method</b>
8:30-10:00 am	1.5	Discussion and demonstration on Bowenwork for optimizing pregnancy	Discussion/demonstration
10:00-11:00 am	1.0	Practice of modified procedures for pregnancy	Demonstration/practice
11:00 -11:15 am	.25	Break	
11:15 – 12:00 pm	0.75	Discussion and demonstration on common procedures for post-partum mothers and newborn babies	Discussion/demonstration
12:00 - 1:00 pm	1.0	Discussion on health issues affecting mid-life women	Presentation/discussion
1:00 – 2:00pm	1.0	Break	
2:00 – 3:00 pm	1.0	Demonstration and practice of procedures to support mid-life women	Demonstration/practice
3:00 – 4:00 pm	1.0	Discussion on health issues affecting elderly women	Presentation/discussion
4:00 – 4:15 pm	.25	Break	
4:15 - 5:15 pm	1.0	Demonstration and practice of procedures for elderly women	Demonstration/practice
5:15-6:00 pm	0.75	Review of Bowenwork for Women's Wellness	Discussion
Total:	8.0		