

## The American Bowen Academy Associate Instructor Training

The American Bowen Academy offers a four-day training course in which qualified practitioners have the opportunity to become Associate Instructors for the Academy. Associate Instructors are authorized to teach select Bowenwork moves to the public for use with family and friends through our four-hour introductory class, titled “Bowenwork® – An Introduction to Wellness in Your Hands.” Our goal is to spread the word about Bowenwork while deepening the public’s understanding of Bowenwork’s unique approach.

Practitioners who become Associate Instructors have an opportunity to receive income from teaching the introductory class while educating the public and building their clientele. Both the Associate Instructor training itself and the experience gained through teaching the introductory class provide excellent opportunities for practitioners to explore whether or not they might like to consider becoming full Bowenwork instructors in the future.

### The format of the Associate Instructor training

During the Associate Instructor training, you will learn how to teach the content of the introductory class. The four-hour class consists of Bowenwork moves that may be used in “emergencies” as well as for maintenance and relaxation for family, friends and self. Moves covered: Lower Back 1 & 2, Upper Back 1–4, Respiratory 3–5, Knee 1–4 and Neck 5 & 6.

The Associate Instructor training provides a supportive environment in which we help you explore your authentic connection to the intro course material and increase your comfort in explaining it. The format: The instructor gives a demo while highlighting teaching points, including the art of matching our words to the movement of our hands as we demonstrate. You work in groups of three as you alternate the roles of teacher, student and model. We have designed the role-playing environment to be a safe space in which you can have fun while learning from and with each other.

You will receive extensive teaching and practice-building materials that were created specifically for the introductory class. The manual that you will give to your students contains clear descriptions and photographs of hand positions as well as anatomical illustrations, all of which will make it easy for them to replicate at home what they saw and practiced in class. During the training you will become thoroughly familiar with the contents of the manual. We will also discuss promoting your introductory class to the public and give you templates of materials for planning your introductory classes and recruiting students for them.

The Associate Instructor training also covers details of the American Bowen Academy's organizational structure and the administrative functions and paperwork that you will be required to submit after each introductory class that you conduct. (For the latter, you will need to become familiar with the Microsoft Word and Excel applications if you do not already use them.) We will also briefly discuss the qualifications and requirements for becoming a full Bowenwork instructor and the structure of that training.

It is important to the Academy that our Associate Instructors are also exemplary practitioners. In support of that goal, the Associate Instructor training also includes two days of review of the entire Modules 1-6 curriculum, the Practitioner Review Days A and B that you may be familiar with. This particular review is geared toward refining your understanding as well as your performance, so that the Bowenwork you offer in your clinic meets our highest standards. For many attendees, this review is a highlight of the training. In the words of one Associate Instructor:

*“I appreciate and am grateful for this opportunity to attend these days of training and appreciate what goes into holding a class that is so professional, informative, and meets the needs of each student, in a warm, encouraging and fun way. To teach Bowenwork properly, we want to send practitioners into the world who know what they are doing -- the proper hand placement, the wrist movement -- as well as knowledge of the technique and procedures and the anatomy involved. The benefit of refinement is huge.”*

– L Billbrey, Texas

The Associate Instructor training as a whole counts as 32 hours of continuing education credit with the American Bowen Academy and the NCBTMB, and four hours with the AOTA. The two Practitioner Days embedded within it *also* count as 16 hours toward the American Bowen Academy’s requirement of hands-on review during each certification maintenance period.

The Practitioner Days in this training include “fixes” for moves that are difficult to perform as well as other tricks for teaching the Module 1–6 procedures. Gaining insight into our teaching points for all the basic procedures will help you master the fine points of teaching the introductory class.

## How to apply for the Associate Instructor Training

The American Bowen Academy invites confident, capable practitioners to join the training. To apply for admission to the training program, you must:

- Complete an application that will be reviewed and considered for approval by the American Bowen Academy’s Senior Faculty,
- Fulfill the prerequisites of:
  - Seeing an average of at least six Bowenwork-only clients per week in your practice
  - Completing Module 09
  - Being current with American Bowen Academy continuing education and CPR requirements
  - Being legal to practice Bowenwork in your state
  - Carrying current indemnity and liability insurance
- Agree to allow American Bowen Academy to solicit feedback from your past instructors and a sampling of previous classmates about how you work with others, your communication skills, your respect for boundaries, your ethics and your technical competence.

Whether or not you decide to teach the introductory course, the skills you learn in the Associate Instructor training will enrich your clinical practice of Bowenwork.

Becoming an Associate Instructor requires familiarity with the American Bowen Academy’s values; why we exist as an organization and the behaviors we aspire to embody. We are looking for practitioners who

are proud to represent the Academy as well trained, responsible professionals. For this reason, when you sign your contract with the Academy to teach the introductory class, you also will be asked to sign our Code of Ethics.

If you would like to become a part of the exciting future of the American Bowen Academy as an Associate Instructor, please ask [Sue Rutter](#) for an application form.