



Logbook Hours — Modules 1 - 6

The purpose of this logbook is to make it easier for you to have adequate practice of all procedures during your training. You are required to complete 50 hours of practice, exhibiting experience with every procedure, prior to being awarded your Professional Bowenwork Practitioner certificate. Included is a list of suggested combinations of procedures you may choose to explore.

You may do any number of sessions on one person, but the greater variety of individuals you work on, the more you will benefit. Aim to practice at least 10 hours between each module and the next, exploring the full range of procedures you have learned. Note: Do not log your time in class or in sessions that you use for case studies.

Bring your logbook to each module. Your instructor will check random entries to monitor your progress.

Your logbook record must include the practice of Module 6 procedures, too. Some time after Module 6, when you have logged 50 hours (including some procedures from Module 6), submit your completed logbook to your Module 6 instructor for his/her signature.

The Module 6 instructor will give you a brief report on your work and send a report to the ABA administrative assistant prior to taking the Module 7 assessment. It is advisable, although not compulsory, to have all your logbook hours completed by Module 7. Your certificate will not be issued until the completed logbook hours are received by the ABA office.

Suggested Practice Sessions (page 2)

This list offers suggestions for sessions that will encourage you to engage in a wide exploration of Bowenwork and its effects. You may explore other combinations of procedures, as well. Not all sessions will take an hour. A session lasting only 15 or 20 minutes can have profound results. The time you spend practicing will likely vary from session to session; write in the logbook the actual time you spent with each client, including the time you spent questioning your client about his/her history, changes since the previous session, *etc.*

The list will help you explore:

- (1) Minimal combinations, so you can understand how little may be done to achieve an effect
- (2) Minimum prerequisites within some common combinations

Please choose appropriate people with whom to explore these procedures. Choose the most minimal sessions for people who are ill or weakened. You may practice a variety of procedures in a session on healthy people even if they don't officially "need" them.

Logbook (page 3)

This page is designed to be filled out in landscape format from left to right. Each time you practice, enter the date and client code (or initials) on the sheet. Check the procedures you practiced and write down the number of minutes you spent in that session. After each session, add that session's time to the running total. Your Instructor will check your hours periodically during Modules 1 - 6, so bring the logbook with you to each class. Divide the total minutes spent for all sessions by 60 to get the cumulative hours of practice, and make sure that your name and module number appear on each sheet. After each class, please begin a new blank sheet at zero minutes.

Note: The 50-hour requirement is a minimum. You may, of course, practice many more hours than that. We would be delighted to see it!



SUGGESTED PRACTICE SESSIONS

After Module 1:

Lower Back alone
LB moves 1&2, UB, Neck
LB, UB, Neck
UB, Neck, Head
LB, UB, Kidney, Neck
LB, UB, Kidney, Neck, Head

After Module 2:

LB, UB, Respiratory
LB, UB, Respiratory, Neck
LB, UB, Kidney, Respiratory
UB, Neck, Shoulder
LB, UB, Cramp, Neck, Shoulder
LB, Hamstrings
LB, UB, Kidney, Hamstrings
LB, UB, Hamstrings, Respiratory
(Note sequence for combining these procedures)

After Module 3:

UB, Respiratory, Neck, Head
LB, Pelvic, Sacral
LB, Sacral
LB, Knee
LB, Hamstrings, Knee
LB, UB, Respiratory, Pelvic
UB, Neck, Elbow/Wrist

After Module 4:

LB, Knee, Ankle/HT/Bunion
LB, Pelvic, Ankle/HT/Bunion
LB, Hamstrings, Ankle/HT/Bunion
UB, Neck, UR/TMJ, Head
Seated LB, UB, Neck
UB, Neck, UR/TMJ
UB, Neck, Elbow/Wrist, Forearm
UB, Neck, Shoulder, Elbow/Wrist
LB moves 1&2, UB, Respiratory, UR/TMJ
Baby Bowen (on an infant or young child, if possible)

After Module 5:

LB moves 1&2, Coccyx
LB, UB, Coccyx, Neck
LB, UB, Neck, Chest, UR/TMJ
UB, Neck, Shoulder, one side only N, E, S, W
UB, Respiratory, Gall Bladder, Chest, Neck
UB, Respiratory, Gall Bladder, Chest, Neck, UR/TMJ

After Module 6:

LB, 5A or 7A Medially, UB, Neck
LB, 5A or 7A Medially, Hamstrings
Thoracic
LB, Buttock Pain (if procedure is needed, on someone who has received Pelvic, Coccyx, and Sacral in previous weeks)
Perineal (if procedure is needed, on someone who has received Pelvic, Coccyx, and Knee in previous weeks)
Bedwetting (may practice the extra holding points on anyone)
Bursitis

LOGBOOK

Date:	Student Insights? (✓ and describe on reverse.)																			
	Questions? (Enter Yes here and use back of page for questions.)																			
Instructor Signature:	Client initials																			
	Date																			
	Client Code																			
	Cramp (anytime)																			
	Lower Back																			
	5a or 7a Medially																			
	Upper Back																			
	Kidney																			
	Hamstring (prone)																			
	Respiratory (prone)																			
	Coccyx																			
	Respiratory (supine)																			
	Gall Bladder																			
	Hit the Lats*																			
	Hamstring (supine)																			
	Knee																			
	Pelvic																			
	Ankle																			
	Hammer Toes/Bunion																			
	Chest																			
	Neck																			
	Upper Resp/TMJ																			
	Head																			
	Shoulder																			
	N/S/E/W																			
	Elbow/Wrist																			
	Forearm																			
	Sacral																			
NO SEQUENCE IMPLIED																				
Seated																				
Baby Bowen																				
"ALONE ON DAY"																				
Perineal																				
Child Bedwetting																				
Thoracic																				
Buttock Pain																				
Time																				
TOTAL																				

Hit the lats is listed here as reminder not to forget to do it after completing Lower Back. It is not a standalone procedure.