



## **Pregnancy and Birth: How Bowen practitioners can help achieve the best possible outcome for mother and baby**

with  
**John Wilks, UK Instructor**  
and  
**Lina Clerke, Midwife**



<b>Perth:</b>	<b>3-4 February, 2018</b>
<b>Melbourne:</b>	<b>10-11 February, 2018</b>
<b>Brisbane:</b>	<b>16-17 February, 2018</b>
<b>Sydney:</b>	<b>22-23 February, 2018</b>

### **This workshop explores:**

This workshop aims to assist Bowen therapists to understand the process of pregnancy and birth from the baby's perspective.

It looks at the physical ramifications of certain kinds of birth (eg suction and Caesarian) and ways to achieve the best outcome in terms of the positioning of the baby. Ways to help both mother and baby after a difficult birth will be explored as well an understanding of the psychological and emotional imprinting that occurs at this time.

Certain Bowen procedures and moves will be practised to show how Bowen can be used in pregnancy (eg side-lying and seated) to encourage optimal foetal positioning and also for the baby who has been through a difficult birth.

John is normally assisted in this workshop by Lina Clerke, midwife and doula  
[www.wonderfulbirth.com](http://www.wonderfulbirth.com)

This workshop is part of Bowen Training Australia's Continuing Education program. Whilst it is not part of the nationally-recognised training, it is Bowtech-accredited and eligible for CEU points with Bowen Association Australia.

### **Workshop pre-requisite:**

Module 7

## In the workshop, we will cover:

- The importance of a safe environment, empathy and eye contact when working with babies
- Negotiation of touch and space when working with babies
- Physical and psychological imprinting and the long-term health effects of birth
- Preparing for Pregnancy
- Womb health and Posture
- Important areas during pregnancy eg nutrition, exercise, relaxation etc
- IVF and how to work with it and other types of assisted conception. Their medical side effects and emotional ramifications.
- First 3 months – what’s happening to the foetus and the mother and how to help
- The ramifications of pelvic floor issues for the mother
- The Psoas in the mother and the baby
- The dynamics of a ‘normal’ vaginal delivery from the baby’s perspective and an exploration of the possible compressive forces introduced at this time
- Posterior babies
- Breech births
- The use of forceps and suction and how that impacts on the baby
- Planned and emergency Caesareans – how to work with mother and baby
- Babies who have been born ‘normally’ but are exhibiting symptoms such as colic, restlessness etc
- An understanding of babies’ nervous systems in terms of bonding and social communication
- A look at the baby’s cranium - its differences to an adult
- Understanding baby’s primitive reflexes
- The role of the umbilicus and how it is cut in delivery – its ramifications and how to work with umbilical shock
- Looking at the ramifications of induced deliveries
- The role of oxytocin in birth and breast feeding
- Working with Mums after birth (including working with scar tissue after Caesarians)

## CE Credits

This workshop is worth 16 hours CE – BAA Category 1.

## Register Now

Course numbers are strictly limited. Please register now to avoid disappointment!

Your payment secures your place. Email the registration form following (p4) to [info@bowentraining.com.au](mailto:info@bowentraining.com.au)

## About John Wilks, MA RCST FRSA (UK)



John has been practising and teaching the Bowen Technique for more than 20 years and has taught all over the world. He is the author of 6 books – *Choices in Pregnancy and Childbirth* (2015), *An Integrative Approach to Treating Babies and Children* (2017), *Using the Bowen Technique to address common and complex conditions* (2014), *Understanding The Bowen Technique* and *Understanding Craniosacral Therapy* and *The Bowen Technique - the inside story* published in 2007. His DVD set *Applying the Bowen Technique* was released in 2008 and his *Understanding the Bowen Technique* DVD was released in 2010.

He has presented at many international conferences and runs the online learning platform, [www.ehealthlearning.tv](http://www.ehealthlearning.tv).

## About Lina Clerke, (UK)



Lina is a registered Midwife, Doula (birth attendant), Bowen therapist and Childbirth Educator, specialising in pregnancy and postnatal relaxation. She was a contributor to the Childbirth Education Teacher Training program for midwives and health workers at Melbourne's Royal Women's Hospital and did an Active Birth teacher training in London with Janet Balaskas.

## Recommended Reading

*Choices in Pregnancy and Childbirth* (2015)

*An Integrative Approach to Treating Babies and Children* (2017)

## Also available

### The Secret Life of Fascia

Interested in learning more from John Wilks? Please join us for his workshop, *The Secret Life of Fascia* in the 2 days immediately following his *Mother and Baby* workshop:

Perth: 5-6 February, 2018

Melbourne: 12-13 February, 2018

Brisbane: 18-19 February, 2018

Sydney: 24-25 February, 2018

Attend both workshops at the discounted price of \$900 and receive 32 hours CE – BAA Category 1.



# REGISTRATION FORM

## John Wilks Workshops



NAME \_\_\_\_\_

POSTAL ADDRESS \_\_\_\_\_

SUBURB \_\_\_\_\_ STATE \_\_\_\_\_ POST CODE \_\_\_\_\_

MOBILE \_\_\_\_\_ OTHER PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

I will attend the following workshop(s) (PLEASE TICK ✓):

### Mother and Baby (2 days total)

<b>PERTH:</b> 3-4 Feb (\$485) <input type="radio"/>	<b>MELBOURNE:</b> 10-11 Feb (\$485) <input type="radio"/>	<b>BRISBANE:</b> 16-17 Feb (\$485) <input type="radio"/>	<b>SYDNEY:</b> 22-23 Feb (\$485) <input type="radio"/>
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### Mother and Baby + The Secret Life of Fascia (4 days total)

3-6 Feb (\$900) <input type="radio"/>	10-13 Feb (\$900) <input type="radio"/>	16-19 Feb (\$900) <input type="radio"/>	22-25 Feb (\$900) <input type="radio"/>
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**Perth** Owen Homoeopathics 443 Great Eastern Hwy, Redcliffe WA 6104 (9am-5:30pm)

**Melbourne** Best Western Plus Travel Inn Hotel Cnr. Grattan & Drummond Sts, Carlton VIC 3053  
Stay for \$165 per night including accommodation, breakfast, wi-fi & car parking.  
Quote BTA and reference #23335 when booking (9am-5:30pm)

**Brisbane** Homestead Tavern 114 Zillmere Rd, Boondall QLD 4034 (9am-5:30pm)

**Sydney** The Centre, 14 Frances St, Randwick NSW 2031 (9am-5:30pm)

I can bring a massage table & linen (PLEASE TICK ✓): YES  NO

I have completed Module 7 (PLEASE TICK ✓): YES  NO

I enclose (PLEASE TICK ✓):

- Full payment of \$485\* for 1 workshop
- Full payment of \$900\* for 2 workshops

Payment details (PLEASE TICK ✓):

- cheque / money order (payable to Bowen Training Australia) for \$.....
- Direct Deposit: Bowen Training Australia (NAB) BSB: **083-625** A/C No: **7344-57448** - for \$.....
- Please charge to my credit card \$.....  Visa  Mastercard

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Exp: \_\_ / \_\_ CSC: \_\_\_\_

Name on card:..... Signed:..... Date:.....

Scan and email to [info@bowentraining.com.au](mailto:info@bowentraining.com.au) OR post to Bowen Training Australia PO Box 108, Margate QLD 4010  
\*Payments are non-refundable except in the event that BTA cancels the workshop.