



THE BOWEN TECHNIQUE

Dear Client,

I am a student member of The Bowen Association UK and am currently studying to become a Bowen Technique Practitioner. Thank you for allowing me to treat you with the Bowen Technique and to make a case study of your progress. This study is part of my practical training requirement to become a qualified Bowen Technique Practitioner. I am currently studying Bowtech, The Bowen Technique, with Bowen Training UK (www.bowentraining.co.uk). Eventually when I have completed my Bowen studying, have my Bowtech Diploma, a qualification in Anatomy and Physiology and First Aid Certificate, I will be able to have my contact information listed on the Bowen Association UK Website as a fully qualified registered practitioner and be available to the general public.

Below is some information about the technique and the case study procedure itself. I hope this will answer questions you may have. I will be asking you to sign a client consent form as part of the process and if you would like to learn more about the Bowen Technique before doing so, please do visit www.bowen-technique.co.uk where you will find a wealth of information.

Student:

Date:.....**Name of tutor:**



What is The Bowen Technique?

- It's a complementary therapy that works over the muscle and connective tissue to realign and balance the body.
- Through stimulating a relaxation response it triggers the body's innate healing abilities and has an excellent track record in relieving many symptoms and conditions.

How is it performed?

- It is achieved through gentle rolling moves and procedures applied to specific points on the body. These moves are separated by pauses which allow the body to time to respond to the inputs and start the process of healing and repair.

What is it used for?

- People have experienced relief from symptoms of many conditions such as back pain, sciatica, carpal tunnel syndrome, migraine, shoulder stiffness, knee, ankle and foot pain and so on.
- As Bowen Therapy stimulates an integrated body response, people have reported improvements to the respiratory, digestive and reproductive systems.

Who can use it?

- The Bowen Technique is considered suitable for most people. It is extremely gentle and may be used on pregnant women, the elderly and children. Rest assured, a detailed case history will be taken and suggested treatment discussed with you prior to any therapy being offered.
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Where did it come from?

- The Bowen Technique was developed in Australia by Tom Bowen in the 1950's. After serving in World War 2, he became interested in ways to alleviate human suffering and began to notice that certain moves on the body had particular effects. Over a period of years he developed the system as it is used today. To learn more, please visit The Bowen Association UK website: www.bowen-technique.co.uk



What should I expect as a Case Study?

- This is a great opportunity to experience the Bowen Technique, either as a previously satisfied client, or for the first time. Students undertaking case studies will offer a complimentary course of sessions, and will record progress throughout the study. As a Case Study volunteer, you will receive up to 3 free sessions of Bowen Therapy from a BOWTECH student and will be asked to provide them with feedback about the sessions, and results achieved, as well as the overall experience. By signing the permission slip below, you are authorising the student to share the information with his/her tutor as part of their assessment.
- The student will complete a Client Information Sheet with you and will ask you to sign it. This gives the student therapist some background information about you, for example previous injuries, surgery, pain levels and other information - such as quality of sleep and stress levels. The student therapist may discuss some of this with you in order to clarify any details
- The Bowen sessions will take place on massage therapy table. Through light clothing or directly on skin. The student will discuss this with you and your preferences will be respected. The student therapist will make a series of gentle, rolling moves over muscle and connective tissue, leaving pauses at intervals, for your body to process the inputs
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- Each Bowen therapy session is approximately one hour, including discussion.
- Three Bowen sessions will be scheduled, 7 – 10 days apart.

PERMISSION TO TREAT

I (name of volunteer) _____

of (address) _____

confirm that I have understood the explanation of the treatment I am about to receive from _____ (student's name) and that the information I have given in the separate Consultation form is correct. I have been fully informed about the Bowen Technique and any contra-indications and I hereby confirm I am willing to proceed with treatment without confirmation from my own GP or Consultant

Signed:

Date: