

BOWEN ASSOCIATION UK



Bowen News

Autumn 2015 – Issue 69



EVERY BODY IS BETTER WITH BOWEN

Editor's Column

There goes summer again, and possibly autumn as well. How time flies these days! So what's been happening? Well, if you're Welsh then definitely a lot ☺

The International Bowen Conference 2015 was held in Nottingham, 5th & 6th September. If you went to it and would like to write a piece on it for the next newsletter please let me know.

I've had the opportunity to put into practice the protocol for cerebral palsy that Camelia used in her recent survey. I've just finished the 4th session with a girl of 8 who is an absolute joy – always laughing and messing around. Indeed she's coming armed with a joke for me next week to make me laugh because I don't laugh apparently!

Following the previous 3 sessions, she's shown improvement in walking, sleeping, not dribbling, balance, and co-ordination. And she clears colds more quickly. These observations were made by her teachers, parents, and others.

A very rewarding client and I would highly recommend trying it out yourself.

This Edition...

Boy, have I got a bumper issue for you this time!

...an eclectic mix this edition and a focus on the new mentoring scheme the

association launched this summer.

The front cover shows a photo from the Little People UK convention in Warwickshire earlier this year, which Angela Cannon attended. What? You never thought of her as being short? No, silly, she was invited to talk about Bowen.

We have a new case study on cycling from Fiona Webb.

And, can you list the benefits of being a member of the Association? Besides receiving this wonderful newsletter that is! Well, if you can't then how can you persuade other practitioners to join us? Fortunately, I've included a list for you.

Newsletter Prize

The "contribution to the newsletter" prize for this edition will have a choice of:

1. Name Badge, or
2. Marketing Leaflets

Each worth about £10. If you haven't seen the name badge yet, here's an example.



Of course, you'll have your own name on the badge ☺

Baby Bowen Flyers

If you're not reading your emails then you won't be aware that we've just created a new flyer for use by Full Members. You'll find several versions in the PR section of the Members' Area of the website.

If you don't have a good quality printer at home then

you upload the file to online print companies such as Vistaprint, www.vistaprint.co.uk, or Dox Direct, www.doxdirect.com.

One member, new to the organization, has already downloaded it and was moved to say to the Office "...and I continue to be so impressed with everything you do to support your practitioners and the development of their practices, so I thought I should get in touch and let you know that it is very much appreciated."

'nuff said.

And finally...

Hmm, Christmas is only 9 weeks away! Still, it'll take you that long to read this edition.

Dave Riches

Tel:
07748118071

Email:

dave.riches@bowen-technique.co.uk



Bowen Association Chair report

Dear Members,

A massive 'thank you' to everyone who attended the Association AGM back in June - don't miss the AGM report later in this newsletter. What a great weekend we had - and work has already commenced on next year's!

When I joined the Bowen Association UK committee (time flies - it was around 2004!) it was to support Angela Cannon who had just taken over as Chair. I've been there ever since, variously as Vice-Chair or Secretary. There have been many changes over that time and it's a credit to all the volunteers who have given their time and expertise that the Association has managed to progress so much.

Today our Committee covers Marketing, Press and PR, Mentoring Services, Newsletter, Membership issues, Complaints and Arbitration, Art and Design work, Research Projects, CPD issues and evaluation of new non-Bowtech courses for you, Shows, Portfolio production, AGM programming and special projects. And you will be able to read elsewhere in this Newsletter about our brand new Mentoring Service - all thanks to the fantastic work of Isobel Knight and her team of mentors. I would like to say a big 'thank you' to them all, on behalf of the committee, for their input and enthusiasm and for generously sharing their expertise.

I emailed you all a short while ago, because unfortunately, Kim Pearson who was elected Chair at the AGM in June this year, was unable to continue in the role due to personal circumstances. As Vice-Chair I am care-taking the role. However, you will also recall that I said this cannot be a permanent solution due to the fact that I am also a part-time administrator for the Association Office, along with Angela Cannon (without whose unfailing support it would be

impossible to do this), and it is not really appropriate that I fulfil both roles.

Because no alternative current committee member is in a position to take the Chair, either because of personal circumstances or because they already hold a vital post within the committee, I am suggesting we re-structure. With this in mind, 2 current committee members are stepping sideways from the main committee to set up a new subgroup, dedicated to the organisation of AGMs, which takes the best part of a year!, thus freeing up 2 seats on the Executive. We hope very much that we will be able to co-opt members to these seats who will be keen to take the Association forwards and play an active part - and that includes the possibility of standing as Chair and/or Vice Chair.

So...if you harbour a burning desire to run a particular project, change things, or simply have your say - why not apply to join us on the Executive? We would love to hear from you. Simply email me at the office:

office@bowen-technique.co.uk to organise an informal chat.

Sheila Whyles

Vice Chair of BA UK



Bowen Association Committee report

Bowen Therapy Week

The Bowen Therapy Week is approaching its 3rd annual event, scheduled for 12th – 18th April 2016. Initiated by Merrin Wake, Tom Bowen's granddaughter, in Australia, the aims include: promoting awareness and understanding of Bowen Therapy. Next year is a special event as April 18th marks the 100th anniversary of Tom Bowen's birth.

Below are some extracts from a letter written by Merrin Wake, giving details of the background and ethos of the Bowen Therapy Week.

“There has been a suggestion by many therapists and lovers of Bowen that we look to the future and signify Tom Bowen and his work with a celebration of the man and his amazing therapy. A suggestion is that we establish an annual ‘Bowen Therapy Week’.

The idea is that ‘Bowen Week’ would be totally non-political, supported by all streams of Bowen Therapy to promote Tom Bowen’s legacy.

I am seeking the support of all Bowen Therapists, Bowen Therapy Associations and Bowen training institutions in making this proposed annual event a catalyst so that people anywhere in the world can recognise Bowen Therapy as a first line complementary health care modality to benefit their health and make Bowen Therapy a worldwide name.

The idea is that we have a week of concentrated advertising, magazine and newspaper articles, television and radio interviews and presentations to the public plus any other suggested forms of promotion and celebration. By pooling resources from all sectors of the Bowen industry I believe that we can deliver worthwhile international promotion of Bowen Therapy.”

So, let’s join in the celebrations and promote this amazing therapeutic and healing technique.

You may already have some ideas? Maybe offer some free or discounted treatments? Or join up with other Bowen therapists in your area to organise some promotional events? Perhaps give a talk?

We would love to hear from you with your ideas. To register your interest please contact the office; email: office@bowen-technique.co.uk.

We look forward to hearing from you.

Inappropriate Behaviour

We’ve been contacted by some members of the public this year, asking for clarification of certain Bowen moves. They felt that personal space had been invaded, or that they had been touched inappropriately. I am sure you can all imagine moves that have the potential for this to occur. This should not happen if practitioners **take extreme care** to make sure, not only that clients are appropriately covered and feel secure, but also:

- Explain that they need to do a particular move and why.
- Demonstrate where they will be touching clients by indicating the area of the body on themselves, or on a chart from a book.
- Confirm with the client that it is okay to proceed.
- Make it clear to clients that they may ask for the procedure to be halted at any time they wish.
- Tell the client that they may remain clothed – suggesting they wear soft light clothing
- Organise a chaperone where appropriate – for instance if treating someone of the opposite sex, someone who is underage, infirm, disabled, English is not their first language or may be considered vulnerable for any other reason.

We can’t stress the importance of this enough – the issues that were raised with us were regarding male practitioners, but it is not exclusively a male preserve, and I am sure I don’t need to tell anyone that this kind of complaint, especially if clients then repeat the allegation to their

hairdresser/friend/neighbor, can be the death knell to a practitioner's practice, and of course is not helpful to the furtherance of the Bowen Technique. Please, please be careful out there and do not inadvertently put yourself in a position where a client feels uncomfortable, or worse.

AGM Survey Results

We are grateful to everyone who completed the post AGM survey, and are delighted that you enjoyed the day. We've taken note of suggestions for future AGM including looking into venues that have good transport links and are close to an International airport; and some form of evening entertainment. It is work in progress and all the other opinions regarding the day are being considered.

We'd also like to thank those members who responded to the email request for their AGM Wishlists. All have gone into the mix - obviously you can't please everyone all the time - but we will work our way through them.

Kim is organising the AGM this year as a ring-fenced project, and Veena will be working with her.

Bowen Association Executive

Sheila Whyles	- Vice Chair
Rob Godfrey	- Treasurer
Lorraine Ireland	- Secretary
Camelia Pop	- Projects
Helen Mawson	- Marketing
Kim Pearson	- Committee
Veena Lidbetter	- Committee
Marco Ferro	- Committee
Dawn Mills	- Committee
Isobel Knight	- Mentoring
Jenni Townsend	- PR

Letters to the Editor

Spooky

I recently gave an introductory talk and demo to a mixed group of nationalities in an ex-pat cafe in Kusadasi, Turkey.

The response was very good and about 8 people made appointments for the following week, taking me up on my special offer of 'two for the price of one'.

I know that many of us have experienced a glut of similar injuries or complaints all coming the same week for treatment, but this group was a new variation on that theme! As I wrote down the names of each pair I had to laugh: There was Carol and Cora; Carol and Carole; and the last pair of course included yet another Carol.

What is more, one Carol had kindly written a comment in my book as she was returning to UK that week. When I looked at her testimonial later that night I saw her full name was Carol Bowden – Bowden and Bowen!

Ros Elliott-Özlek, Turkey

GP Referral

The Office recently received this email, which suggests that the GP was familiar and comfortable with Bowen.

“Good morning,

My GP has suggested that Bowen therapy might help my spine/neck problems.

I've looked online for a therapist in the Kent area but have no way of knowing how qualified someone is.

Is there a way I can check someone's credentials before letting them loose on my neck/spine as the last thing I want to do is make things worse?

Looking forward to hearing from you.”

If you have examples of such requests, why not send them into the office and we can keep a record of them. See if you can get the name of the Doctor involved and we can write to them.

Bowen Conference 2015

I attended the Bowen Conference 2015, on the 5 & 6 September, which was held at the Belfry Hotel in Nottingham. As this was my first Bowen Conference I really didn't know what to expect. It was organised and run by Michael Morris and other ECBS teachers. However, Bowen 2015 was not an ECBS event, all other Bowen associations were represented by the speakers.

Julian Baker opened the conference explaining that the ethos and vision behind Bowen 2015 is education and celebration, bringing all faculties of Bowen under one roof, regardless of qualification or membership.

The speakers fell into two different categories:

- Education – not specifically Bowen, but the information delivered was specific to us as Bowen therapists. The speakers covered the subjects of anatomy, functional movement, fascial understandings, linking mind and language, and marketing.
- Celebration – this explored the different areas in which Bowen therapists have used their skills, from working in the NHS, respiratory, TMJ, the Tom Bowen Legacy Trust Fund, fascia, smart Bowen, equine and canine and much more.

The first day was a mixture of lectures and talks. On the second day delegates were able to choose two workshops to attend, many of which were run by the speakers. There was a wide variety of excellent speakers including Paula Esson, John Wilks, Ron Phelan, Carole Justice Gray to name but a few.

On the Saturday evening we had a Gala dinner, which was followed by entertainment from the very talented Gus De La Querra, and the singing and dancing went on to the small hours of the morning.

The whole event was informative and stimulating and very well organised. There was a very positive atmosphere, which made me feel even more inspired and motivated to spread the Bowen message.

Lorraine Ireland

Advertising – Always Check

Jenni Townsend recently asked for some advice on wording for her website. She wrote: "I am in the process of rejuvenating my Bowen business and am looking to have some new stationery printed. I've checked through the advice in the members' area of the Bowen website and there is a very good suggestion to have some form of 'headline' to explain the benefits and positive outcomes for clients.

Since the majority of people seem to come to Bowen Therapy for some sort of pain relief, I was wanting to use a 'headline'; pain relief and whole-body rebalancing. I checked through both the ASA and CAP websites and thought this wording was ok.

However, I did phone the CAP advice line to check if the wording would be appropriate. Their advice is: ASA says there is no evidence of pain relief with Bowen Therapy - so using this sub-heading would not be acceptable. However the wording 'whole-body rebalancing' is ok.

So the general rule is, always speak to them in person.

Jenni Townsend, Somerset

If you see an opportunity to 'fly the flag'...don't hesitate!

Everyone who knows me says I never pass up an opportunity! And that's true because often things can pay-off in ways you least anticipate. For instance, in August, I was invited to exhibit at the Little People UK Convention in Warwickshire.

The LPUK registered charity was set up four years ago by Samantha Davis, wife of actor Warwick, of Harry Potter and Star Wars fame. It supports families affected by Restricted Growth Disorders (Dwarfism) achondroplasia and other short stature disorders. Dwarfism are those less than 4'10" or 147 cm; those with achondroplasia have an average adult height of 131 centimeters (52 inches) for males and 123 centimeters (48 inches) for females.

Warwick Davis and Samantha, who recently appeared on Loose Women, invited me to give a presentation on the Bowen Technique during the Physiotherapy seminars, as well as having stand at the event

Sara, a physio who took the stage before me, gave a presentation, played a short film, and had a box of actual fascia, scrounged from her local butcher, with plenty of gloves to enable the audience to handle it!

Then it was my turn. Sara's fasci-nating(!) intro dovetailed beautifully into my Bowen presentation, giving me a little extra time to slot in the history of Bowen as well as what it can be used for. I followed with a seated demo of BRM 2 and 3 on my friend Chris, who adapts vehicles for people with disabilities, and who was also exhibiting at the Convention.

I encouraged plenty of audience interaction: arm lifting, head turning and finding the occipital ridge, the usual suspects. Most of all I encouraged everyone to look for a registered practitioner on the Bowen Association website and closed with info about the benefits of a Bowen treatment and training opportunities.

The physio who followed my talk spoke about nutrition and exercise. It was a great opportunity to profile Bowen, and to be sandwiched between two physiotherapists!

And for an encore, Warwick has asked me to do a face-to-face interview with him on Bowen which will be published on their website: www.littlepeopleuk.org.

What else was there on the day? Well, we enjoyed lectures from a panel of five specialists:

- Mr. Rodney Laing, Consultant Neurosurgeon from Cambridge, discussed spinal surgery and conditions,
- Mr. Mark Latimer, Consultant Paediatric Orthopaedic surgeon from Peterborough Hospital, described limb surgery and innovative techniques involving guided growth plates and how telescopic rods are inserted into the femur to stop fractures in growing youngsters,
- Dr Daniel Morland, Consultant Anaesthetist from Newcastle Hospital, discussed the various forms of anaesthetic - in particular for childbirth,
- Mr Martin Snead, an Ophthalmology consultant at Spire Cambridge Lea Hospital, presented a fascinating power point about retinal tears and symptoms of this eye problem.
- Finally a Specialist nurse practitioner from Sheffield spoke about the benefits of guided growth plates and limb reconstruction.

All the speakers were interested in achondroplasia, and came together as a specialist team to study and share information on treatments.

My Bowen stand was popular. I frequently logged on to our website, www.bowen-technique.co.uk, to give people wishing to try Bowen the names of practitioners in Lancashire, Berkshire, West Sussex, Edinburgh and Leicester, and many others around the country, some of you will be getting a call I'm sure.

Particularly interesting was a contact I made at the event with a medical statistician from the University of Leicester. She was keen to know more about Bowen and I am keeping in touch with her so we will see what develops from that meeting. Like I said at

the beginning of this article – you never know where things might lead!

What an uplifting weekend of fun and laughter it was. Children's games and sports, Disney characters, film shows, a talent show, discos, and an America's got Talent finalist to entertain us at a banquet. There were inspirational presentations by dwarfs who had attained great success in their fields of expertise, for instance Ellie Simmonds, OBE, the Paralympic swimmer.

The folks at the Convention never stopped smiling, clearly enjoying every challenge presented to them - despite the pain they suffer every day - all the families sharing tips and ideas, loving and supporting each other to get the best out of life!

Isn't that what we all want?

Angela Cannon, Lincolnshire

Postscript: If you'd like to know more about Achondroplasia, Dwarfism, short stature or little people, here's a brief overview:

- Achondroplasia literally means 'no cartilage growth', but in reality it refers to poor bone growth resulting in shortened limbs. The tissues around the limbs are not affected and continue to grow leading to bulky arms and legs.
- Most people with achondroplasia are born to average size parents. Achondroplasia is due to a change in the gene that codes for Fibroblast Growth Factor Receptor 3 (FGFR3). In almost all cases the single base change is exactly the same. The estimated prevalence is 1 in 25,000.
- There are over 200 types of dwarfism. 25,000 people affected in the UK.
- An individual's intelligence and abilities are the same as anyone else.

For more information on the various types of Dwarfism visit:

- www.littlepeopleuk.org
- <http://www.restrictedgrowth.co.uk>
- Sam Davis On Little People UK | Lorraine – YouTube
- LPUK 'Dwarfism Awareness' 2014 - YouTube

Join us today - Bowen Association UK – The original Bowen Technique

There are many benefits of joining The Bowen Association UK, the association representing practitioners of the original Bowen Technique. If you would like to know about the criteria for Full or Associate Membership of The Bowen Association UK, please get in touch: office@bowen-technique.co.uk.

Benefits of joining us as a Full Member include:

1. Automatic listing on www.bowen-technique.co.uk, www.bowtech.com. You can list your name, address, email contact and own website if you have one. Our website receives a high amount of traffic each month for people searching for a practitioner so this is a great way to advertise.
2. Dedicated bowen-technique.co.uk email account. Should you require this can be set up easily and quickly.
3. Access to Members Area on www.bowen-technique.co.uk. This resource contains a wealth of useful information and PR material and merchandise such as leaflets, badges, banners and posters.
4. The use of BTAA and/or BAUK letters after your name. Giving you more credibility as a practitioner*.
5. Press release writing service. We offer a free service for writing press releases and also access to advertising and poster templates.
6. Marketing developments. We are constantly looking at ways to support members in their marketing and business development. We have a programme of marketing activities underway including; developing promotional literature, utilising social media, brand development to name a few.
7. Voting rights at the Annual General Meeting. Enabling you to have a say in how our association is run and what we invest our time and energy into.

8. Entitlement to join the Executive Committee. The committee is a hardworking group of volunteers who have expertise in areas such as Marketing, Copy writing, PR, Finance, Publishing, Project Management, Arbitration, Complaints, Advice and Support, and much more. They all give their time to projects that will further The Bowen Technique in the UK.
 9. A free quarterly BAUK Newsletter. The newsletter contains all sorts of interesting information from success stories, marketing tips, practice management information, recommended reading to name but a few. We aim to help the Bowen community share news, views and inspire and support each other*.
 10. A quarterly International Bowen Hands Magazine. This publication is exclusive to members and is available to purchase*.
 11. The Opportunity to access training at members rates Members of the Bowen Association have access to Bowtech courses at members rates*.
 12. CPD opportunities with BTUK trainers and other providers. Our Bowtech trainers, www.bowentraining.co.uk, offer extensive CPD training throughout the UK and throughout the year as does our comprehensive, fast growing, non-Bowtech CPD register.
 13. Access to an exceptional online First Aid training course. This course is available for those wishing to renew their first aid training and is heavily discounted.*
 14. Email news updates. Regarding legal issues and changes in legislation as well as other issues that will directly affect you as a practitioner*.
 15. Advice regarding the Advertising Standards Authority*.
 16. Bowen Association UK, Special License exemption (London Boroughs). Practitioners in London Boroughs have to register with Local Authorities and be licensed, but BAUK applied for and were granted special exemption so if people belong to us they are automatically okayed.
 17. Qualification recognized by Health Shield Insurance Company.
 18. Members rates for professional indemnity insurance schemes.
 19. Ongoing advice regarding your Practice*.
 20. Overseas support should you move abroad*.
 21. Automatic validation to the CNHC. BAUK is an official CNHC validator. If someone wants to join the CNHC – whether they are a member of BAUK or not – they can come to us to be validated. We check their qualifications and say Yes or No. However, if you are a FULL member of BAUK you automatically exceed the requirements of the CNHC so will be accepted onto the CNHC without having to upgrade or go through any other validation/assessment process.
- *Associate Members also qualify for asterisked benefits in the list above.

THE SMALL PRINT...

To join us, this is what you need:

Full Members must either:

- Have a Bowtech Diploma, Anatomy and Physiology qualification, First Aid and Insurance, or
- Be trained by another recognized Bowen School, such as ECBS, and undertake a Module 8 assessment with us – which will count towards your first year of CPD too. You also need Anatomy and Physiology, First Aid and Insurance.

Full Membership costs £85 per annum, and for an additional £5 you can have a dedicated bowen-technique email account, e.g. yourname@bowen-technique.co.uk.

Full members are required to undertake 16 hours approved CPD every year.

Associate Members need to have:

- Passed Bowtech Module 7, or have been trained by another recognized Bowen Training School and undertake a Module 8 assessment with us.

Associate Membership costs £75 per annum.

Mentoring Subgroup

Co-ordinator: Isobel Knight

A huge welcome to the BAUK Mentoring Subgroup. We have put together a team of 9 Bowen practitioners who have kindly offered their time and experience to you, as members, who might be in need of support. Each person on the subgroup has a unique skill-group, or area of expertise – from dancers, to horses, finance to Facebook, Fibromyalgia to anxiety, UK Wide.

The group has been set-up initially for both new Bowen practitioners, and those who are not only new to Bowen, but also new to being self-employed and need business support. However, we are also open to all BAUK members who might just need to ask questions about clients that they might be finding a challenge, or just for someone to have a *brief* chat to as it can be lonely and sometimes even isolating being a practitioner.

The following is a list of topics that we feel the mentoring subgroup can help you with:

- Support or guidance on specific medical conditions – several of the team have expertise in specific conditions – e.g. cancer, hypermobility, etc.
- Support with setting up your own practice – e.g. needing to inform the Inland Revenue you are becoming self-employed, where to practice (home/clinics), paperwork, and client-notes.
- Support/ideas about generating clients, giving talks, business cards, websites, leaflets, social media, blog-writing.
- Although we expect students to get in touch with their instructors in the first instance about “problem” clients and techniques to be used, they are also welcome to call us for support/advice.

What we won't do

- Counselling – issues relating to personal/family matters

- Provide specific advice in relation to financial matters, e.g. tax and accountancy
- Deal with legal issues – these should be discussed and reported to your Indemnity Insurance and the BAUK office, should this ever arise
- Show or demonstrate any Bowen moves – you must attend a Bowen course and keep up your CPD.
- (Necessarily) Spend excessively lengthy times on the phone as we are also busy practitioners ourselves.
- Anything that we feel is beyond our remit, or where we ourselves do not know the answer!

We look forward to hearing from you, and will consider some follow-up articles in the Newsletter on the most common questions we receive.

Please note that we are all busy practitioners and we will do our best to get back to you as soon as we can. If your query is very urgent and you do not hear back from the mentor, try another, or the BAUK office.

So who are we and where are we?

Isobel Knight - Mentoring Subgroup Leader

Location: London

Therapist

Qualifications: 2003
Bowen, 2004 Life Coach,
2012 Counselor Skills.

Background: I originally trained as a teacher, so have a B.A. (Hons) Ed. (education). In 2009 I completed an MSc in Dance Science. I now work as a full-time Bowen practitioner, and also lecture on medical conditions. Co-authored a book on Bowen with John Wilks, and have two books published about the medical conditions 'Ehlers-Danlos Syndrome – Hypermobility-Type'.

Areas of interest/expertise of health

conditions: As well as 'Ehlers-Danlos Syndrome – Hypermobility-Type', I also have expertise in working with clients with



chronic pain, chronic fatigue, fibromyalgia and related conditions. I do, however, work with a wide-range of other health conditions. I enjoy working with all clients. Another special interest is in working with dancers and musicians.

Business related skills: social media, writing skills (working on journalism!).

Any other information: I am very happy to support new members who maybe struggling with a client in terms of what to do next if the client is not responding well, or has had an overreaction – general support on what the practitioner may like to try next.

Best times to contact: Mornings, except Fridays.

Email address: bowtherapy@gmail.com

Contact number: 07947 475082

Fiona Webb

Location: Andover, Hampshire.

Therapist

Qualifications: 2005 Bowen, 2008 ERMT.

Background: Qualified Management Accountant - Finance Manager at IBM, spent 6 years in education, training, coaching & mentoring within the UK & Slovakian IBM Finance communities; created commercial management training programmes; created and ran career development workshops. Left IBM Oct 2012 to build Bowen business.

Areas of interest/expertise of health

conditions: Interest - Horses and riders, sports people, anyone in need of Bowen! Not an expert in any specific health condition.

Business related skills: Communication and language skills, goal-setting, creative thinking, finance/cash-flow records.

Any other information: NLP Master Practitioner, Performance Coach, also using

Equine Facilitated Learning approach with individuals/groups.

Best times to contact: 9am-6pm any day.

Email address fiona.webb@bowen-technique.co.uk

Contact number: 07783 421181

Janine Whitfield

Location: Carlisle, Cumbria.

Therapist

Qualifications: 2005 Homeopath; 2015 Bowen.



Background: Editorial & Product Development Manager for many years before retraining as a homeopath; currently also Company Secretary and Secretary to the Trust & Governors of a large academy school. Worked for Nestle's Group Creative Services Division for a number of years as a technical designer/artworker.

Areas of interest/expertise of health

conditions: A special interest and wealth of experience in working with clients with Auto-immune conditions including ME, chronic pain, fibromyalgia, polymyalgia etc.; Mental and emotional health - anxiety, depression, mood and personality disorders; Digestive health/food intolerance; Female health, hormonal problems and menopause support. Previously this was just using homeopathy and essences, but I am now working with clients with Bowen too.

Business related skills: A wide range of marketing, design, copywriting and publishing skills. I also have some experience in developing my own websites using Dreamweaver and lately Weebly.

Any other information: Although not vastly experienced yet as a Bowen practitioner (!), my Bowen practice is already busy, and I do have a wide range of transferable therapeutic skills from my practice of homeopathy over the last 10 years. I feel I could offer advice on conditions and pathology,

consultation/interview skills and supervision skills including boundaries, protection, practice development etc.

Best times to contact: 9-5pm Tue, Thu, Fri; 6-8pm evenings any day – I will get back to you as soon as I can.

Email address:
janine@newpathhomeopathy.com or
janine.whitfield1@gmail.com

Contact number: 016974 72729

Jean Foster

Location: Shrewsbury, Shropshire.

Therapist Qualifications:
2007 Bowen.



Background: Mother of two boys, now grown and flown the nest. 3D Designer working in the Hotel/Leisure industry, Bathroom designer in a retail showroom, management and customer service experiences, working with people/taking a brief, working with craftsmen/builders, organising, ordering, scheduling. For a year or two I was a tutor with a distance learning college. I now work part-time for the YHA, dealing with the public, activities with children, catering. I have had several part-time jobs over the years to fit around my children, so I am a bit of a Jack of all trades (Master of none!!!).

Areas of interest/expertise of health conditions: No particular area of interest, I've treated all sorts of conditions.

Areas of business related: Management and customer service experience.

Best time to contact: Leave a message and if I do not pick up, send an email. I do check them daily.

Email: jean.foster@bowen-technique.co.uk

Contact: Mobile 07734 961044 Home: 01734 2456876

Pat Hughes

Location: Nottingham and Leicester.

Therapist

Qualifications: 1996 Craniosacral Therapy; 1997 Bowen; 2011 Perrin Technique for CFS & Fibromyalgia; Trained in massage and counselling.



Background: Teaching, social work and community art. I have personal experience of therapy and group therapy. Have also received professional and peer supervision.

Areas of interest/expertise of health conditions: Working with babies, children. Complex chronic conditions, trauma work. Am hoping to do the canine Bowen self-interest course for my dog!

Best time to contact: In the day not after 8pm or on Sundays.

Email: pattihk1@gmail.com

Contact: 07913092667

Clare Townsend

Location: Isle of Man, but travel to Gloucestershire, Wiltshire and Glasgow treating top equestrian yards and their staff.

Each clinic lasts 2-4 days every 4-8 weeks. The rest of the time I work out of my Clinic in the Isle of Man.

Therapist Qualifications: 2007 Bowen, 2008 in EMRT.

Background: I have travelled the world working for short periods of time in Singapore, NZ, Australia, Portugal and Ireland in the equestrian industry on the horse and rider combination.



Areas of interest/expertise of health

conditions: Equestrian riders, general chronic pain and mother and baby.

Any other information: B.Sc. Anatomy. My aim in the next couple of years is to start my teacher training and my ambition is to introduce Bowen to my local NHS practice.

I am interested in helping structure treatment protocols with the anatomy, understanding the structures of the body, how Bowen works within the body, and general treatment protocols for when they get stuck or not getting anywhere.

Email: clare@claretownsend.co.uk

Website: www.claretownsend.co.uk

Contact: 07624 202121

Alison Merrick

Location: Skipton, Keighley and Saltaire Clinics, West Yorkshire

Therapist Qualifications:

4.5yrs full time as a Bowen and MLD/DLT therapist.

Background: 10 yrs in oncology research as an immunologist developing immune therapies to various cancers.

Areas of interest/expertise of health

conditions: Cancer, immunology and the lymphatic system, and treating people at different stages of their cancer journey.

Areas of business related skills: Research or interpretation of research papers/articles.

Best times to contact you: Email anytime. Phoning is more difficult as I have it on silent during clinics but can answer phone messages around lunch time. Texts for quick questions are best.

Email: alison@dralisonmerrick.co.uk

Contact: 07805 644125

Dave Riches

Location: Marlow, Bucks.

Years of experience as a therapist: 2001 NLP; 2004 Bowen.

Previous/related background:

R&D Advanced Software Engineering – AI, Cognitive Psychology; Learning Theory; Ergonomics, User Interface Design. Line Manager large groups. Business Analyst Consultant in large business for 30 years. Account Manager. Health & Safety.

Areas of interest/expertise of health

conditions: Business, Sport (Judo Coach), Dance, Body Movement/Awareness.

Areas of business related: Research, Business cases, Management, Leadership, Business Analysis, Mentor/Coach.

Best times to contact: Any time, just leave a message.

Email address – Dave.riches@bowen-technique.co.uk

Phone: 07748118071

Camelia Pop

Location: Manchester.

Therapist Qualifications:

2011 Bowen; SBP2 certificate in 2014.

Background: Biology teacher (in Romania).

Areas of interest/expertise of health

conditions: Children with Cerebral Palsy, other neurological disorders like Parkinson's disease.

Any other information: Jul 2013 - Oct 2014 ran a research study for Children with Cerebral Palsy offering up to 10 Bowen sessions free of charge. This was an occasion for me to work with many children

with CP within a short period of time. It was interesting to see how Bowen works on them, how they respond to the treatment and also see which children respond very little and find out why.

Best times to contact you: Email anytime. Leave a voicemail with the times when you can answer the phone. Text for quick questions.

Email address: info@bowen-backonyourfeet.co.uk

Contact number: 07530284930,
01612857727

Lucky Prize Winner...

...is **Fiona Webb**, who will receive her prize very soon. Contribute an article to the next edition and you'll be in with the chance of winning.

Course Reviews

The Role of the Bowen Therapist in Palliative Care

We are pleased to have assessed and approved Helen Perkin's Palliative Care course for the Bowen Association 50/50% CPD list. The course is also being considered by Ossie for full Bowtech CPD hours however we felt that this course is so valuable for our many practitioners who find themselves working with clients at the end of their life or with various life limited conditions such as Parkinsons and MS; and for those who volunteer in Hospices; that we decided to make it available immediately on our 50/50 list.



Helen, Pauline Koelling, and Natalie Lang

The course is highly interactive, contains a wealth of information, and plenty of practice of Bowen procedures adapted to suit people in wheel chairs or those only able to lie on their back or side.

The course also includes treatment plans and information needed to work within different settings and to apply for opportunities to volunteer.

Helen has plenty of experience to share and her next course is planned for April 2016. Make sure you don't miss it. Contact Helen, www.helenperkins.com or email info@helenperkins.com

And here's a photo of the participants. A remarkable recovery, I'm sure you'll agree!



[Disclaimer: of course that was a joke. There is no inference that Bowen can restore such clients to their previous good health.]

A Trial to assess the Effect on Cycling Performance by including The Bowen Technique in Training Regimes.

Why run a Trial?

With most complementary therapies, by their very nature, it is exceedingly difficult to run traditional scientific research study programs to produce objective, empirical evidence of efficacy. This is primarily due to the lack of a placebo test. There is no 'dummy' pill or injection to assess results against. Any hands-on therapy will cause some effect either physically or psychologically - to do non-Bowen moves as a placebo test would still cause a physiological reaction.

Any efficacy study into therapies relies on systematic reviews, whereby findings from separate, but similar, studies are reviewed to come up with an overall conclusion. However, a lack of consistency in how individual trials are undertaken and how results are interpreted can still inhibit any definitive assessment from the review. For example, the Cochrane Collaboration review of acupuncture provided sufficient evidence for the NHS to offer this treatment for back pain, migraines & tension headaches but not conclusive enough for other conditions.

There is, however, a very gradual acceptance within the healthcare/health insurance industries, as well as within sport, of "Social Proof" evidence. This is where a sufficient number of people report similar benefits attributed to specific therapies/activities. Doctors already use this "Social Proof" evidence by acknowledging, for example, that dog-walkers and people who spend time outdoors can be in better mental health than those who don't; consequently, they have begun to recommend walking and outdoor activities to those who experience depression or anxiety.

Over the last decade, professional golfers increasingly spend time building upper body

strength, following Tiger Woods' success. Equestrians now invest time on their own strength and suppleness, as well as their horse's. As individual performance improves, so others follow. Sportspeople, in particular, will look for every possible advantage they can gain; of course physiotherapy and complementary therapies are not banned by any sporting authority!

I aim to help contribute to the "Social Proof" for the Bowen Technique's benefit by running various small-scale trials for different sports and medical conditions. This helps promote the Bowen Technique through direct experience to people who had not come across it before. It also helps gather data to support further promotion of its use and efficacy within training regimes and health conditions. This approach has been taken by many other Bowen practitioners, for example, Camelia Pop's recent study into cerebral palsy. The more Social Proof there is for medical conditions, the easier it might become to run more formal, structured trials.

THE TRIAL

The following trial took place within the Andover Wheelers Cycling Club during July & August 2014. It included:

- 3 Bowen Technique sessions within a 2-4 week period, with no changes to training regimes, equipment, diet etc.
- Sessions were free of charge, in return for feedback, reassessment data, and testimonials if wished.
- Prime assessment criteria - the last 3 10-mile Time Trials of the season, to benchmark against previous times for the same trial.

Andover Wheelers has a current membership of 70 and, following discussion with a group of them, we decided to aim for 7 cyclists, 10% of the club, covering men and women, with a range of ages. In the end, 6 cyclists participated in the trial.

Assessment Criteria

Each cyclist was assessed on the season's remaining three 10 Mile Time Trials (TT) as comparisons to pre-Bowen performance.

Each also chose 1 or 2 other areas to assess any changes noticed after the Bowen sessions. A consultation form covering medical and health history was completed prior to the first Bowen sessions. Each cyclist scored themselves against 12 different aspects before sessions started, and then again a few weeks after the start of the trial. An improvement of 2 marks or more was deemed significant over the 3 sessions which ran over 2 to 2.5 weeks. Physical assessments/tests were performed in each session to assess posture, gait, balance, skeletal alignment and various ranges of movement.

The first session for each cyclist was exactly the same, apart from one who had slightly less done due to their medical history. Thereafter, the work performed in subsequent sessions was guided by information provided in the initial consultation, ongoing assessment, feedback of changes from prior sessions and discussion in the current session.

All cyclists received work on their back, neck, hamstrings, knees and adductors. Other areas addressed included shoulders, jaw, digestion, respiratory, kidneys, and ankles.

Summary of Trial Results:

All 6 participants noted faster times over 3 Time Trials:

- 5 recorded Personal Bests (PBs) in at least one of these Time Trials.
- 3 noted the use of bigger gears for longer periods/uphill.
- 3 noted increased confidence on the bike and a stronger racing attitude.
- 5 would recommend Bowen to others, highlighting its benefits particularly for those with injuries, 'older'/veteran (sports) people, and those with an open mind.
- There was also the caveat that not everyone should expect significant results.

SPECIFIC TRIAL RESULTS

CYCLIST 1

Male, age 40-49: As well as TT results, wanted improvement in mental attitude to training.

TT results - after 2 sessions, recorded a PB over 10 mile Clanville route, 10 seconds faster than same route a month earlier. Noted he was holding bigger gears for longer.

Mental attitude - after 2 sessions said he felt more comfortable and confident on the bike. In the re-assessment of the 12 physical areas covered in the initial consultation Concentration/Mental Clarity was scored 30% higher.

He also noted, after his first session, that he cleared a cold much faster than normal.

Overall impression of Bowen:

“Very relaxing”.

CYCLIST 2

Male, age 50-59: As well as cycling TT results, he wanted canoeing TT improvement, and admitted after the first session this was more important to him. It was very noticeable, and discussed, that his shoulders were significantly pulled forward - “from 40 years of canoeing”; he always had creases in his clothing down the front of his shoulders.

On getting up from the couch after his first treatment he felt “knackered” and very tired across his upper body “... as if I’ve been canoeing”. After the second he ached around his ribcage for a couple of hours. After the third he again felt “shattered”.

Cycling TT results - 24th July (pre-Bowen) 10 mile tandem TT at Aldermaston was completed in 22.0 mins with “very tired legs on warm down”.

First Bowen session 25th July.

31st Aug repeated 10 mile Aldermaston tandem TT, with the same bike and partner in 21.46 mins, 14 seconds faster, with “glowing legs on warm down.”

30th Aug – 20-mile Chain Gang ride. He noticed he was using bigger gears on hills. Usually caught by the ‘Fast Group’ which start 5 minutes later, “but not this time.”

After improving his 10 Mile Clanville TT from May to July by 5 seconds, he was 32 seconds faster in August, a PB of 25.39 mins, after having had 2 Bowen sessions.

The 10 mile Ludgershall TT run on 12th & 19th August showed a 19 second improvement on the second run, although not a PB.

Canoeing TT results:

“Significant....Spectacular...Phenomenal” are the words used by Cyclist 2 to describe the changes in his canoeing performance after his Bowen sessions.

On 27th July, 2 days after his first Bowen treatment he started to feel different - taller, straighter and noticed his shoulders had “gone back” - he no longer had creases in his t-shirt across the front of his shoulders.

Since his first Bowen session not only has he posted significantly faster times/PBs in every TT, his canoeing (single blade) has outperformed his kayaking (double blade), he is often stronger in the return leg, despite water turbulence, he has a stronger racing attitude and recovers much faster after competition.

Overall impression of Bowen:

“From the spectacular and otherwise unexplained improvements in performance in a short time in the boat, I can only conclude that whatever the Bowen treatment did for me, it was phenomenal. The treatment itself seemed unremarkable, but the results, for me, are spectacular.”

Cyclist 2 has continued with his Bowen sessions since the trial ended, in support of his canoeing endurance events. His canoeing write-up will appear in a future newsletter.

CYCLIST 3

Male, age 50-59: As well as TT results, wanted improved range of movement (ROM) in hamstrings.

TT Results - 4 days after first treatment completed 10 mile Clanville TT with a PB of 24.17, 52 secs faster than previous time in May. Felt had lots more energy, although also had interrupted sleep. Rides to a power output, rather than speed; after 2 Bowen sessions he was riding at a higher power threshold than normal, 280 instead of 272 watts, and often at 300.

12th Aug 10-mile Ludgershall 26 mins 44 secs - Becoming quickest B-League rider, beating the times of lower A-League riders.

19th Aug repeat of 10-mile Ludgershall TT - achieved PB of 26 mins 42 secs after third Bowen session. Considerably quicker in training. Hit 9 section PBs in 42 mile hill training sections.

Able to maintain his target power level for longer. Also has reduced backache after being on bike, compared with pre-Bowen rides.

ROM Hamstrings - initially assessed as 2 or 3/10. Noticeable improvement in ROM after each Bowen session and continued to stretch and improve range since to assess at 7/10 three months after last session.

Overall impression of Bowen: “I was very impressed and surprised that such a non-invasive technique could bring great results.”

CYCLIST 4

Female, age 30-39: Triathlete, also wanting improved 5k run and 400m swim times.

TT Results - 3 days after first Bowen session improved time for 10 mile Clanville TT by 12 seconds from previous time in May, despite being impeded en route.

12th Aug 10 mile Ludgershall TT was her first attempt, improved time by 2 seconds a week later after third Bowen treatment. Not significant enough to attribute to either Bowen or training specifically and reported no significant change in her cycling.

Run times - direct comparison of times difficult due to differing terrain and weather. However running times have improved. In Liverpool Triathlon in mid Aug she felt her

running “is the best it’s been.....I felt better and better, with more strength in my legs despite a hard cycle stage and cobbles.”

Swim times - was unable to do a 400m time trial swim to compare times. Reported no significant change in her swimming.

Overall impression of Bowen:

“I very much enjoyed the sessions, found them very relaxing. Probably due to not having any particular problems or injuries, I didn’t notice any significant change in performance after the sessions.”

CYCLIST 5

Male, age 30-39: Triathlete, also wanting improved 10k run and 400m swim times. Each of his treatments was the day before each time trial - this is not ideal of course, as the body has little time to adjust before being asked to perform again, however, it was not possible to schedule bigger gaps.

TT Results - after 1 Bowen session, on the 10m Clanville TT he gained a PB of 24.16 (16 seconds faster). After 3rd Bowen session improved time on the 10m Ludgershall TT from 12th - 19th Aug by 10 seconds for a PB of 24.39. Times also improved in Triathlon events, however, felt it difficult to attribute to Bowen as current fitness levels also improving – he had improved Clanville time by 20 seconds May to July, for example.

10k Run times post Triathlon - aiming to improve average 40min 30 sec to sub 40mins. “Unfortunately ... I have had issues with my running, both the Olympic distance Triathlons I struggled on the run, my Ironman I had to pull out of the marathon element halfway through and the marathon I ran in October I pulled out halfway through.”

400m Swim times - aiming to beat previous PB of 6min 20 sec. Unable to do a 400m time trial swim to compare times due to health issues.

Overall impression of Bowen:

“I enjoyed the sessions and found them relaxing though I don’t feel I actually noticed any differences in my own personal self, my

TT times have improved though I would put this down to my physical improving state at the time as I was on the upward scale and not specifically down to Bowen.

I think the sessions would have to be over a longer period of time to gain a thorough test and appreciability of the outcome as with only 3 sessions it is difficult to tell if any improvements were directly as a result of Bowen.

Note - Unfortunately since not completing my Ironman I have not been 100% and have suffered in my endurance, I believe I have an underlying health issue which is currently been investigated so my results do not really show the true outcome of Bowen technique.”

CYCLIST 6

Female, age 18-25: Also wanting to fall asleep more quickly, usually takes about an hour.

TT Results - started trial a couple of weeks after the other cyclists and missed the TTs to use as a comparison. Instead we used 8.25 mile timed training sessions. Prior to the trial the most recent time on 1st Aug was 22m 30s.

19th Aug - the day after her first Bowen session the time was 22m 45s. As for Cyclist 5, this may show how asking the body to perform too quickly can impact results - the body can be temporarily weaker while the body integrates any musculo-skeletal realignment it is making. Ideally the body is given at least 5 days to do its work before being asked to perform significantly.

26th Aug - the day before her second Bowen session she posted a PB of 21m 52s = 53 seconds faster.

2nd Sept - 5 days after second session she posted another PB of 19m 34s = 2 mins 18 seconds faster.

9th Sept - posted time of 22m 18 secs, however, felt this was due to tiredness following a hard race a couple of days before.

Overall impression of Bowen:

"I find it difficult to decide whether my improvements in cycling were due to increased fitness throughout the season or if the treatment helped. However, I did feel very achy after the treatments so I believe it did alter my alignment of my body.

Miscellaneous

The following are health areas one or more cyclists wanted improvement in:

- Neck/shoulder pain - after 2 sessions, neck & shoulder pain were "not as bad as it had been."
- Digestion - 1st - aiming for a week without problems. The week after the first session there was a slight improvement as issue was less frequent. However, no change noticed subsequent to that. 2nd - has only had 1 or 2 episodes since starting Bowen sessions, instead of 1-2/wk, this equates to about 40% improvement.
- Sleep - wants to fall asleep more quickly. Did not notice a change in sleep patterns.

Conclusions

The prime measurement of success for this trial, as determined by the cyclists themselves, was faster times on time trials, compared with previous times.

All 6 cyclists recorded faster times after their first Bowen session, 3 of which were PBs; 2 recorded PBs after 2 sessions.

On this criteria it would appear receiving Bowen treatments has a positive effect on times. It is noted that the most significant improvements were in participants aged 40 upwards, suggesting senior/veteran cyclists may benefit the most.

5 out of 6 cyclists recorded improvements in their second and/or third criteria, whether this was sport related, or health. Amongst the health criteria, significant improvements were seen in flexibility, digestion, stress management, sleep, and concentration/mental clarity.

2 felt they had more confidence and a stronger racing attitude.

3 cyclists had more power, holding higher gears for longer than normal and power data from the crank shaft showing a higher threshold maintained for longer.

As well as Cyclist 2 continuing with Bowen sessions, another cyclist who didn't take part in the trial has since come for sessions, on Cyclist 2's recommendation.



Fiona Webb, Hants

"Oooh Betty"

Well if Betty's famous Tea Rooms didn't lure members to Harrogate then our 2015 AGM certainly did. What a fantastic turn-out and atmosphere - one of the best ever! The AGM itself was lively and interactive, the speakers illuminating and vibrant. John Wilks expanded upon where Bowen could be in 20 years' time and how we should all be planning for more of a spotlight being turned on complementary therapies. Kelly Clancy expanded our assessment knowledge from the perspective of fascia. Sharon Levin got everybody moving by demonstrating how to incorporate 'Bowen in the Gym' into an exercise regime.

A big 'thank you' to everybody who came in 2015 and to everyone who worked so hard to make the day a success. It really makes our day to see such a great turnout of members enjoying themselves.

And if you haven't been to an AGM yet you don't know what a great day you are missing. Not only an informative experience with the added bonus of picking up 8 CPD points for attending, but also the further opportunity to gain more CPD by signing up for the training courses that usually run over the subsequent days. But the best bit? The opportunity to meet, network and socialise with your Bowen colleagues and the wider Bowen family. Don't miss out, see you there in 2016!

Sheila Whyles, Lincolnshire

Bexters® Soda Crystals



with purpose-designed applicator wrap

Ideal for swollen joints, sprains, strains, haematoma and localised pain.
For client use at home.

- Enhance treatment
- Increase retail sales
- Boost your business



As recommended by
Tom Bowen, founder of Bowen Technique



www.bowensuppliesbyhelen.com



COMMITTEE MEMBERS

Chair – Open, Vice-Chair – Sheila Whyles, Secretary – Loraine Ireland,

Treasurer - Rob Godfrey. Projects – Camelia Pop, Marketing – Helen Mawson,

**Committee Members – Veena Lidbetter, Marco Ferro, Dawn Mills, Isobel Knight,
Jenni Townsend, Kim Pearson**

Deadline for the next Edition – 1st January 2016

Send your articles to dave.riches@bowen-technique.co.uk

We are always eager to hear from you, for example interesting case studies, ways you have found to run your business, charity work you may be involved in, unusual circumstances you have done Bowen in, work on animals or children, events or shows you have been to – also please send in your pictures or post information on our Facebook site.

Office address: The Bowen Association, PO Box 210, Boston, Lincs, PE21 1DD

Telephone Number: 01205 319100

Email: office@bowen-technique.co.uk Website: www.bowen-technique.co.uk